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Better Homes and Gardens®

HOW TO KEEP YOUR HOUSEPLANTS HAPPY

AN 8-PAGE TEAR-OUT BONUS

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BEAT THE WINTER BLAHS

Take a vacation and try family skiing

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Stitch and stuff a cheery soft sculpture

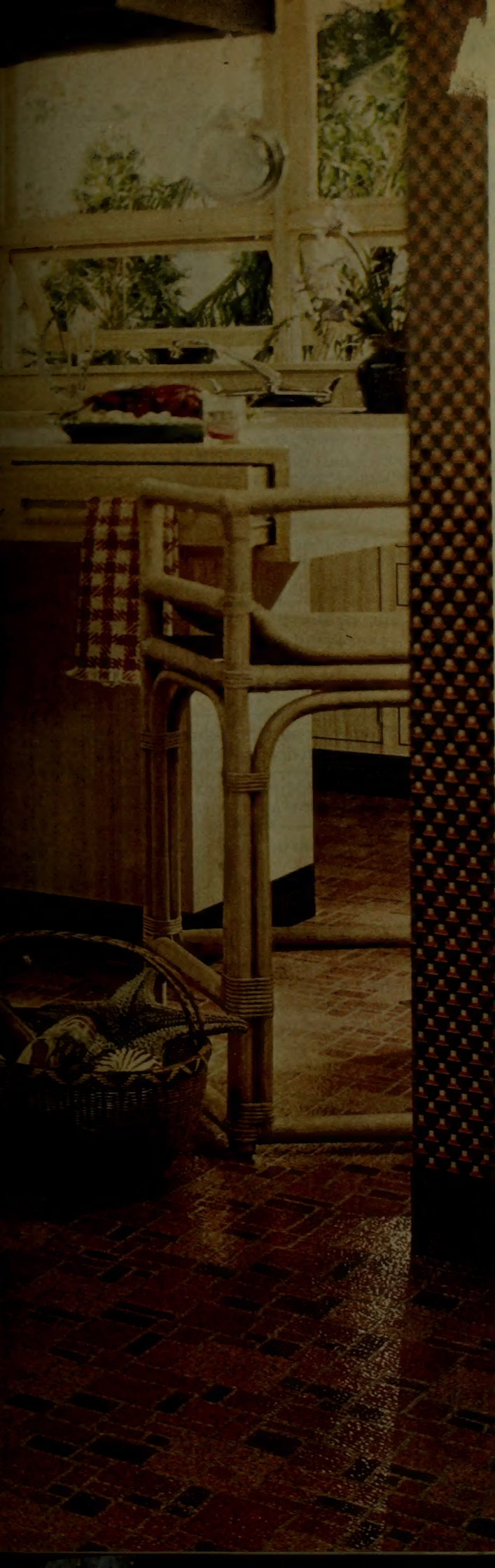
Learn to cook something different – from scratch

Wake up a room with ready-made decorating





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What keeps Solarian shining so bright? The Mirabond® wear surface. It keeps that sunny shine, without waxing or buffing, far longer than an ordinary vinyl floor. And the cleaner you keep it, the brighter it shines. Just sponge-mop with detergent and rinse thoroughly. Black heel marks come up easier, too.

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Even our best no-wax floors may eventually show some reduction in gloss where foot traffic is heaviest. So, if you ever need it, your retailer can supply a special Solarian Floor Finish, which can be applied occasionally to maintain the shine.



To find a nearby Armstrong retailer, look in the Yellow Pages under "Floor Materials." Many are authorized "Floor Fashion Center®" retailers, offering the best in selection and service.

Armstrong
7701 Elm St.
Lancaster, PA 17604

☐ Please send me free Solarian color brochure, maintenance booklet, and names of nearest retailers.

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Sixty-four colorful pages of creative decorating ideas from the designers of the beautiful Armstrong rooms. Five ways to restyle a basic kitchen with just color and design ingenuity. Detailed instructions and plans to finish and "furnish" a great family room on a low budget. Tips from a top Armstrong designer on how to create the natural look. And lots more. Order your copy now. It's a limited first edition!

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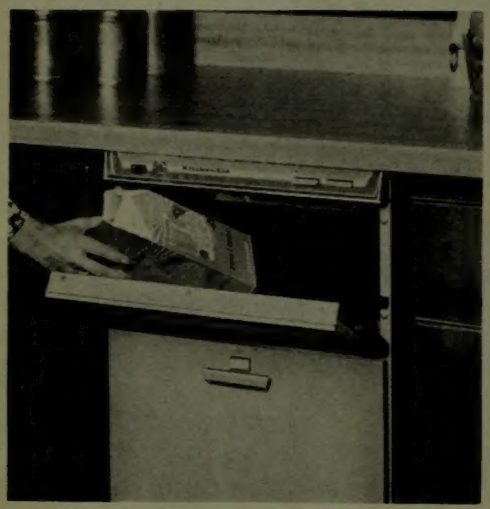
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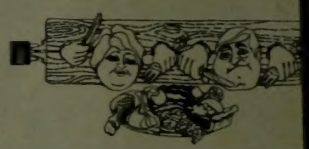
Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
JANUARY, 1977; VOL. 55, NO. 1

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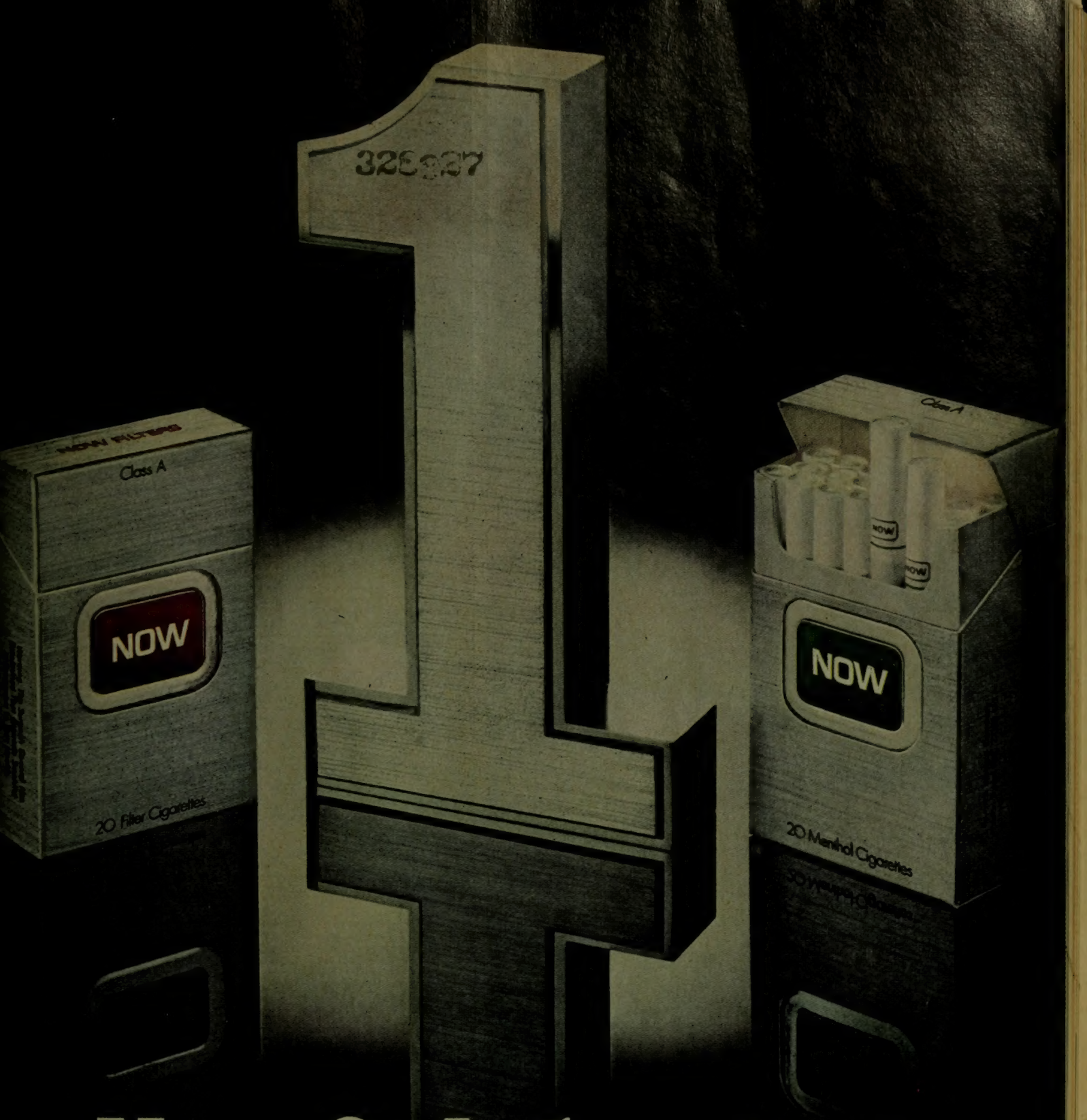
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Now. Only 1 mg 'tar.'

This is more than just low 'tar.' This is ultra-low 'tar.' This is Now, a cigarette with only 1 mg. 'tar.' If you want to be sure you're getting ultra-low 'tar,' count all the way down to Now's number 1.

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THE BUTTER MUSHROOM FOR BETTER BEGINNINGS.

BinB,® the butter mushroom, is also the hors d'oeuvre mushroom. They get any meal off to a better start because of their special flavor. They're broiled in fresh, creamery butter then packed in their own butter broth.

So get creative with BinB Mushrooms. Try them with a vinaigrette sauce in avocados or tomatoes. Or fill a scalloped orange shell with our easy Cheshire dip. BinB Mushrooms—they're delicious, just for openers.



Dip recipe
(Blend 6 oz. cream cheese, 1½ tbs. each

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
JANUARY, 1977; VOL. 55, NO. 1

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1975 S. C. Johnson & Son, Inc.,





Egg Fu Yung starts with San Francisco's Rice-A-Roni

Prepare 1 pkg. Fried Rice-A-Roni according to package directions; cool. Beat 6 eggs with 1 Tbsp. soy sauce, ½ tsp. salt, dash pepper. Stir in cooked Rice-A-Roni, 1 (16 oz.) can drained bean sprouts, ¼ cup sliced green onion. Drop mixture by ½ cupfuls onto greased griddle. Brown on each side. Sauce: combine 2 Tbsp. cornstarch, 2 Tbsp. soy sauce and 2 cups water; cook until thick



A few words about our new size

All around us we're seeing a movement from bigger to smaller. Compact is the trend for new homes, furnishings, cars . . . and now for BH&G, too.

When you picked up this issue of *Better Homes and Gardens,* you probably noticed its smaller page size. Instead of 9½ by 12½ inches, the magazine now measures 8 by 11 inches—a size that has become standard for most major magazines.

There are many reasons for this change, most of them economic. Like other big-circulation magazines, *Better Homes and Gardens* has experienced tremendous increases in postage and paper costs during the past several years. We will realize substantial savings in both of these areas by moving to the smaller format. In the former big size, each sheet in *Better Homes and Gardens* (printed both sides) required 42 tons of paper. In the smaller size, each sheet requires only 32 tons.

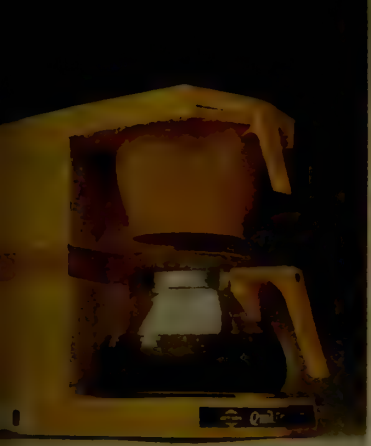
Many years ago we took several steps to lower production and distribution costs. We began using the lightest high-quality paper available, and we achieved maximum efficiency in our mail handling. For example, more than 90 percent of the subscription copies of *BH&G* are presorted by zip codes at our printing plant and need almost no processing until they reach the post office nearest each subscriber.

Because of sharp postal rate increases in the past few years—and anticipated increases in the future—we have recently been testing private mail delivery systems. If escalating postal rates make it necessary, our tests indicate that six out of ten subscriber copies of *Better Homes and Gardens* could be home-delivered through private systems.

For a long time we resisted going to the smaller page size. We felt that the larger page helped us create more impact visually. Now, with improved printing and production techniques, we are confident that we can produce as much visual appeal in smaller dimensions.

Because we're now working with a three-column page instead of a four-column, some of the photographs may be a bit smaller than you've become accustomed to in the bigger *BH&G.* But you'll see just as many, if not more, pictures and ideas. More important, you will see absolutely no change in our basic home and family editorial outlook. We think this will be apparent when you read through this issue. Every month, you'll find helpful information on building, maintaining, or remodeling a home . . . tempting new recipes with plenty of food how-to . . . gardening tips . . . decorating ideas . . . travel suggestions . . . crafts projects . . . plus many more articles to help you enjoy better living.

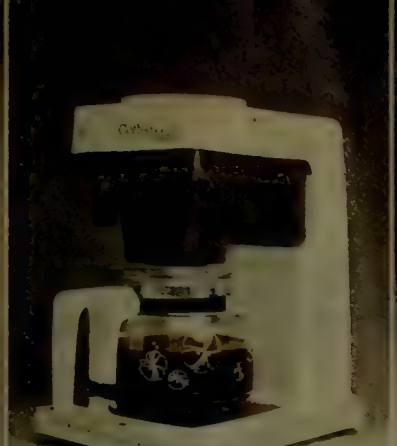
As the smaller size *Better Homes and Gardens* is launched with this issue, we look forward to the future with great hope and excitement. One thing is certain: We will keep trying to make every issue better. And we hope you will continue to regard *BH&G* as a friend who will be dropping in to see you every month. ■



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General Electric®

Want perfect coffee? Try A.D.C.™—one coffee all four recommend.





Perfect coffee is here!

There may be *fifty* different coffees you could use in your new automatic drip coffee maker. But Maxwell House A.D.C.™ is *one* coffee Norelco, General Electric, Proctor-Silex and West Bend *all* recommend.

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So if you've got a special coffee maker, get a special coffee: Maxwell House A.D.C.™

One sniff, one sip and you'll know just how special it is!

A.D.C.™

Automatic Drip Coffee

GOOD NEWS

Do-it-yourself carpet repair

With this repair kit, it takes just minutes to "plug" burned, stained, or torn spots in carpeting.

Start by pushing the cutting tool down firmly while rotating it to cut through the carpet *(below left)*. Remove the damaged piece and cut a replacement plug from a remnant or hidden area of the carpet.



Insert an adhesive disc through the cutout *(below center)*. Then carefully align the pattern of the replacement plug to the carpeting and press the plug in place *(below right)*. If you cut the plug from a hidden section of existing carpeting, place the damaged plug there.

Carpet Repair Kit, about $12. Blue Lustre Home Care Products, 7950 Castleway Dr., Indianapolis, Ind. 46250.

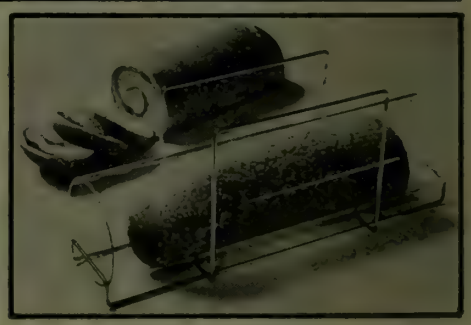












Clean water on tap

With the flip of a lever on this new filter, you can change regular cold tap water to clean, clear water for drinking and cooking. The unit removes chlorine, organic contaminants, and suspended particles—without eliminating beneficial minerals or fluoride.

The replaceable filter elements last up to three months (or 200 gallons of water).

Instapure Water Filter, about $30; filter elements, about $3. Teledyne Water Pik, 1730 East Prospect St., Ft. Collins, Colo. 80521.

Take the guesswork out of plant care

You can check everything but your plants' temperatures with these two testers. One unit *(right)* checks light and moisture (and comes with a guide listing over 500 plants); the other tests the pH factor in soil and water samples.

Aqua/Light Meter and pH Tester, about $18 each. J&M Instruments Corp., 96E Allen Blvd., Farmingdale, N.Y. 11735.

Bread maker for crust lovers

This unique glass tube lets you watch the magic of bread baking, and the bread that results has a crispy crust all around.

You can use your own favorite bread recipe, frozen dough, or any one of the tested recipes that come with the baker. Also included are an oven-proof rack to hold and store the tube, and complete step-by-step instructions.

Bake-A-Round Bread Baker, about $10. Corning Glass Works, Corning, N.Y. 14830.

continued

Q. Does Hotpoint pack a coupon for Tide in their new automatic washers?

A. Do kids get dirty at parties?



When kids are having fun they almost *have* to get dirty. And you have to get those clothes clean. Hotpoint packs a 40-cents-off Tide coupon in their new washers. Reason enough to try Tide? Sure. But we think you'll *keep on* using Tide because of the way it cleans.

Tide gets out the "every-day" dirt you see most—the dried-in mud, the catsup, the chocolate milk, and the tough, ground-in dirt that goes clear through the fabric down to the skin. You'll find Tide handles it beautifully.

The dirt you see the most, is the dirt Tide cleans the best.



This Hotpoint WLW5700T large capacity washer offers a Handwash™ system with its own special agitator so you can wash delicate items you used to wash by hand. Other features include automatic soak and permanent press controls as well as a Rapid Wash and an extra-rinse cycle.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

HOW TO FEEL MORE ALIVE AT 5:00



Some days I used to feel really dragged out by five o'clock.

You probably know the feeling because you've had it yourself. And usually just when you were planning something really nice for the evening.



Then I found out about Vivarin.

Just one Vivarin tablet perks me up, makes me feel more alive.

You see Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

So for those times when five o'clock rolls around and you want to feel more lively, ready to enjoy the rest of the day, try Vivarin.

It really works.



GOOD NEWS



Cool heaters

Operating on the same warming principle as the sun, these heating panels radiate warmth directly to you—instead of heating the surrounding air. The heaters have a safe, low surface temperature, and they're energy efficient, too; the largest uses only 500 watts. Several sizes and styles are available.

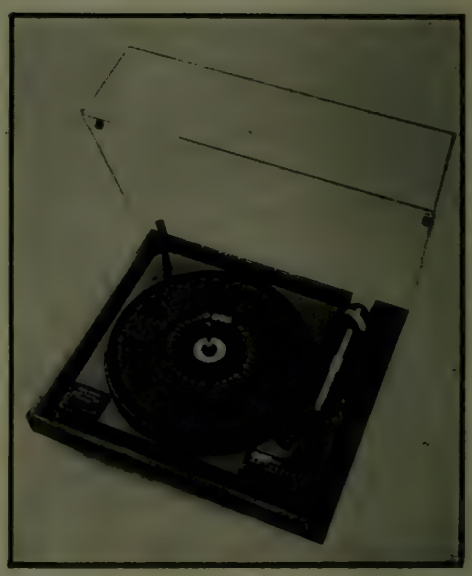
Model 701 Portable Heater, about $60; Model 615 Picture Panel, about $80. Aztec Marketing, Dept. GT, 181 East 56th Ave., Denver, Colo. 80216.



Super yardstick in a case

From the outside, this looks like any other eight-foot tape rule. But there's a unique difference. The three-way reading blade separates completely from the case to serve as a measuring stick and straightedge.

The Extender Rule, about $3. Stanley Tools, Box 1800, New Britain, Conn. 06050.



Top-quality sound on a budget

Turned off by the cost of "good" stereo equipment? This low-priced turntable has many high-priced features, including one that plays the same record up to six times.

B.I.C. 920 Multiple Play Manual Turntable (with turntable, cartridge, base, and dust cover), about $100. British Industries Co., Dept. KI, Westbury, N.Y. 11590. ■

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Something for smokers to think about.

There are cigarettes and there are cigarettes. And if you're a smoker you certainly know by now which brand you really enjoy smoking.

So what makes us think we'll ever get a crack at switching you?

Well, we're going to try.

A lot of cigarette smokers smoke menthol. But they're probably just as concerned about the 'tar' and nicotine stories that all cigarette smokers have been hearing these days.

Frankly, if a cigarette is going to bring you flavor, it's also going to bring you smoke. And where there's smoke, there has to be 'tar.' In fact, in most cigarettes, the more flavor, the more 'tar.' Except for Vantage.

You must know that Vantage cigarettes have a special filter which reduces 'tar' and nicotine without destroying flavor.

What you may not know is that Vantage is also available in menthol.

Not surprisingly, what separates Vantage Menthol from ordinary menthols is that Vantage Menthol gives you all the flavor you want, with a lot less of the 'tar' and the nicotine that you probably don't want.

Now Vantage Menthol is not the lowest 'tar' and nicotine menthol you'll find. It may well be the lowest one you'll enjoy smoking.

Since you're the best judge of what you like about menthol cigarettes, don't just take our word for it.

Try a pack of Vantage Menthol and then you'll know for sure.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER: 11 mg. "tar", 0.7 mg. nicotine, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report APR. '76.



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Your K mart Camera Department has low, discount prices on KODAK Instamatic® cameras... like the KODAK Tele-Instamatic™ 608 color outfit, the KODAK Trimlite® 18 camera and the KODAK Instamatic X-15 color outfit. And film? You'll find a wide selection of KODAK film for any popular-size camera. Picture K mart for your camera, film and processing needs... where the focus is always on value and quality.

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HARVEST SALADS— SUMMER SUPPERS

Do you have a favorite fall fruit or vegetable you make into a tasty salad? Can you fix a super summer supper with the greatest of ease? Send us your recipes—you could win next August. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and 10 Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next August. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to help you

Harvest salads—start with a garden-fresh, canned, or frozen fruit or vegetable. Maybe you have a special dressing or seasoning. **Tips:**
chilled squash cups
marinated melon balls

Summer suppers—feature easy-to-fix entrées. Do you make icy soups, cold meat or seafood molds, or fruit and dairy combinations? **Ideas:**
deviled ham loaf
icy chicken gumbo

THIS MONTH'S WINNERS

(See recipes on pages 101 and 102.)

Cooks-of-the-Month

Teri Lee Getschman, Danville, Calif.
Mrs. Tom Lahay, Del Mar, Calif.

Runners-up

Bettie K. Chastain, Ooltewah, Tenn.
Linda Cresswell, Clarkston, Mich.
Sarah G. Harvey, Redwood City, Calif.
Muriel Hays-van Dyck, Atlanta, Ga.

Honor Roll

Pamela Covington, Scottsdale, Ariz.
Mary A. Earhart, Thermal, Calif.
A. Gregora, Winnipeg, Manitoba
Mrs. Betty S. Judy, Rockville, Md.
Mrs. Robert E. Morris, Dayton, O.
Mrs. Walter Ost, Avon Park, Fla.
Normajean Rabideau, Lake Orion, Mich.
Miss Robin Ann Ruhe, Los Alamos, N.M.
Michelle Wiers, Florissant, Mo.
Joan Zwagerman, Hospers, Ia.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "August Harvest Salads" or "August Summer Suppers."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, January 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7701 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**

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lso in our big catalog — our glorious new floribundas! Extra-early, extra-fragrant UNSPRITE . . . dramatic orange and red MATADOR . . . and the never ending scarlet ed blooms of ACCENT!

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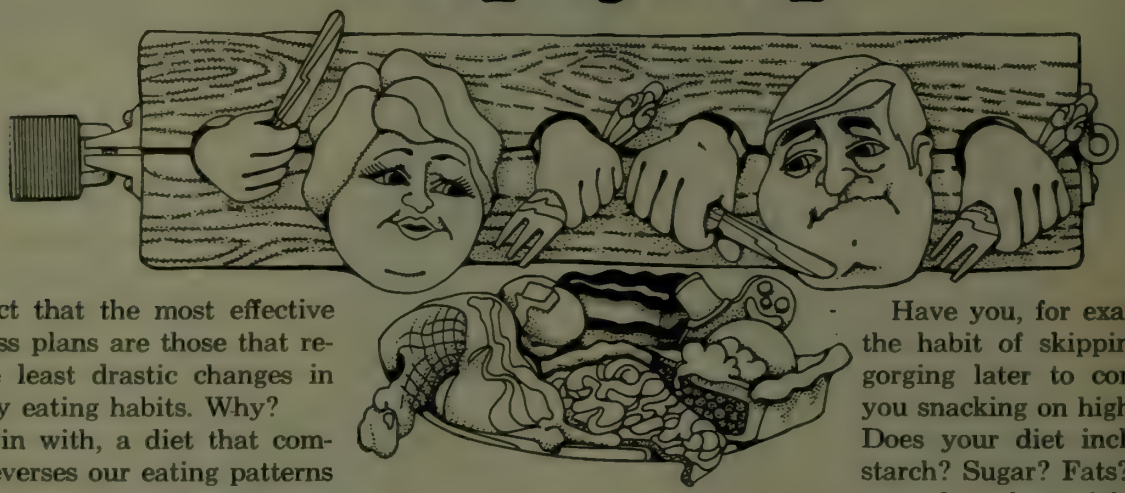
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HEALTH Michael P. Scott

Step by step to a successful DIET



It's a fact that the most effective weight-loss plans are those that require the least drastic changes in customary eating habits. Why?

To begin with, a diet that completely reverses our eating patterns is difficult to live with. Often it makes mealtime a punishment rather than a pleasure and fails to satisfy the appetite. And even if the desired weight loss is achieved, such a diet makes it all too easy to fall back into the same dietary habits that created a problem in the first place.

All of which means you probably stand less chance of losing weight, and keeping it off, when you resort to crash or fad diets than when you develop a diet plan based on the foods you normally eat. Here's how to set up such a plan:

1. Keep track of your eating habits, and add up the calories in your diet.

To come up with a logical solution to a problem, you first have to examine all its aspects—and that rule applies to devising a diet plan. So, if you're serious about shedding some pounds, first take a careful accounting of the way you usually eat. Record not only what, when, and how much (preferably weighed and measured) you eat and drink during meals and snacks, but also how long it took to eat and whether or not you ate alone.

It's a good idea, too, to jot down the mood you were in just before you ate. Psychologists now contend the "why" of eating is an important consideration. As they explain it, people often eat more than normal amounts of food because they're eating to gratify emotional needs, as well as hunger.

After you've recorded a typical week's intake of food and drink, consult a calorie chart and tally up the approximate number of calories you've consumed. Divide the total by seven to get a daily average.

Calories, of course, are an indispensable source of energy. But only when they balance out with the energy you expend does your body weight remain stable. Too much intake, too little output, and the pounds inevitably pile up.

2. Pick out the trouble spots, and decide how to deal with them.

Once you see your eating pattern before you in black and white, you should have no difficulty pinpointing your problem areas.

Should you see your doctor?

Before putting your diet plan into operation, see your doctor if:

- **you're due for a checkup**
- **you have doubts about the state of your health**
- **you have a health problem that requires medical supervision**
- **you want to supplement your diet with vigorous exercise**
- **you intend to drop your daily calorie intake below 1,200**
- **you plan on losing more than two pounds a week**
- **you've decided to lose 20 pounds or more**
- **you can't be sure that your diet provides proper nutrition.**

Have you, for example, acquired the habit of skipping meals, then gorging later to compensate? Are you snacking on high-calorie foods? Does your diet include too much starch? Sugar? Fats? Do you often eat only to be sociable? Do you eat automatically, even if you're not really hungry? When you're thirsty, do you reach for a soft drink rather than water?

Eating is a highly individual matter, so you may find that your problem is none of the above. But there is one unalterable fact that must be faced by everyone who wants to lose weight: Calories are the key to weight loss, and losing pounds requires burning up more calories than you consume. The idea is to keep the calorie intake at a level that requires the body to turn to its storehouse of fat for the energy it needs.

Basically, there are two approaches to cutting calories: reducing the quantity of food, or cutting down on high-calorie foods. There are several techniques that can help you do both with minimum pain. For example:

- *Eat more slowly.* It's easier to tell when you've had enough to eat if you don't gobble up your meals.
- *Eat more often.* Four or five mini-meals a day can add up to fewer calories than the two or three meals you eat when you're famished.
- *Cut down on the size of portions.* If you want to feel less deprived, use a smaller plate.
- *Stretch your meals.* Try setting aside what you would ordinarily eat for dessert and substitute it for the snack you would have had later on.
- *Confine your snacks to the early part of the day.* Calories consumed after dinner are less likely to be burned up because you're apt to be

continued

Drawing: Image Response

"Dear General Foods, If your products are so good, why are you making them 'New' and 'Improved' all the time?"

We at General Foods have been mak- "New! Improved!" products long ough to know that "New! Improved!" meeting with a certain skepticism.

After all, how many times can some- dy improve, say, a box of Jell-O® and gelatin? And if we've found a way



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make it better now, why didn't we do n the first place? And why do we keep ing it so often?

Necessity is the mother of improvement.

General Foods, like all businesses, is marily in the business of giving the stomers what they want. And when comes to food, what the customers in- riably want is something better— tter-tasting, easier to prepare, better tritionally, and so on.

Which is why we interview thou- nds of people yearly to find out what ey want, and then try to improve r products to give it to them.

In short, it isn't just eagerness to ease that keeps us improving our prod- ts; it's simply good business. We aren't e only food company in the world. If we n't give the customers what they want, mebody else will.

How new is new? How improved is improved?

The first question is easy. The Federal ade Commission permits an advertiser call his product "new" for six months er he's introduced or improved it. After at, it's not new anymore, and we can't y it is.

How improved is improved? That's ittle more difficult. According to eneral Foods' policy, in order to be con- lered "Improved!," the product ange has to result in a significant and ticeable benefit to the people who e it. And when we say "Improved" on the label or in advertising, we have to say exactly what the improvement is.

How the food you eat gets improved.

The early versions of Jell-O gelatin were as fine a gelatin as you could buy. But like all gelatins in those days, Jell-O gelatin had a tendency to cake in the package. We determined which food ingredient was causing the caking and devised a replacement. Result: no caking.

Early versions of Jell-O gelatin, tasted great by the standards of the day, but they lacked the delicious fruit-y flavors people have come to expect from the Jell-O brand. The reason was that the gelatins tended to subdue the flavoring. So we found which of the flavoring components produced the flavor, and then found a way to add more of them so that the flavor wasn't masked anymore. Result: better-tasting Jell-O gelatin.

Early versions of Jell-O brand gelatin, like all gelatins, had a tendency to lose flavor while still in the package. We found a way to fixate the flavor—that is, hold it in.

Then to keep the flavors fresh, we redesigned the packet Jell-O gelatin comes in. We developed a sealed pouch to retain the flavor better.

Once a product such as Jell-O gelatin gets improved, it's tested and retested among consumers. Not until it gets their approval does it reach the supermarket. But the testing doesn't stop here. We have our people go to the supermarket, buy the product, and test it again —to make sure the improved product continues to live up to the new and higher quality standards it has set for itself. And the testing goes on afterwards to a degree that would bore anyone not as fascinated with the process as we are.

Still, the emphasis at General Foods isn't on "inspecting" quality into a product, but designing it in to begin with. So to improve the quality of Birds Eye® frozen peas or corn or whatever, we don't wait until they're frozen. We're involved in the planting and cultivating and growing of them, too.

All of which, we hope, gives you some idea of how your food gets improved. Now the question is, why do we do it so often?



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Are there more "New! Improved!"s than we need?

There probably are—more, that is, than you personally need. But if a new, improved product makes it to the marketplace, it's almost certain that a lot of other people need it—or it wouldn't be there.

Shoppers have their own system for weeding out unnecessary product improvements, and it's beautiful in its simplicity: If they want it, they buy it; if they



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don't want it, they don't buy it. And nothing vanishes as quickly as a product nobody wants.

For more information.

We hope this short course in product improvement gives you a better idea of how food you eat gets changed for the better.

If you have any specific questions on this matter, please feel free to ask them. Just write to Miss Peggy Kohl, V.P., Consumer Affairs, General Foods Consumer Center, White Plains, N.Y. 10625.

Our reasons for telling you all this are a mixture of helpfulness and pride in our products. The more you understand about food, the better off you'll be. And the more you understand about our foods, the better off we'll be.

GF
GENERAL FOODS

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Indian Summer Macrame One of the most magnificent macrame wall hangings for you, our friends! Adds a dazzling effect to any wall. Complete kit contains jute, dowel rods, tubing, beads, wood turnings, "T" pins, rubber bands, diagrams, and complete easy-to-follow instructions. Finished piece is 22" x 37". Order yours today and make your wall the envy of your neighbors!





Lighthouse Everyone will *rave* at the beautiful colors in this new latch hook design. Its dramatic size (26" x 40") makes it the perfect decorator piece for any wall—and perfect for a plush throw rug, too! It's remarkably easy-to-do because of the simple latch hook technique. Finished wall hanging/rug is washable. Kit contains 4 mesh polyester canvas complete yarn requirement information and step-by-step instructions. Orlon acrylic yarn for completing the kit and quality crafted latch hook are available below. Praises in abundance will be yours with the addition of this piece to your home! Act now!

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_____**No. 03077 Lighthouse Canvas and Yarn $34.90, 2 for $67.79**
_____**No. 03029 Latch Hook $1.20, 2 for $1.90**

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continued

Successful diet

less active during the evening.

- *Release your tensions by expending energy.* If the refrigerator beckons when you're pent-up, a brisk walk around the block can be a satisfying alternative.
- *Watch out for hidden calories.* You may not realize it, but you're raising your calorie intake every time you nibble on food.
- *Limit the areas where you eat.* Eat all your meals and snacks in the kitchen or dining room; consider all other rooms out of bounds.
- *Don't keep your goal a secret.* The support of your family and friends can strengthen your resolve.
- *Step up your physical activity.* Every little bit helps—walking instead of riding, shunning elevators in favor of stairs.

3. Determine your best weight, and set a realistic time for attaining it.

A height and weight chart will tell you approximately what you should weigh. But don't forget a large frame can carry more weight than a smaller frame.

Whatever your bone structure, your ideal weight is the one at which you think you look and feel your best. And the safest way to arrive at this weight is to lose no more than two pounds a week.

It takes about 3,500 calories to produce a pound of stored fat, so to lose two pounds a week you have to take in 7,000 calories less than your body uses up—or 1,000 calories less each day.

How long you'll have to stay with your diet plan depends on how much weight you want to lose. Once you reach your desired weight, you need have no fear of backsliding if you adjust your calorie intake to the amount required—15 calories per pound of body weight—to stabilize and maintain it.

In other words, multiply the weight at which you would like to remain by 15. The answer is the number of daily calories to which you should limit yourself in order to maintain your ideal weight. ■

(Produced in cooperation with Lilian Rothman.)

Once upon a RyKrisp® snack cracker, good things taste even better. Cheese, salami, dips and spreads—they're all enhanced by hearty, whole-grain RyKrisp, the "Go With" cracker.



California Ripe Olives add an extra special touch to every recipe. And they're great all by themselves. Put a bowl out and watch them go.

Go with RyKrisp and California Ripe Olives.

And this incredibly edible hot snack.



Here's a simple snack, made with California Ripe Olives and whole-grain RyKrisp, that's simply delicious. It's easy enough to pop into the oven tonight, and tasty enough to serve guests.

Ripe and Rye Appetizers

- 1 package (3 or 4 oz.) sliced smoked beef, snipped
- 1 cup (4 oz.) shredded natural cheddar cheese
- 1 can pitted California ripe olives, drained and sliced or wedged
- 1 cup mayonnaise or salad dressing
- 1 8-1/2 oz. package RyKrisp

Combine smoked beef, cheddar cheese, ripe olives and mayonnaise. Spread about one tablespoon on RyKrisp.* Bake in 375° oven 5 to 7 minutes, or until bubbly (45 seconds in microwave oven). Serve hot. Makes about 36 appetizers.

*May be frozen at this point. Bake as directed above.



®Ralston Purina Company. 1976

California Ripe Olives

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Salem Lights



Salem Lights now come in a new longer length.

Longs smokers. Now you can enjoy a low tar cigarette with Salem taste, too.

New Salem Long Lights.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



As you scan the tea section in your grocery store, the variety of flavors and brews is mind-boggling. You'll see everything from exotic jasmine tea, scented with jasmine blossoms, to intriguing gunpowder green, or robust morning thunder. Pick up a container and check the list of ingredients. It may include anything from spearmint leaves and hibiscus blossoms to licorice and spices.

Although the labels of different tea brands may list similar ingredients, each tea company has its own blending formulas. Care goes into selecting quality ingredients. When you choose a tea blend by brand, you can expect the quality, flavor, color, and bouquet to be consistent.

Whichever tea you try, you'll get maximum flavor using these tips:

- Heat a ceramic teapot by pouring in hot water, then draining the pot.
- Bring cold tap water to boiling; immediately pour over leaves in pot.
- Allow tea leaves and water to stand undisturbed for three to five minutes. Don't judge tea strength by the color; rely on the timing.
- Stir, strain or remove the tea bags, and serve.
- When making iced tea, steep the tea a minute or two more before removing the bags or straining. Chilling the tea will cause it to cloud, so leave it at room temperature.
- Store loose tea or tea bags in a tightly covered container. Tea can be stored up to six months without losing any of its flavor. ■

Why you should be as careful choosing a puppy food as you are choosing a baby food.



Puppies, like babies, have special nutritional needs. But, unlike a baby, a puppy does 90% of his growing and developing in only a year.

That's why you should know about new Gaines® Puppy Choice® food for puppies.

Puppy Choice is fortified with the extra protein a puppy needs for strong muscles and a shiny coat; calcium for strong bones and teeth; and a well balanced blend of essential vitamins and minerals.

It contains meat by-products and meat to give your puppy the taste he really loves.

And the soft, moist formula of Puppy Choice is easy to digest.

Why not get your puppy off on the right paw. With the complete and balanced nutrition of new Gaines Puppy Choice.



Gaines

New Gaines® Puppy Choice®. The special puppy food for

HOW TO ORDER MATERIAL FROM THE MAGAZINE

STUFFABLE TOYS: These lovable and huggable creations re certain to delight a special child. Easy-to-make toy kits include colorful precut fabric (prints and solids) and simple instructions for completion. Select your own stuffing and buttons o suit your taste. No. 00956 Trucker (11x21 inches), No. 00957 Willy The Whirlybird (14x20 inches), No. 00955 V. Dubby 11x18 inches).

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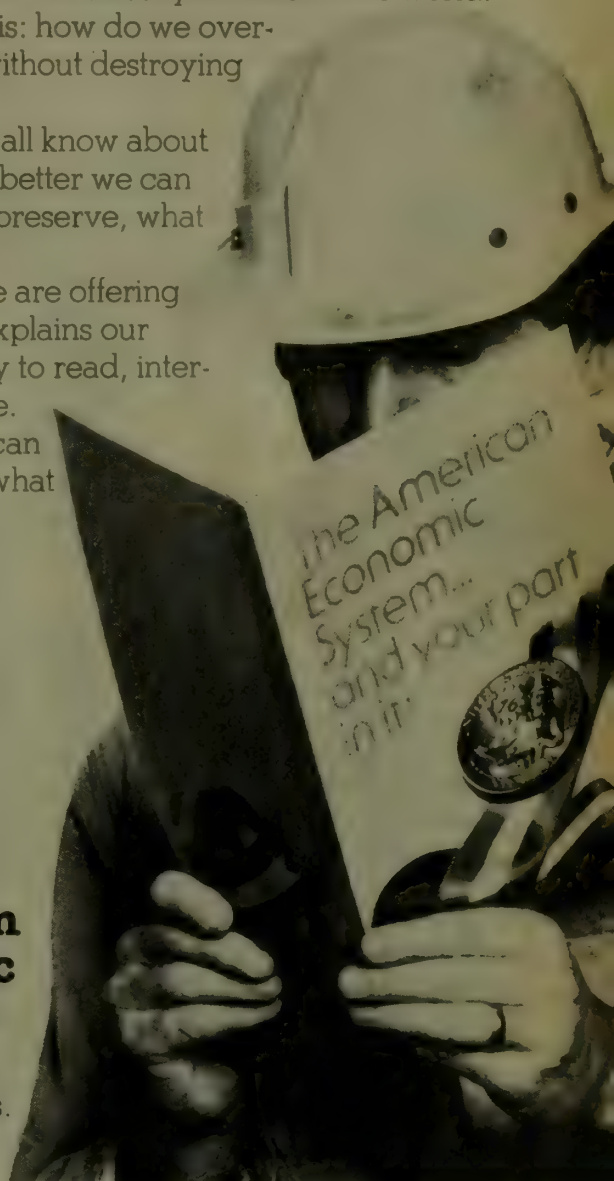
Yet, if you checked "good," you join the great majority of Americans (about 80%) who believe that the American Economic System is basically the best in the world.

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A public service message of The Advertising Council and U.S. Department of Commerce presented by this Magazine

27 ideas for earning extra cash at home

If you have a talent, craft specialty, or just a good idea, it's likely you can make a few extra dollars at home—and possibly more than a few thousand. Lots of people have started with tiny projects that eventually turned large profits.

Working at home brings benefits other than cash, too. Your time is your own, so you can arrange working hours to suit yourself and your family. You'll save money and time on transportation. And you'll escape typical work expenses like office clothes and eating out.

Other people have found employment by using space and equipment available in their homes. No reason why you cannot profit, too, from these ideas, or others they suggest.

1. Try an in-home job in phone sales or market research. It's best to prepare for this business with a brief course in telephone interviewing. Then call local advertising agencies to find out if they could use your telephone help with marketing research surveys. Also, investigate the possibility of doing telephone solicitation to promote a product, service, magazine subscriptions, or newspaper delivery. (Check with your telephone company if such use of your phone would be rated "commercial," and, if so, what additional cost might be involved.)

2. Begin a match-up service agency with your telephone. A New York woman started a roommate service by contacting women with and without apartments, then matching up those with compatible life-styles. Another began a baby-sitting service by organizing a pool of sitters and supplying parents with sitters on demand for a $50-a-year fee.

Another variation of this service is to sign up young mothers who seek friendship and child-sharing. You earn your fee by sending out registration forms to applicants and then coordinating the information.

3. Run an appointment-booking business by simply combining a special interest such as fashion or music with some basic public relations skills. Consider a modeling or photo agency, or perhaps setups for entertainers. Music booking and contracting require only a pack of business

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Turn your everyday skills into good outside jobs

If you happen to be among those many women deciding to go to work outside your home, don't underestimate those skills you've developed running a home and being active in community projects—they might be just what your potential employer needs.

In fact, some thoughtful analysis of your day-to-day experiences and interests can reveal skills you never dreamed you had. What's more, with so many women entering the work world, there's a lot of good, professional advice available now to help you enter that world.

Here are some basic steps to consider, designed to help you use your domestic skills to get the outside job you want.

Step 1. Explore yourself

Felice N. Schwartz, president of Catalyst, a national, nonprofit organization that helps women choose and advance in productive and rewarding careers, stresses the importance of self-analysis before looking for a job. "Write down the reasons why you want to work," she suggests. "Is it for money? Recognition? Independence? Escape from boredom? Probably it's for a lot of such reasons, but take the time for some honest evaluation."

Ms. Schwartz also suggests that you make a checklist of your personal strengths. Are you versatile? Clear-thinking? Creative? Practical? Well-organized? To help form a more complete picture, have friends or family rate you, too.

It also helps to list your major interests. How do you spend most of your leisure time? What abilities do you enjoy using? What community activities are especially stimulating to you? When are you most involved in what you are doing? When are you least involved?

Seeking answers to these questions will help you clarify your interests and abilities. In turn, such self-awareness should help when it comes time to present yourself as a potential employee.

Step 2. Identify your skills

Bonita Davis, director of Communiversity, a career counseling agency, urges each of her clients to complete a biographical statement. This should include all "significant life events" dating from high school —such things as the death of a close friend or family member, marriage, hirings and firings, pregnancies, births, personal problems, changes in habits, residence, schools, church and social activities, memorable vacations and holidays.

These events are important, ac-

continued on page 32

New Ivory Liquid. Now even milder for your hands.

Ivory Liquid has always given you mildness you can trust. And now it's milder for your hands than even Ivory Liquid was before. So for young looking hands, there's more help now than ever. Same rich, long lasting suds for your dishes, too. Try it. Get your hands into something new...something milder.





Turn an old favorite into a new sensation. "57 it!"



Beef Stew 57

1½ pounds cubed boneless beef for stew
1 teaspoon salt
Dash pepper
½ teaspoon sugar
2 tablespoons shortening
2 cups water
2 beef bouillon cubes
3 tablespoons Heinz 57 Sauce
½ cup thinly sliced celery
2 medium-size potatoes, cut into eighths
2 medium-size onions, quartered
3 large carrots, cut into 1-inch slices

Sprinkle meat with salt, pepper and sugar. Brown well in shortening. Add water and bouillon cubes. Cover; simmer 1 hour or until meat is almost tender. Add 57 Sauce and remaining ingredients. Cover; simmer 1 hour or until vegetables are tender. Stew may be thickened with flour/water mixture, if desired. Makes 6 servings.

Meat Loaf 57

1½ pounds ground beef
1 egg, slightly beaten
1 cup soft bread crumbs
½ cup milk
3 tablespoons Heinz 57 Sauce
1¼ teaspoons salt
Dash pepper

Combine ingredients thoroughly. Shape in loaf (8" x 4" x 1½") in lightly greased shallow baking pan. Brush top with additional 57 Sauce, if desired. Bake in 350°F. oven, 1 hour. Allow meat loaf to stand 5 minutes before slicing. Makes 6 to 8 servings.



What do you get when you use a great steak sauce like Heinz 57 in recipes like these? A sensational pair of economical, easy-to-make dishes, that's what. In fact, the unique, zesty flavor of Heinz 57 Sauce brings new excitement to a host of main dishes.

So next time it's an old standby like beef stew or meat loaf, stir up some excitement. 57 it! And make something simple, something special.

For more free Heinz 57 Sauce recipes, write P.O. Box 28, DP39, Pittsburgh, PA 15230.

Heinz

continued

Extra cash

cards, a few simple advertising-information sheets, a good telephone manner, some musical friends, and the Yellow Pages.

4. Start a wake-up service in your community. You'll find this use of the telephone easier than running an answering service, because you can do the whole job from your own phone. People pay $5 or so a month for the service.

5. Set up an information service if you're keyed in to local events. Include printed packets of transportation maps and other details with this service.

6. Start your own home boutique by using your original design ideas. For starters, try the all-time favorites: dolls, pillows, and stuffed toys. Your own idea—a sassy stuffed frog or whimsical gremlin—might develop into a profitable line of designer originals. One woman dreamed up animal sleeping bags and later sold the idea to a manufacturer.

7. Use your sewing talents to make unique clothing items that appeal to department stores or boutiques. You might stitch up children's aprons with cleverly arranged buttons and pockets, or kitchen aprons with tea towels tucked into the pockets. Even your bright remnants can be turned into patchwork quilts, rag rugs, or distinctive baby clothes—items that you might sell to children's stores, specialty stores, gift shops, and the neighbors.

8. Take advantage of the thriving market for clothing alterations. With more and more people dieting down to a smaller size, there's a growing demand for this service. If you prefer to sew from scratch and have a talent for design, you might market a line of smartly styled fashions in irregular sizes.

9. Start a costume or uniform rental service based in your home. Imaginative costumes are more and more popular for children's parties and masquerades. And handsome uniforms for bands and parades are hard to come by. Since sewing a large quantity may be unrealistic, limit your stock to rental garments only.

continued on page 30

Never buy another pattern... never buy an instruction book again!

Creative Patterns

. . . a unique new program that lets you be as creative as you please!



Dream a dress. Then get out your CREATIVE PATTERNS and make that dream come true. Admire a handsome but ever-so-expensive rug. Get out your CREATIVE PATTERNS and make one that's even better. Decorate your home with unique and beautiful accessories . . . dress your family in quality clothing that really fits . . . give toys and handmade gifts that will be remembered forever.

All this is easy — and all of it's fun — with CREATIVE PATTERNS. For these patterns and instructions are truly different. They're not *just* for following — they're for *designing* and *creating*. They let you use your imagination and your skills, together, to gain the deep satisfaction that comes from creating beauty, by yourself!

And there's a whole wide world of beauty to create with CREATIVE PATTERNS. You'll have craft booklets (with all the instructions and patterns you need printed right in the booklets) . . . clothing patterns (each printed in 5 sizes) . . . and instruction booklets to go with the patterns. You'll have, at your fingertips, a collection of patterns and instructions that let you be as creative as you please . . . "dabble in" or become expert at just about any craft you can think of . . . design and make all the clothes you've ever dreamed of owning!

With just the first package — you'll be able to make 4 beautiful dresses . . . plus at least a dozen soft toys!

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Which is the new pan?

Which has been used 127 times?



Twinkle® keeps copper looking almost new. Even if you cook with it daily.

We cooked in one of the pans above 127 times. It collected all the stains, marks and tarnish that most pans do. But it got regular care with Twinkle.

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continued

Extra cash

10. Turn an extra room into a knit, crochet, or needlepoint shop. (First, check your neighborhood's zoning requirements.) Sell craft supplies during the daytime and teach classes in the evening.

11. Set up a small gift shop offering items such as your hand-painted china plates, or paintings of your neighbors' homes, pets, or children.

12. Create your own art, music, or dance studio. With an art studio in your home, you might create illustrations for children's books or greeting cards. Or, if you're musically inclined, you might offer piano, guitar, or banjo lessons to the neighborhood kids. A terpsichorean talent might lead to establishing a dance studio where students are charged $10-$15 an hour for classical, modern, or ballroom lessons.

13. Set up a child-care center or offer your foster-child-care service to a social service agency. If you haven't enough space, you might apply for a state grant and invest in a larger house that offers both living and learning space.

14. Rent out a room to tourists. With more and more families on the travel road, overnight accommodations that are less expensive than local motels can be a boon. Check with your local chamber of commerce for the proper procedures.

15. Grow and sell plants, particularly if you are knowledgeable about specialty items like bonsai, miniatures, terrariums, or even kitchen herbs.

16. Start a plant-sitting service for vacationers. A variation: Offer to take care of plants (and pets) in other people's homes while they're away. In fact, you might expand this service to include dog walking or cat tending for a set fee.

17. Run a tutoring service. If you've helped your own kids with homework, chances are you can help others. Call your local board of education and find out about tutor training programs.

18. Make your home available to party-plan companies such as Tupperware. As hostess, you'll receive merchandise, not cash, but if you go on to become a demonstrator yourself, commissions can run up to $30 or more per party.

19. Market your home-cooking skills. Do you make a great quiche, French stew, lasagna, fudge, or birthday cake? Start by selling one item to a caterer. Or you might sell your homemade food items to the corner grocery store.

20. Share your culinary talents by holding gourmet cooking classes, or teaching your own specialties such as bread baking or making jams and jellies, pickles, or relishes.

21. Shop at the supermarket for friends and neighbors, and charge a small fee for your time—and transportation costs.

22. Set up a packaging or particularly creative gift-wrapping service. However, check first with local manufacturers and retailers to see which service would be most successful in your community.

23. Use your typing and other related business skills. Good in-home typists make from $1 to $1.50 per page of double-spaced manuscript. Offer your services on college bulletin boards. Also check local businesses to see if they have work you could type at home. Many businesses need to have envelopes addressed and stuffed, for example.

24. Set up a mailing business to supplement your local letter shop. At home, you can hand-fold inserts, staple packets of material, and address and stuff envelopes.

25. Open a restoration hospital in your home for furniture, dolls and other toys, antiques, handbags, jewelry, or paintings.

26. Capitalize on your hostessing know-how by planning weddings and parties for friends and neighbors. Choose the menus, write the invitations, arrange for entertainment. Your own personal touch for this service can bring a high profit. You can easily charge ten to 15 percent of the total costs.

27. Organize neighborhood walking tours if you live in a neighborhood rich in local history. Later you might expand this service to include tours of the town, and visits to historical spots, unique local attractions, department stores, museums, galleries, craft centers, and small out-of-the-way restaurants. ■

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Pall Mall Filter King . . 18 mg. "tar", 1.5 mg. nicotine av. per cigarette by FTC method.
Pall Mall Extra Mild . . . 7 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

begins on page 24

Outside jobs

cording to Ms. Davis, because they have taught you something, though it's up to you to evaluate each experience. Did you enjoy it? Did you hate it? Were you alone or were others involved? Was the situation exceptional—did the chairman of your PTA committee quit without warning, for example, and leave you to carry out a program?

Isolate the events in your life when you used particular skills, like handling funds, publicizing a drive, or getting groups of people to do specific tasks. Gradually a pattern will emerge indicating significant abilities. Don't overestimate these skills or underestimate them. Just bring them to mind so you can cite them. An employer, after all, is interested in your potential as well as your experience.

Step 3. Find out what you want to do

To get at the skills that you have developed, says Barbara Holt, director of her own employment consultant firm, "think about what you enjoy doing."

When she looked into her own past, Ms. Holt discovered that she enjoyed the "interplay" she had with her children. Many parents dread the rainy day, the snowed-in week, the tail end of summer vacation, but she relished them as challenges. "One day I got out some shaving cream and the children finger-painted with it. Other times, we'd go out and get mint from the garden and make mint jelly. Holding out new ideas and challenges to the children showed me how to suggest stimulating ideas and challenges to adults—and actually became the basis for my own corporation."

Dr. Gloria Chapman, employment consultant for the New York State Department of Labor, recommends that you keep a daily diary of what you do at home. You'll find out very quickly what you like and do not like to do. And you'll probably discover some hidden assets.

Of course, it's not always possible to translate an avocation into a vocation. Although you may love cooking for your family, for example, you may not enjoy catering for 150 people. On the other hand, an analytical interest in food might motivate you to seek a job with a test kitchen, as an assistant to a foods editor, or with a company that produces recipe books.

Perhaps hostessing is your special pleasure. You're that rare kind of woman who enjoys the challenge when your husband calls and says, "We've really got to close this deal, and we'd like to do it over dinner." In this case, you may be a natural for a job in public relations.

Step 4. Work up a resumé

First, analyze the important events in your data bank as to what you did, how you did it, and why. Try to express the facts in the language of business. Include in your resumé, for example, the fact that you "headed" a fund-raising drive for a local charity by "recruiting" and "training" volunteers. You "co-

continued



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continued

Outside jobs

ordinated" their work in various geographical areas. Why? You "analyzed" and "evaluated" the need for the drive. Or perhaps you "designed" and "implemented" the drive.

Also, try to pinpoint specific skills in your resumé. Say you worked for a political campaign and had the responsibility for getting good press coverage for the candidate. You accomplished this assignment by using liaison, public relations and writing skills, as well as coordinating and organizational skills.

If you never had a paying job, you need not write your resumé in chronological order. Instead, list your accomplishments in order of importance, and describe the skills you used and the results of your efforts. Also, Bonita Davis recommends you keep a portfolio of memorabilia, for backup evidence of your work experience—flyers for bake sales, thank-you notes for jobs well done, and the like.

Step 5. Take a look at the job market

Dr. Chapman suggests you spend one Sunday reading the paper from cover to cover, just to find out what jobs are available. That includes not only the want ads—all of them—but items about corporations that are expanding, changing location, function, or personnel. Many libraries have special sections devoted to employment opportunities and books that list the requirements for specific careers.

Talk to everyone about a job, says Ms. Holt. Talk to husband, family, and friends. More than 80 percent of all jobs never hit the classified ads, but are filled by contacts. If you know someone who knows an executive of a company in your field of interest, try to arrange an interview. Even if a position is not available in that particular company, you will be getting interview experience and information, and making yourself known for future openings.

If a friend or relative offers to make a call for you, give him a resumé. "People are much more willing to help," says Ms. Davis, "if you offer concrete proof of your interest and professionalism."

A point to remember: If you can't immediately get the job you want, but you have the chance to get into the same company in another capacity, consider the potential for advancement and the value of having a foot in the door.

For more information:

Catalyst has developed a number of excellent self-guidance pamphlets to help you learn how to translate your skills into work assets. Send $1.75 each for "Planning for Work" and "Your Job Campaign;" $3.50 for their "Resumé Preparation Manual." Catalyst also offers several helpful pamphlets in its Education Opportunities Series (90 cents each) and its Career Opportunities Series ($1.25 each). Send for the complete list to see which booklets might meet your needs. Catalyst will also send on request a list of its more than 150 resource centers throughout the country. Write to: Catalyst, Dept. B, 14 East 60th Street, New York, New York 10022. ■



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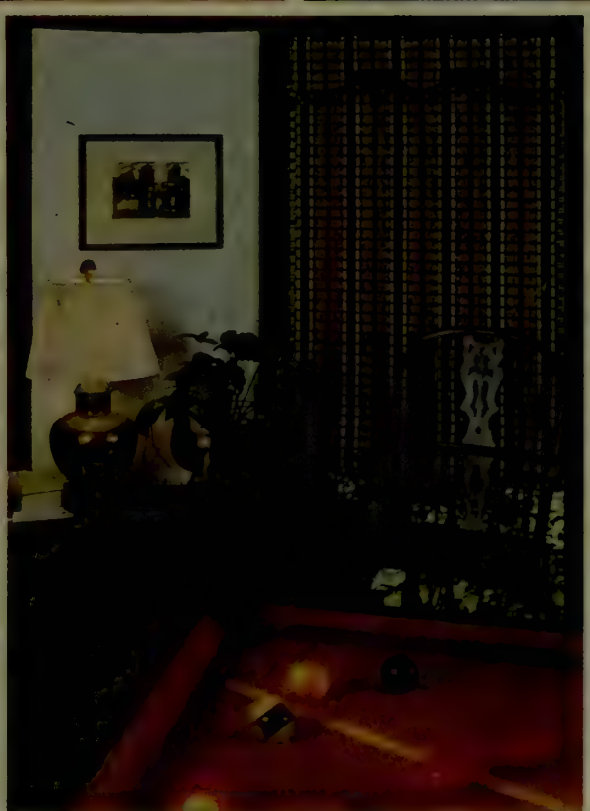
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YOUR ITINERARY

Upon arrival at London Airport, your tour begins with a short drive to Stratford-upon-Avon, birthplace of Shakespeare where you will spend two nights. Here you will visit Anne Hathaway's Cottage and enjoy a performance at the famous Shakespeare Theater.

The trip through the picturesque Cotswolds region will bring you to Chester, a medieval city on the River Dee. Here you will have two nights' stay and time for sightseeing around the old walls and famous "Rows" of covered footways and shops. You enjoy a day's venture into North Wales where you visit Conwy Castle, the seaside resort of Lladudno and see the charming Welsh villages of Betwys-y-Coed and Llangollen.

After passing through the serene Lake District, you stay overnight in the city of Carlisle, the traditional gateway into Scotland. In Edinburgh, where you spend three nights, you can really explore this beautiful capital. Highlights will be the Royal Mile, Edinburgh Castle and the Palace of Holyroodhouse, the Queen's official residence in Scotland.

Now it's time for your visit to London, and the crack "Royal Scotsman" express train whisks you there quickly and comfortably. You then have four nights in London to become acquainted with this fascinating city. After your introduction to famous places like Buckingham Palace, the Houses of Parliament, Westminster Abbey, Piccadilly Circus and Hyde Park, you can take optional sightseeing tours which might have particular appeal for you or pursue your own individual interests shopping or browsing.

Finally, on your last evening in London, you enjoy a gala farewell dinner at an elegant, floating restaurant right on the Thames and in view of famous "Big Ben". Certainly this will be a fitting climax to two wonderful weeks on your Better Homes and Gardens tour!

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This is an extremely popular trip so we have selected departure dates which begin in May and go right through to October in order to accommodate all the reservations. Be sure to let us know your preference when requesting information or sending your deposit.

May 7, 21, 28	**August 27**
June 25	**September 10, 24**
July 23	**October 1**

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This tour departs via charter flight from New York. However, no matter where you live, you can take advantage of the special tour price by flying to New York from your local airport. Therefore, the cost will be only the difference between the $745 price from New York and your round trip air fare to New York. Following are several examples of the low Bi-Centennial round trip air fares scheduled to still be in effect in 1977:

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Better still, a $100 per person refundable deposit will reserve your place. Upon receipt of your deposit, the brochure, which also contains all the tour terms and conditions, will be mailed to you. Should you wish to cancel for any reason, you can obtain a full refund providing you notify us at least 45 days prior to departure.

All the details and arrangements will be handled for you by one of our expert travel counselors—it's easy and risk-free! So don't miss this opportunity to visit the British Isles this year with Better Homes and Gardens.

*Prices based on special Bi-Centennial air fares as of October 15, 1976 and may be subject to change.

Better Homes and Gardens Tour Service acts as agent for Arthur Frommer Charters, Inc. on this program.

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BN01

OFFBEAT VEGETABLES TO ORDER NOW

The arrival of seed catalogs signals spring is just around the corner. And if you're an experienced gardener, you know that it's none too early to make your seed lists and send off your orders. This year, why not consider these offbeat specialties?

Celeriac. This hollow-stemmed celery requires a cool growing season at least four months long. Seeds should be started indoors seven weeks before planting outdoors. Celeriac requires constant moisture, too, so water often if rainfall is scarce. The edible part of the plant is the root—you can use it in stews or eat it raw in salads.

Ground cherries. They're rich in nostalgia and easier to grow than you think. Start the seeds indoors in March and transplant outdoors in ten weeks. In late summer ground cherries develop inside parchment husks. The cherries make delicious preserves and jam.

Jerusalem artichoke. You could call this vegetable oddity the dieter's delight because it's similar to a potato but is starchless. It will grow anywhere that's sunny in moist soil and reaches heights of five or six feet. Harvest six weeks after the flowers drop.

Leeks. Although leeks are difficult to grow, they're well worth the effort, especially if you're a gourmet cook. For best results, start seeds indoors about two months before planting outdoors. If you use seed tapes, get them out as early as possible in the spring. Leeks have a mild onion flavor; use in soups or stews.

Peanuts. You'll find peanuts surprisingly easy to grow in almost any mild climate. They need four months of warm weather for peak performance. The soil must be sandy and loose—and preferably loamy so the blossoms can drop and grow into the ground where they'll develop into peanuts.

Salsify. Soil preparation is the secret of growing this parsnip-like vegetable. It requires a deep soil rich in compost and high in phosphorous-potash fertilizer, and grows best with a long, steady growing season. Harvest in four months; it tastes like oysters when fried.

Vegetable spaghetti. You can grow this interesting vegetable just as you do winter squash. Vegetable spaghetti should be planted as soon as the weather is dependably warm. When the fruit is fully matured, boil it whole, cut it in half, and eat the long, spaghetti-like pulp inside as you would any other vegetable.

Wong bok. This delicious Chinese cabbage is popular on the West Coast but can be grown almost anywhere regular cabbage can. Wong bok requires 80 days from seed to mature; heads grow to six inches in diameter.

Seed catalogs can tell you more than just what to order. Along with their tempting pictures, most contain cultural tips about the seeds they offer. Keep the catalogs from one year to another. You'll soon have your own "garden library" to refer to when you need help or want to see how your plants measure up. ■

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Baked Fish St. Peter





Photographs: Hedrich-Blessing, Dieter

Buying information, page 58

The Reverend Peter Paul Bertoldo comes from a long line of good Italian cooks. As a teen-ager, he helped his father in the catering business and has since developed many Italian specialties of his own for his family, friends, and parishioners.

Perfecting his favorite dish, Baked Fish St. Peter, was a labor of love, the Reverend Bertoldo wrote us. "I added and subtracted different seasonings for several years until the recipe was satisfactory to me and all who shared this dish," he explained. "When it neared its final stage, I named it after the Apostle Peter who was a fisherman and my patron saint."

In the traditional Italian fashion, Father Bertoldo usually serves Baked Fish St. Peter with rice or hot buttered pasta, a tossed green salad, and a good sauterne or chablis. We can't think of a better combination!

BAKED FISH ST. PETER

2 pounds fresh or frozen fish fillets, thawed
Olive or cooking oil
8 ounces fresh mushrooms, sliced (3 cups)
1 14-ounce can artichoke hearts, drained and halved
1 recipe Eggplant-Tomato Sauce

Place fish in 13x9x2-inch baking dish. Brush with a little oil; sprinkle with *salt, pepper,* and *paprika.* Bake, uncovered, in 400° oven for 15 minutes. Add mushrooms and artichokes; spoon Eggplant-Tomato Sauce over all. Cover; return to oven and bake 20 minutes. Uncover; bake 5 minutes more. Serve with hot cooked rice, if desired. Makes 8 servings.

To make Eggplant-Tomato Sauce: In saucepan, combine *one 16-ounce can tomatoes, cut up, ¾ cup tomato juice cocktail, 1 cup pared and diced eggplant, ½ cup chopped onion, ¼ cup diced celery, ¼ cup dry white wine, 1 small fresh banana pepper, seeded and chopped, 2 tablespoons snipped parsley, 2 tablespoons olive or cooking oil, 1 tablespoon worcestershire sauce, 2 teaspoons sugar, 1 teaspoon dried basil, crushed, ¼ teaspoon dried thyme, crushed,* and *¼ teaspoon dried oregano, crushed.* Bring to boiling; reduce heat. Boil gently, uncovered, till thickened, about 40 minutes. Stir the sauce occasionally.

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Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes submitted become the property of Meredith Corporation.

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266478 * JOHNNY CASH AND THE TENNESSEE THREE ONE PIECE AT A TIME
227371 JIM CROCE LIFE AND TIMES Bad Bad Leroy Brown
264333 * OSCAR PETERSON REUNION BLUES
263749 MAC DAVIS FOREVER LOVERS
WALTER CARLOS BY REQUEST
260067 * LINDA RONSTADT SILK PURSE
252379 * GLEN CAMPBELL'S GREATEST HITS
260257 * SHIRLEY BASSEY Good Bad But Beautiful
261990 * ROY CLARK HEART TO HEART
NARVEL FELTS NARVEL THE MARVEL
251462 * MARIE OSMOND WHO'S SORRY NOW
PHOEBE SNOW SECOND CHILDHOOD
THE BEST OF WAYNE NEWTON-LIVE
260745 CAT STEVENS NUMBERS
RASPBERRIES BEST Featuring ERIC CARMEN

268490 HELEN REDDY MUSIC, MUSIC
262718 * PETER FRAMPTON FRAMPTON
264796 * DON WILLIAMS HARMONY
249870 ENGLEBERT HUMPERDINCK'S GREATEST HITS
252445 * THE LETTERMEN All Time Greatest Hits
263657 * CLEDUS MAGGARD & THE CITIZEN'S BAND THE WHITE KNIGHT
239855 MAC DAVIS Stop And Smell The Roses
258970 * TOM T. HALL GREATEST HITS VOL
JOHNNY MATHIS FEELINGS
264515 * FREDDIE HART & THE HEARTBEATS PEOPLE PUT TO MUSIC
262536 * HELEN REDDY I AM WOMAN
207324 ORIGINAL CAST GODSPELL
264324 * The Greatest Hits Of JOHNNY RODRIGUEZ

267310 * MERLE HAGGARD MY LOVE AFFAIR WITH TRAINS
264150 ROGER WILLIAMS VIRTUOSO
264481 * TOM T. HALL FASTER HORSES
MAC DAVIS BABY DON'T GET HOOKED ON ME
264564 * NILS LOFGREN CRY TOUGH
263467 * JOHNNY WINTER CAPTURED LIVE!
PAUL SIMON Me and Julio Down by The Schoolyard
JESSI COLTER JESSI
Donny & Marie Osmond I'M LEAVING IT ALL UP TO YOU
267229 † JOHN DAVIDSON EVERYTIME I SING A LOVE SONG
CRYSTAL GAYLE Somebody Loves You
ARTHUR FIEDLER & THE BOSTON POPS PLAY NEIL DIAMOND SONGBOOK
GEORGE SHEARING THE WAY WE WERE

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265256* NANCY WILSON — This Mother's Daughter (CAPITOL)
246868 JIM CROCE — PHOTOGRAPHS & MEMORIES HIS GREATEST HITS (ABC)
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263517 CAPTAIN & TENNILLE — SONG OF JOY (A&M)

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110262* THE PLATTERS — Encore of Golden Hits (MERCURY)
259911* RAY CONNIFF — LOVE WILL KEEP US TOGETHER (COLUMBIA)
261412* TOM JONES — MEMORIES DON'T LEAVE LIKE PEOPLE DO (PARROT)
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6* JOE WALSH — RECORDED LIVE
8* MAHAVISHNU ORCHESTRA JOHN McLAUGHLIN — INNER WORLDS

263400* BOZ SCAGGS — SILK DEGREES (COLUMBIA)
256560 CAT STEVENS — GREATEST HITS (A&M)
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264614* C.W. McCALL — WILDERNESS (POLYDOR)

* Selections marked with a star are not available in reel tapes

BUILD IT YOURSELF STORAGE UNITS TO UNSTUFF ANY HOUSE

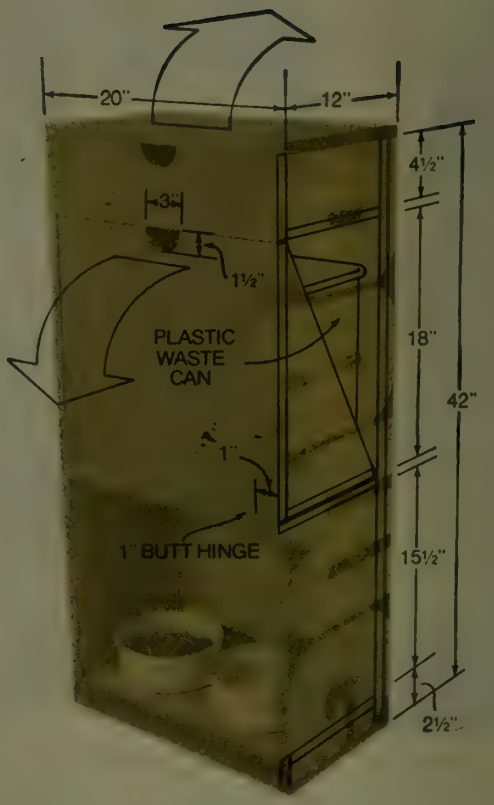
Tired of letting it all hang out? If so, resolve now to put the kibosh on creeping clutter.

Start out by touring the old homestead, listing all the sore spots. Those flowerpots in the basement have to go—ditto for that pile of rags stuffed behind the kitchen door. Then resolve to shape up the areas that bug you the most.

To get the wheels turning, we've designed six simple units that solve common storage problems. If you want to build these nail-and-glue projects as shown, the how-to is all here for you. And if you prefer to add your own design touches, so much the better. Either way, resolve to unstuff and you'll be starting the new year right.

By David Haupert and David Ashe





WHAT TO DO WITH PET FOODS

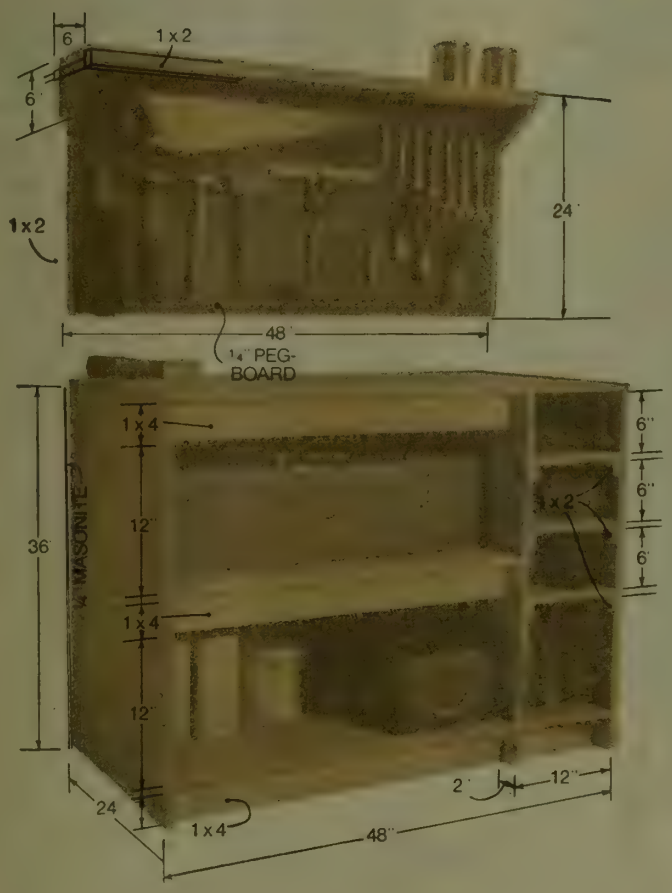
Fed up with: (1) kicking over the dog's water bowl, (2) shoving dog food cans out of the way to get to the soups, or (3) pulling out a box of dog biscuits instead of the crackers you wanted? A pet food center like this one is the solution. The tip-out section holds a wastebasket full of dry food, and the covered top compartment has room for 20 standard-size cans. Keep Dawg's serving bowls at the ready in the bottom section.

Building sequence: (1) Cut sides, shelves, back, and rails (all ¾-inch plywood). (2) Assemble two shelf/rail sections, then nail sides in place. (3) Add middle shelf and back. (4) Cut front, bottom, and sides of bin; assemble and install with hinges. (5) Add short length of chain to limit distance bin opens. (6) Cut top; mortise for hinges; mount.

WHAT TO DO WITH SHOP TOOLS

Scoop your wrenches and hammers out of the kitchen drawer, unbox the power tools stacked in the corner, and move them all to this simple, orderly shop center. The bins at right keep four power tools ready for action, and the large shelves stow everything from caulks to craft kits. Reserve the pegboard wall unit for your most used tools.





Building sequence: *Base unit.* (1) Cut all components. (2) Nail 1x4s to three largest shelves and small bottom shelf. (3) Nail cleats to center and right uprights. (4) Nail three main shelf sections to left and center uprights. (5) Add right upright and small shelves. (6) Nail on hardboard back. *Wall unit.* (1) Cut 1x2 frame for pegboard. (2) Nail pegboard onto frame. (3) Cut shelf and front rail; assemble. (4) Cut angled end pieces and nail onto ends of shelf. (5) Combine pegboard unit and shelf section by nailing through shelf and end pieces into frame, and fasten combined unit to wall.

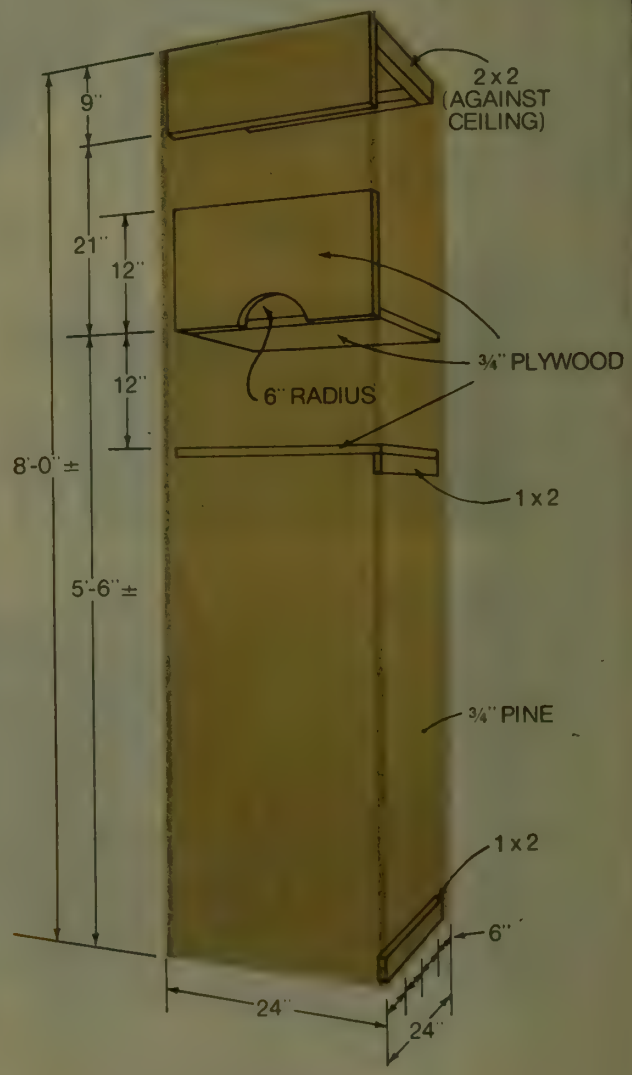
Photographs: William N. Hopkins. Designer: David Ashe

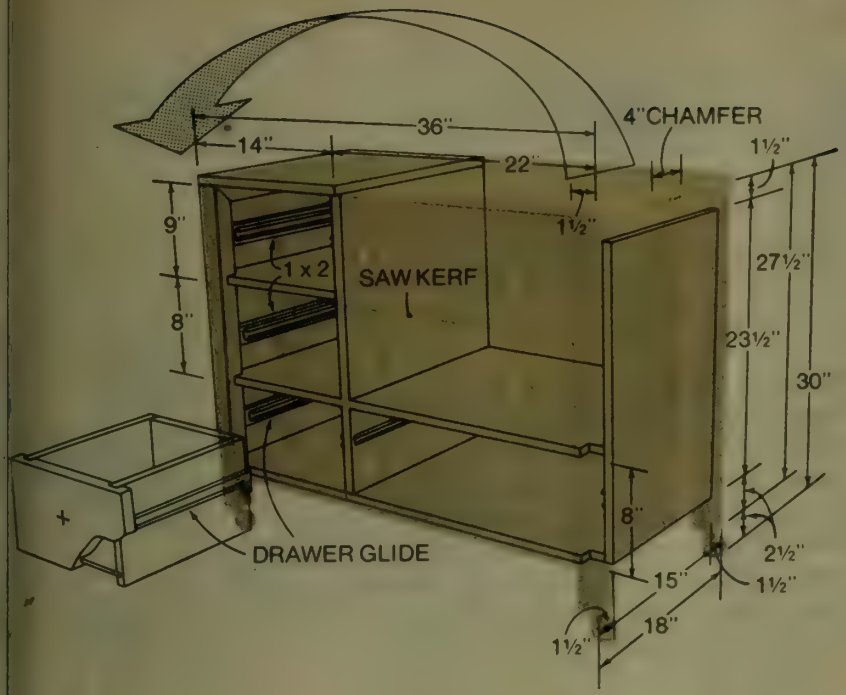
WHAT TO DO WITH CLEANING MATERIALS

At last you can clean out the front closet, hall closet, clothes closet, or whichever closet is cluttered with cleaning equipment. This good-sized unit easily gobbles up a couple of vacuum cleaners, a dozen or so cleaners and sprays, and a collection of rags—with space to spare. Use the cabinet as a free-standing column, or put it in a corner.

Building sequence: (1) Cut pine boards to size, then clamp individual side units together and nail on cleats. (2) Attach 2x2 nailers to ceiling. (3) Lift sides into position and fasten to nailers and floor. (4) Cut shelves, nine-inch top rail, and 12-inch bin front to fit; nail in place. (5) Cut doors with ⅛-inch clearance all around; hinge to unit; add hardware.







Building sequence: (1) Make end units by installing ¾-inch birch plywood inside three-sided frames of 1½x1½-inch birch. (2) Nail bottom and back pieces (birch plywood) between side units. (3) Follow with upright divider and three shelf pieces (also birch). (4) Build four drawers (¾-inch plywood fronts, ½-inch plywood sides, ¼-inch hardboard bottoms) and install on metal glides. (5) Cut and kerf dummy drawer front and nail in place. (6) Cut left top piece and install. (7) Cut lift-up top, cover bottom with laminated plastic, and hinge to stationary top. (8) Install casters and pulls.

WHAT TO DO WITH PROJECTION EQUIPMENT

Drag your slide trays out from under the bed, clear the movie reels out of the desk drawer, and haul your projectors down from the attic; this nifty-looking cabinet will handle them all with ease. Between shows just flip the top closed and you've got a roll-around food or party-beverage server.

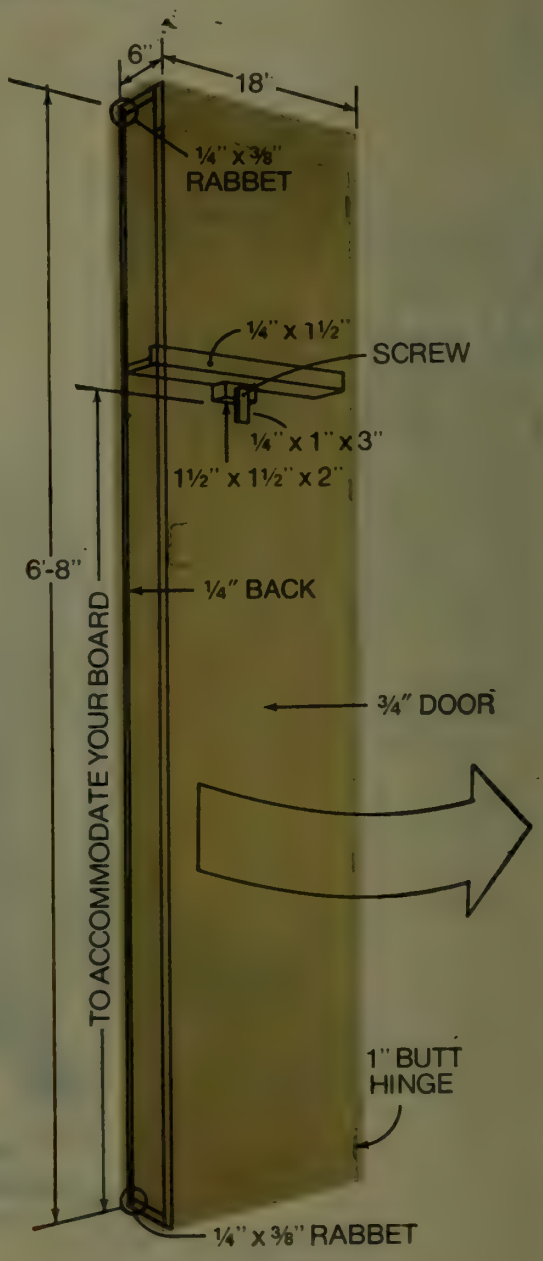


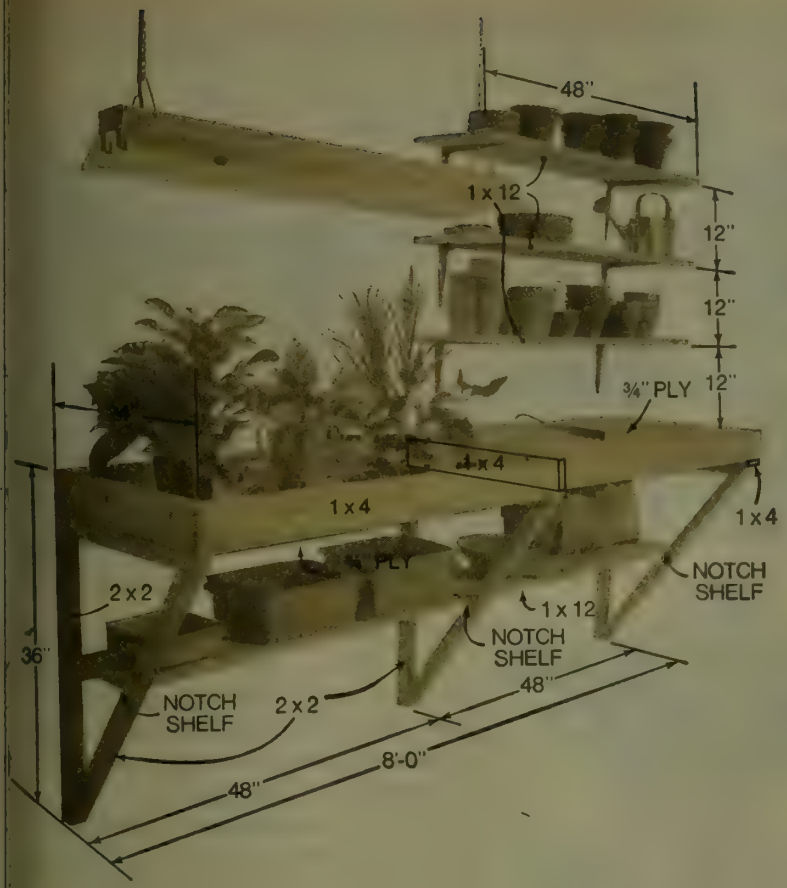
WHAT TO DO WITH IRONING GEAR

Though the laundry room will never look the same without an ironing board leaning against the wall and an iron plopped on top of the washer, you shouldn't have trouble adjusting to the change. Anchor this slim, compact unit to a wall—any wall—then stash your ironing board in the bottom section, the iron and extras on the shelf.

Building sequence: (1) Cut all pieces but door; rabbet top, bottom, and sides to accommodate ¼-inch hardboard back. (2) Assemble top and top rail, shelf and shelf edge. (3) Nail sides to assembled sections and to bottom. (4) Nail on back. (5) Install fastening device for ironing board. (6) Cut door to fit, hinge in place, and add hardware.







WHAT TO DO WITH PLANT SUPPLIES

Your ailing plants will like these new digs much more than the wobbly old card table they're on now. And there should be room, too, for the pots, soil, and other green-thumb goodies scattered hither and yon throughout the house. The angled front makes floor sweeping a breeze. Leave the unit as is or paint on a colorful personality.

Building sequence: (1) Cut and nail together 1x4 frame for top; add center divider. (2) Cut and install two pieces of ¾-inch plywood—one on top of right half, other on bottom of left half. (3) Add a strip of 1x4 stock to bottom of right end. (4) Cut and nail together three-piece leg units and nail to bottom of top section. (5) Attach assembled unit to wall. (6) Cut, square up lower shelf; mark and cut notches. (7) Cut and nail 2x2 rear shelf support to vertical legs. (8) Nail shelf to support and to front pieces of leg triangles.



EDUCATION Kate Keating



HOW YOU CAN GO BACK TO SCHOOL

If you have been considering going back to school, now is the time to do it. Adult education (or continuing education, or lifelong education) has come into its own; more thought is being poured into this area of education and more administrators and educators are interested in the mature student than ever before.

Whether you want to get a high school diploma, update job skills, change a career, pursue a hobby, or get a Ph.D., you will find information and services available to help you. And you will discover that on campuses across America there are a number of "older" adults already attending school.

Bureau of the Census statistics show that right now one-tenth of all college students are 35 years old or older. And in the 1970s, the greatest increase in college enrollment has been among older students.

A word of caution

A diploma will increase your general employability as well as generate personal satisfaction and confidence, but don't go back to school with the idea that a diploma will guaranteee you a job. Many people who hold college degrees are currently unemployed or "underemployed." If you're a returning student, you should certainly study the job market, but keep in mind that the market fluctuates. The fact that reading specialists, paramedics, accountants, and women's physical education teachers are needed today is no guarantee that they will still be in demand when the student finally has become qualified for such a position.

Dr. Mildred B. Erickson, Assistant Dean for Lifelong Education Programs at Michigan State University and a pioneer in identifying the problems of the adult student, advises the returning student to remain flexible in his or her career goals. "He or she should sharpen communication skills, develop some specific career-oriented skills, and take a range of courses in the arts, sciences, and humanities," she says.

Above all, as you continue your education, remember that having a good education will give you the opportunity to make the most of your abilities—and opportunities.

Ways to resume your education

● **High school diploma.** If you want to finish high school, call your local high school principal or college counseling service for advice. You probably will be counseled to take some courses (which may be federally funded) that will prepare you to take the GED (General Educational Development) tests. Many localities even have a GED coordinator to assist in arranging your studies.

If your scores on the GED are high enough, you will be awarded a high school equivalency certificate. The GED tests your general competence in composition, literature, social studies, natural sciences, and mathematics. Most colleges and universities in America readily accept the certificate as the equivalent of a valid high school diploma, which is required for admission.

● **Adult education courses.** If you're uncertain whether you could handle college studies or whether you even want to work for a college degree, consider enrolling in non-credit adult education courses(usually taught in evening sessions). These courses give you a chance to reactivate old skills and improve study habits; more importantly, they help you discover whether college is right for you. Further, you may be able to get college credit for what you've learned in these courses through the College-Level Examination Program (see our later section on tests).

Non-credit courses can range in subject matter from "Creative Writing" to "Successful Salesmanship" to "Effective Parenting" to "Preparation for Retirement." Such courses are usually very inexpensive, yet they generally are taught by well-qualified instructors.

● **Correspondence and television courses.** If you are unable or do not wish to leave home for your studies, there are two routes you can follow: home study courses (see *Better Homes and Gardens*, October, 1975) and television courses.

Often you can receive college credit for correspondence courses when they are offered by a university extension division. (The University of

continued

Drawing: Hellman Design Assoc.



rder that she might sneak a cigarette, Mrs. Patrick Fitzgerald attended the Summer Ball dressed as a Pittsburgh steel mill chimney. Unfortunately for Mrs. Fitzgerald, it was not a costume affair.

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' tar,' 1.0 mg. nicotine av. per cigarette, FTC Report Apr. '76

arning: The Surgeon General Has Determined at Cigarette Smoking Is Dangerous to Your Health.

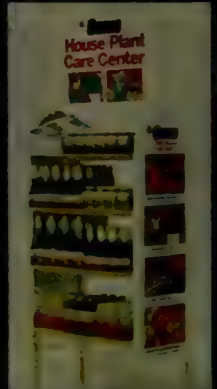
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continued

Back to school

Wisconsin, for instance, offers over 400 different courses; hal them may be taken for col credit.)

Television courses are an exci development in education; they h proved valuable to a growing n ber of students. Check your local listings for such programs; infor tion about enrollment will be gi during, or at the end of, the bro cast. Public broadcasting stations fer the largest range of courses t can be taken for college credit for no credit). Generally, P courses are repeated at various t throughout the week, so you work them into your schedule.

A number of universities h programs that combine TV w "live" instruction. You view the l tures on TV, complete outside re ing assignments, and take the exa nation off-campus—but you a have the opportunity to meet w a classroom teacher for further d cussion of the materials.

Both correspondence courses a TV courses require a certain kind student—a person who is self-mo vated and can set up his own stu schedule. For such a student, the courses can be the inspiration f further, on-campus study.

● **Enrolling in college for the fi time.** If you have never attended c lege but now wish to enroll, yo first step is to decide where y would like to attend school. Mo adult students go to college ne where they live, but others, who wa a specific course of study not wide available, discover they must se their education elsewhere.

Community colleges as well four-year colleges answer the educ tional needs of numerous adult After successfully completing tw years of transferable courses at two-year community college, th student can then continue workin toward his bachelor's degree at four-year institution, usually farth from his home base.

Study the catalogs of any college that interest you to learn about suc things as costs, courses available

continued

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Self-cleaning ease.

Save clean-up time, too. Litton Micromatics have a self-cleaning oven system that removes even the toughest baked-on stains. And a one-piece smoothtop that keeps spills from dripping away.

Completely convenient.

Everything about the Micromatic double-oven range is designed for your convenience. Vari-Cook oven control. Micro-Timer® digital control. Automatic oven timer. Special 8-inch "quick-heat" cooktop element. One-piece smoothtop. Safe push-to-turn infinite heat controls. Black glass see-thru oven doors. And closed-door smokeless broiling.

You'd expect it from Litton.

Because at Litton, innovation means better microwave cooking. You'll find it throughout our full line of energy-saving countertop microwave ovens, combination and double-oven microwave ranges.

Your Litton dealer can demonstrate how to save time and energy with all of them. For his name and address, call us right now, toll-free (800) 328-7777.

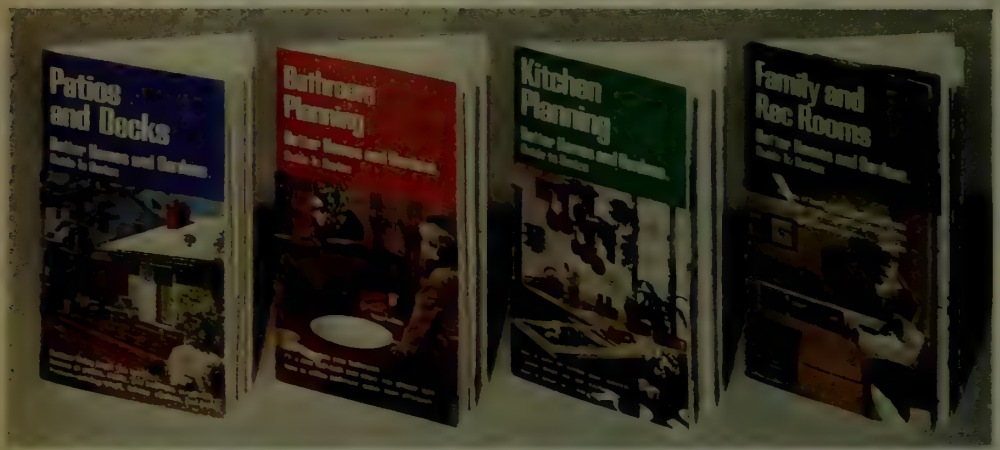
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Solve Your Most Common Home Problems New and Revised Editions from Better Homes and Gardens®





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To use your credit card, fill in boxes below and at right

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Send order and remittance to:
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Dept. 2ND, Box 374
Des Moines, Iowa 50336

continued

Back to school

entrance requirements, residency requirements, and financial aid for older students. (Local libraries often have college catalogs, or you can write directly to the admissions offices. Libraries also have copies of the *College Handbook*, which lists the programs of all major colleges.) After reviewing the catalogs, call or write the colleges that interest you most and ask for application forms.

You will be asked to have your official high school transcript sent to the admissions office. Don't hesitate to seek counseling from admissions personnel even before you complete the application form.

- **Re-enrolling in college.** If you dropped out of college for any reason and would now like to pick up where you left off (or change directions), you should start by securing your transcript from your previous college. For help in planning your course of action, consult a career or academic counselor at the institution that interests you.

Many schools have continuing education departments. If the college or university you select has such a department, you'll find it especially sympathetic to the special concerns of adult students.

Tests you may face

Often the mature student worries unnecessarily about college or graduate-school entrance examinations. In the first place, they are not always required. And in the second place, even if they are required, most libraries and book stores have study guides to help prepare the prospective student for the exams. The Scholastic Achievement Test (SAT) or the American College Testing Program (ACT) are the usual examinations required for the student enrolling in college for the first time.

The College-Level Examination Program (CLEP), which began in 1965, offers the mature student an alternative way to receive academic credit for what he has learned on his own. CLEP offers equivalency tests (recognized by over 1,500 colleges and universities) that can speed up

continued on page 58

If older dogs would only act their age.



The years fly by for a dog.

So quickly, that when old age arrives, *few dog owners even recognize it.*

And why should they? A 7- or 8-year old dog may take a few more naps than he used to. He may not jump as high or run quite as fast. But he can prance around with the spunk of a 3-year old.

And until his muzzle turns gray or his hearing a little hard or his walk a little stiff... it isn't easy to think of your dog as "old."

But the fact is, by the age of 7, your dog is growing old. Inside—where it's hard to see.

That's why we're so careful to put "for dogs over 7 years" on every can of Cycle® 4 dog food.

Cycle 4 is the first dog food nutritionally balanced just for older dogs.

Every meaty Cycle 4 dinner provides your older dog with everything he should have—and nothing he shouldn't.

Cycle 4 contains extra calcium for his aging bones. High-quality protein in an amount his older kidneys can easily handle. Even added vitamins for his coat and eyes.

All this special nutrition in a meal that's easier on your older dog's delicate digestion. In a choice of beef and chicken flavors he'll love.

Ask your veterinarian about Cycle 4. And about the other Cycle formulas. *Remember: there's a Cycle food specially formulated for each important stage in a dog's life.*



GF GENERAL FOODS

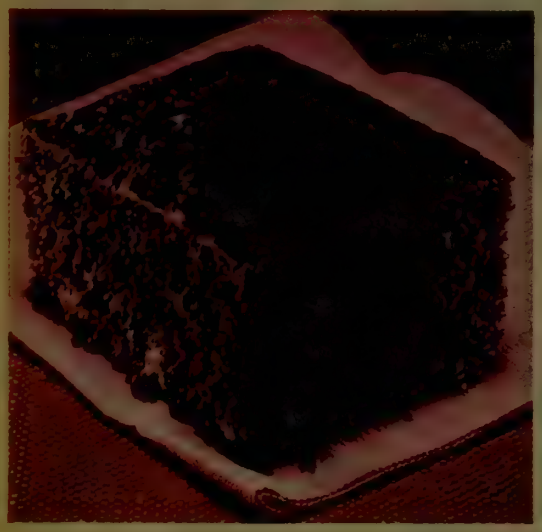
Cycle® Nutrition...for the life of your dog.

DOG FOOD

THESE 6 DUNCAN HINES
3 MILLION WOMEN

DUNCAN HINES FAST FIXIN' CHOCOLATE CHIP CAKE

(Makes 16-20 Servings)



1 package Duncan Hines Deluxe II Devil's Food Cake Mix • ¼ cup oil • 2 eggs • 1¼ cups water • 1 package chocolate instant pudding (4 serving size) • 1 cup chocolate chips (6 oz. package) •

Preheat oven to 350°. Pour oil into a 13x9x2-inch pan. Tilt pan until bottom is covered with oil. Put remaining ingredients into pan; stir with a fork or spoon until blended (about 2 minutes). Scrape sides and spread batter evenly in pan. Bake at 350° for 35-45 minutes; until toothpick inserted near center comes out clean. Cooled cake may be sprinkled with powdered sugar. Use a knife to loosen cake from sides; cut and serve directly from pan. Store leftover cake loosely covered.

ALTERNATE: Prepare pan as directed above using ¼ cup oil. Add cake mix, 2 eggs, ½ cup water and 1 can (20 to 23 oz.) cherry pie filling. Mix, bake and serve as directed above.



DUNCAN HINES LEMON SUPREME POUND CAKE

(Makes 12 to 16 servings)



1 package Duncan Hines Deluxe II Lemon Supreme Cake Mix • 1 package lemon instant pudding mix (4 serving size) • ½ cup Crisco Oil* • 1 cup water • 4 eggs •

Preheat oven to 350°. Blend all ingredients in a large bowl; beat at medium speed for 2 minutes. Bake in a greased and floured tube pan, 10-inch or fluted at 350° for 45-55 minutes, until center springs back when touched lightly. Cool right side up in pan for about 25 min., then invert onto serving plate.

GLAZE: Blend 1 cup confectioners sugar with either 2 tablespoons milk or 2 tablespoons lemon juice. Drizzle over cake.

AT ALTITUDES OVER 3500 FEET: Stir ⅓ cup flour into mix. Mix as directed using 1 package lemon instant pudding mix, ⅓ cup Crisco Oil,* 1¼ cups water, and 4 eggs. Bake at 375° for about 40-45 minutes.

*CRISCO OIL IS RECOMMENDED AS SOME OTHER OILS MAY CAUSE THE CAKE TO FALL.



DUNCAN HINES DOUBLE PINEAPPLE UPSIDE DOWN CAKE

(Makes 12 to 16 servings)



½ cup (1 stick) butter or margarine • 1 cup brown sugar • 1 can (1 pound 4 oz.) pineapple slices, drained • Maraschino cherry halves • 1 pkg. Duncan Hines Deluxe II Pineapple Supreme Cake Mix • Whipped Cream •

Preheat oven to 350°. Melt butter in a 13x9x2-inch pan. Sprinkle brown sugar evenly in pan. Arrange drained pineapple slices and maraschino cherry halves on the sugar mixture. Mix cake as directed on the label with 1⅓ cups water and 2 eggs. Do not substitute pineapple juice for water. Beat as directed. Pour batter over fruit. Bake at 350° for about 50 minutes, until tests done with a toothpick. Let stand 5 minutes for topping to begin to set. Then turn upside down onto a large platter or a cookie sheet. Serve warm with whipped cream.

AT ALTITUDES OVER 3500 FEET: Stir ¼ cup flour into mix. Mix as directed using 1½ cups water and 2 eggs. Bake at 375° until done.



RECIPES ARE SO DELICIOUS BAKE THEM EVERY MONTH!



DUNCAN HINES CINNAMON STREUSEL CAKE

(Makes 12 to 16 servings)



1 pkg. Duncan Hines Deluxe II Yellow Cake Mix • 1 pkg. vanilla instant pudding mix (4 serving size) • 2 tbsp. Crisco Oil • 1⅓ cups water • 2 eggs • STREUSEL: ½ cup flour • ½ cup brown sugar • 2 tsp. cinnamon • 2 tbsp. butter or margarine, melted •

Preheat oven to 375°. In large bowl blend cake mix, pudding mix, oil, water and eggs. Beat 2 min. at medium speed. Spread ¾ of batter evenly in greased and floured 10-in. tube pan. Combine streusel ingredients. Sprinkle ⅔ cup of mixture over batter in pan. Spread remaining batter over streusel; top with reserved streusel. Bake 40-50 min. at 375° until done. Cool right side up in pan 25 min., remove from pan and glaze streusel side up.

GLAZE: Blend ¾ cup confectioners sugar with about 1 tbsp. milk; drizzle over cake.

ALTITUDES OVER 3500 FEET: Stir ¼ cup flour into mix. Mix as directed using 1½ cups water. Bake at 400° for 35-40 min.



DUNCAN HINES CHOCOLATE CHIP COOKIES

(Makes about 3½ dozen 2½ inch cookies)



1 pkg. Duncan Hines Deluxe II White Cake Mix • ¼ cup light brown sugar • 1 cup (6 oz. pkg.) semi-sweet chocolate chips • ½ cup chopped nuts • ¾ cup oil • 1 egg •

Preheat oven to 375°.

In a large bowl stir all ingredients together until well-mixed. Drop from a teaspoon onto an ungreased cookie sheet.

Bake at 375° for 10-12 min., until centers of cookies are golden brown. (Edges will look darker.)

Cool on cookie sheet for about 1 min., then remove to rack to finish cooling.



DUNCAN HINES SOCK-IT-TO-ME-CAKE

(Makes 12 to 16 servings of delicious sour cream pound cake)



1 package Duncan Hines Butter Recipe Golden Cake Mix • 1 cup (8 ounces) dairy sour cream • ½ cup Crisco Oil* • ¼ cup sugar • ¼ cup water • 4 eggs • Filling: 1 cup chopped pecans • 2 tablespoons brown sugar • 2 teaspoons cinnamon •

Preheat oven to 375°. In a large bowl blend cake mix, sour cream, oil, ¼ cup sugar, water and eggs. Beat at high speed for 2 min. Pour ⅔ of the batter in a greased and floured 10-inch tube pan. Combine filling ingredients and sprinkle over batter in pan. Spread remaining batter evenly over filling mixture. Bake at 375° for 45-55 min., until cake springs back when touched lightly. Cool right side up for about 25 min., then remove from pan.

GLAZE: Blend 1 cup confectioners sugar and 2 tablespoons milk. Drizzle over cake.

WHEN BAKING AT HIGH ALTITUDES: Stir ½ cup flour into mix. Mix as directed above using the sour cream, ⅓ cup Crisco Oil*, 2 tablespoons sugar, ⅔ cup water and 4 eggs. Bake at 400° until done (40-50 min.).

*CRISCO OIL IS RECOMMENDED AS SOME OTHER OILS MAY CAUSE THE CAKE TO FALL.

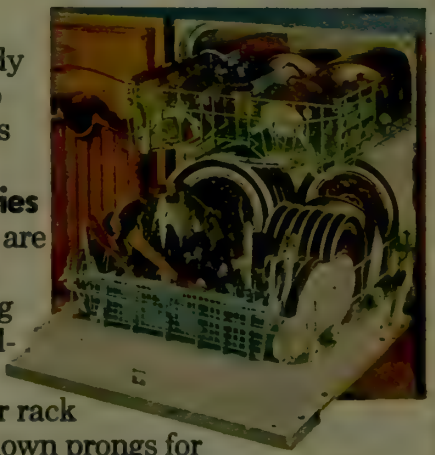
CUT OUT INDIVIDUAL RECIPES OR FILE PAGES IN RING BINDER

THE NEW LOAD-AS-YOU-LIKE KITCHENAID DISHWASHER.



The dishes come clean no matter who loads them.
The new KitchenAid Superba is a very thorough, very forgiving dishwasher.

That's because it has some very practical improvements that let anybody load it practically any way they want to and still get everything clean. Even pots and pans.



Load-As-You-Like washing, a series of improvements. These improvements are the basis for the new Load-As-You-Like washing system. They combine washing arms above and below both racks for all-around cleaning action, with an adjustable upper rack and fold-down prongs for easier loading. There's even a Soft Waste Disposer that eliminates the need for pre-rinsing, even on pots.



The new KitchenAid is even better. Loading a KitchenAid has never been easier, and cleaning with a KitchenAid dishwasher has never been better. You'll like it. No wonder people who own dishwashers say KitchenAid dishwashers are the best.

KitchenAid®
People say it's the best.

continued from page 54

Back to school

work for a bachelor's degree and at the same time help the mature student recognize his own strengths and weaknesses. For more information about CLEP and types of exams available, write to CLEP, Box 1824CH, Princeton, New Jersey 08540, enclosing a stamped, self-addressed business envelope.

If you're going to graduate school, you'll probably be required to take the Graduate Record Examination (GRE). It tests both verbal and quantitative aptitude. Sometimes you can postpone taking the GRE until you have taken a few courses on the graduate level (often by being admitted as a "special, non-degree student").

Don't be overwhelmed

If, as a returning student, you feel a bit "lost" at times in the academic environment, take solace in the fact that your reaction is not unusual. Anyone who has been out of school for a long time loses contact with current classroom jargon. There may be times when you really don't know what other students or the instructors are talking about, but don't give up. Your ear will become attuned in time.

And don't hesitate to ask questions in class. After class or during office hours ask the instructor for outside reading materials to help you update your knowledge. You'll soon catch on. ■

(Produced in cooperation with Donna M. Paananen.)

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HE COOKS—BAKED FISH ST. PETER
Page 38 (top right): Casserole and vegetable serving dish—Carbone, 348 Congress St., Boston, Mass. 02210.

continued

Your family will love the pecially blended taste of Minute Maid.®



Your plants will love this special offer.



Your family will love the great taste of Minute Maid® orange juice. Because we blend Minute Maid from the juices of a variety of different oranges for that special fresh Minute Maid taste, glass after glass.

And now, when you buy Minute Maid, you can send for a Green Thumb Moisture Meter to help you take better care of your potted plants. It gives you precise moisture readings of the soil so you know when to water.

Just send $5.95 and the opening strips from four (4) cans of any size Minute Maid frozen concentrated orange juice and you'll receive a moisture meter worth $10.00-$12.00. (Offer expires July 31, 1977. See order form for complete details.)

Please send me____Green Thumb Moisture Meter(s). For each moisture meter ordered, I enclose $5.95 in check or money order (not cash) made payable to "Minute Maid® Moisture Meter Offer" PLUS the plastic opening strips from four (4) cans of any size of Minute Maid® frozen concentrated orange juice.

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Please allow six weeks for shipment. Offer good in U.S.A. only. Void where taxed, prohibited, restricted or otherwise regulated. Mail strips per postage regulations. **OFFER EXPIRES July 31, 1977.**

MINUTE MAID. THE JUICE OF JUICES.



When Did You First Realize You Looked Older?

It happens to different women in different ways. Was it at the Cub Scout outing when you looked around and marvelled at how young some of the mothers seemed? Or perhaps you felt strangely out-of-place getting together for an informal reunion with some high school classmates. Could it have been that brief moment when his eyes barely flicked to a younger-looking woman when you two went out to dinner?



No matter when it happens, it's startling to realize that you look older than you thought. And quite possibly older than you need to. Isn't it time you discovered the secret of the mysterious beauty fluid that can help a woman look younger? This secret, shared by women in many parts of the world, is known in the United States as Oil of Olay beauty lotion.

Oil of Olay penetrates quickly, bringing your skin a wealth of pure moisture, tropical oil and precious emollients to help ease away dryness. It's dryness, you know, that accents aging little wrinkle lines. Soon after you apply the skin-loving liquid, Oil of Olay helps make these lines less noticeable. You'll see the difference. And other people will be able to notice the change, too.

Smooth Oil of Olay on your face and throat. Within moments you'll notice your skin grow softer and smoother. And your complexion has a marvelous renewed lustre and radiance, a look you might not have expected to see again. One of the beauties of Oil of Olay is that it doesn't leave a greasy afterfeel or look. So naturally it's marvelous under makeup. Or, if you like to go bare-faced, Oil of Olay gives a dewy glow, even without makeup.

Oil of Olay, working with nature in its own mysterious way, helps maintain your skin's natural moisture balance so your skin can be softer and more supple. No wonder it can help you look younger.

Can you resist making Oil of Olay an essential part of your beauty ritual? If you're like most devoted users, you'll apply Oil of Olay every morning, either under makeup or to let your skin live in its own moist climate. Again every night, so the precious fluid can cherish your skin into quiet nocturnal hours. Any time during the day when your skin feels dry and you again want to increase the moisture level of your skin is a good time for gentling on Oil of Olay.

Isn't it exciting to look forward to the lovely possibility of looking younger? Who do you suppose will be the first to notice?

Beauty Secret

If you go without makeup at home, keep a bottle of Oil of Olay® handy enough to put on for an almost-instant dewy glow before answering the doorbell. Were you expecting someone special?

continued

Buying guide

SOFT SCULPTURE

Page 66: Watering can—Wings Over the World Corp., 225 5th Ave., N.Y., N.Y. 10010.

WAKE UP A ROOM WITH READY-MADES

Page 68: Table, window shade, pillows—J. C. Penney Co., Inc., 1301 Ave. of the Americas, N.Y., N.Y. 10019. Love seat and chairs—Pier 1 Imports, 2520 W. Freeway, Ft. Worth, Tex. 76102. Place mats—Primitive Artisan, Northwest Dr. and Route 10, Plainville, Ct. 06062. Flooring "Barnside Vermont"—Eden Mfg. Corp., 1074 Home St., Bronx, N.Y. 10459.

Page 69 (top): Blanket "Pseudo Suede" and drapery panels "Clouds"—Wamsutta Tru Craft, 41 Madison Ave., N.Y., N.Y. 10010. Chair—Shamrock Industries Inc., 1010 N. Lyndale Ave., Minneapolis, Minn. 55411. Window shade—Vaccaro-Smith, Inc., 10-C Englenard Ave., Avenel, N.J. 07001. Wall light "Zonkers"—George Kovacs, Inc., 831 Madison Ave., N.Y., N.Y. 10021. (Bottom): Towel by Milton Glaser—Martex, Div. of WestPoint Pepperell, 1221 Ave. of the Americas, N.Y., N.Y. 10020. Sofa and ottoman—Overman USA, 200 Lexington Ave., N.Y., N.Y. 10019. Pillow fabric—Fabrications, 146 E. 56th St., N.Y., N.Y. 10022. Flooring—GAF Corp., 140 W. 51st St., N.Y., N.Y. 10020.

Page 70 (top): Coverlet, dust ruffle, and pillowcases "Flower Basket"—Burlington Domestics, Div. of Burlington Industries, 1345 Ave. of the Americas, N.Y., N.Y. 10019. Area rug—Sears, Roebuck and Co., Sears Tower, Chicago, Ill. 60684. Flooring—E. L. Bruce Co., Inc., P.O. Box 16902, Memphis, Tenn. 38116. (Bottom): Sheets and pillowcases "Criss Cross"—Cannon Mills, Inc., 1271 Ave. of the Americas, N.Y., N.Y. 10020.

Page 71 (top): Blankets—St. Mary's, Div. of Fieldcrest Mills Inc., 60 W. 40th St., N.Y., N.Y. 10018. Captain's chairs—Claud Bunyard Design Inc., 10 Thacher St., Boston, Mass. 02113. Dinnerware and flatware—Dansk International Designs Ltd., Mt. Kisco, N.Y. 10549. Glassware—Holmegaard of Copenhagen Inc., 575 Madison Ave., N.Y., N.Y. 10022. (Bottom): Ruffled studio cover, curtains, valances, pillows "Sioux City"—The Red River Stitchery, 115 H. Broadway, Anadarko, Okla. 73005. Window blinds "Gator Skin"—The C-Mor Company, 261 Fifth Ave., N.Y., N.Y. 10016.

Page 72 (top): Bedspread and pillows "Ava Scenic" by Ava Bergman for Bloomcraft Inc., 295 Fifth Ave., N.Y., N.Y. 10016. Flooring—Import Specialists Inc., 82 Wall St., N.Y., N.Y. 10005. Ballpoint paint tube (for window shade)—Vogart Crafts Corp., 230 Fifth Ave., N.Y., N.Y. 10001. (Bottom): Bedspread—Sears, Roebuck and Co. (address above). Napkins (for trim)—Leacock & Co. Inc., 1040 Ave. of the Americas, N.Y., N.Y. 10019. Rocker—Thonet Industries Inc., 491 E. Princess St., York, Pa. 17405. Area rug—Concepts International Inc., 919 Third Ave., N.Y., N.Y. 10022.

Page 73: Mattress pads—Louisville Bedding Company, 10400 Bunsen Way, Louisville, Ky. 40299. Flooring "Barnside Vermont"—Eden Mfg. Corp. (address above). Floor lamp—Chapman Mfg. Co., 481 W. Main St., Avon, Mass. 02322. Hanging lamp—Lightolier Inc., 346 Claremont Ave., Jersey City, N.J. 07305. Love seat—Pier I Imports (address above). Pedestal (holding bear)—B. L. Designs, Inc., 10-34 44th Dr., Long Island City, N.Y. 11101. Glass fruit—American Cut Crystal Corp., 935 Broadway, N.Y., N.Y. 10010.

LEARN TO COOK SOMETHING DIFFERENT—FROM SCRATCH

Page 74 (top): Glass plate and bowls—Crate and Barrel, 1510 North Wells St., Chicago, Ill. 60610. (Top left, back): Sherbet—Georg Jensen, Inc., Div. Kenton Wholesale, 225 Fifth Ave., N.Y., N.Y. 10010.

Page 77 (front): Chop plate and oblong platter—Rosenthal Studio Haus, 548 Fifth Ave., N.Y., N.Y. 10036.

PUT TOGETHER A PITCH-IN PARTY

Page 80 (top): Dinner plates—Lenox, Inc., Prince & Meade Sts., Trenton, N.J. 08605.

Page 81 (top): Beer goblets—Libbey Glass Co., Div. of Owens-Illinois Glass Co., Owens-Illinois Bldg., P.O. Box 919, Toledo, O. 43693. Stainless sauce pot (wine cooler)—Finel-Waertsilae, USA, Inc., 225 Fifth Ave., N.Y., N.Y. 10010. Measuring cup—Pyrex, Corning Glass Works, Corning, N.Y. 14830. (Bottom): White sauce pots—Finel (address above).

PRIZE TESTED RECIPES

Page 101 (left): Baking dish—Anchor Hocking Corp., 5th and Pierce Sts., Lancaster, O. 43120. Board—Crate and Barrel, 1510 North Wells St., Chicago, Ill. 60610. Egg bowl—The Pfaltzgraff Co., P.O. Box 1069, York, Pa. 17405. (Right): Basket—Rosenthal Studio Haus, 548 Fifth Ave., N.Y., N.Y. 10036.

Page 102 (center right): Baking dish—Crate and Barrel (address above).

Of all menthols:

Carlton is lowest.

See how Carlton stacks down in tar.
Look at the latest U.S. Government figures for:

The 10 top selling cigarettes

	tar mg./ cigarette	nicotine mg./ cigarette
Brand P Non-Filter	27	1.7
Brand C Non-Filter	24	1.5
Brand W	19	1.3
Brand S Menthol	19	1.3
Brand S Menthol 100	19	1.2
Brand W 100	18	1.2
Brand M	18	1.1
Brand K Menthol	17	1.3
Brand M Box	17	1.0
Brand K	16	1.0

Other cigarettes that call themselves low in "tar"

	tar mg./ cigarette	nicotine mg./ cigarette
Brand D	15	1.0
Brand P Box	14	0.8
Brand D Menthol	14	1.0
Brand M Lights	13	0.8
Brand W Lights	13	0.9
Brand K Milds Menthol	13	0.8
Brand T Menthol	11	0.7
Brand T	11	0.6
Brand V Menthol	11	0.8
Brand V	11	0.7
Carlton Filter	***2**	***0.2**
Carlton Menthol	***1**	***0.1**
Carlton 70	***1**	***0.1**

(lowest of all brands)
*Av per cigarette by FTC method.



No wonder Carlton is the fastest growing of the top 25 brands.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Menthol: 1 mg. "tar", 0.1 mg. nicotine; Filter: 2 mg. "tar", 0.2 mg. nicotine; Carlton 70's: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette by FTC method.



How good can a car make you look?

Very, very good when that car is Chevrolet's world class luxury compact, Concours.

There's an international flavor to Concours. It's luxurious, of course, in the manner of fine touring cars. Its size allows it to feel at home on autobahns or freeways.

The Concours interior is finely detailed and handsomely finished as you would expect in a world class car. Outside, Concours reflects a restraint that is characteristic of international good taste. That



Concours is also sensible in size and price only emphasizes the world's new attitude toward automotive value.

Finally, there is quality. Quali backed by engineering that's been refined and tested. Quality in keeping with your taste in clothes, in homes and in the company you choose. Concours quality.

When we build a luxury compact, we build one you'll want to tell the world about.

CONCOURS.

A world class luxury compact from Chevrol

Chevrolet

DECORATING

SCREEN PLAYS



Photographs: Mike Dieter

The nice thing about folding screens is that they can serve a practical purpose as well as a decorative one. This wallpaper-covered three-panel screen does two jobs: It acts as a beautiful go-between for the sofa and chair and also neatly conceals a stereo system and a collection of record albums behind it.



How about a mirrored screen to give your bedroom some uptown pizzazz? This screen is angled away from the wall so that the area behind can be used as a dressing area. The screen is easy to make. Simply build wooden frames, cover them with fiberboard, then glue on ⅛-inch sheets of mirrored plastic. ■

Stop winter dryness in your home!



Dry nose, throat?



Chilly feeling?



Dried out furnishings?

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You don't have to spend another winter plagued by the many problems caused by too-dry winter heating. With an Aprilaire humidifier, you'll get all the benefits for health, comfort (at lower thermostat settings) and protection of furnishings that central humidification provides. And you'll get: EFFICIENCY—fresh water cleaning action flushes trouble-causing minerals out of the system. HIGH CAPACITY—to assure constantly adequate humidity levels. ACCURATE CONTROL—by a precision humidistat. MINIMUM MAINTENANCE—an exclusive 3-way method of reducing mineral deposit problems. Put more comfort in your life, with the humidifier that gives you more—Aprilaire.



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There's a model for use with any type heating system.



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Explains humidity—has questions to ask your dealer about any humidifier.

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☐ Send me the Humidification Facts Booklet
☐ Send name of nearest dealer

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ADDRESS _____

CITY _____ STATE _____ ZIP _____



One sure way to enjoy your next trip more is to take along the right luggage. Good luggage, like a good traveling companion, goes where you want to go and does what you want to do with a minimum of hassles. It suits your needs in terms of size, style, and, most of all, durability.

Make the right choice when it comes to buying new luggage and you can add to your traveling pleasure; make the wrong choice and you can turn even a dream vacation into a nightmare. Here's help to be sure you're armed with the facts to make the best luggage buys.

TWO-SIDED QUESTION

The "original" suitcase has come a long way from a cave dweller's animal-skin tote bag or the basic wooden box with a handle. Today, you not only can choose from luggage in dozens of different shapes, styles, and sizes, but also from two different types of construction.

Hard-sided luggage is made of rigid material—usually wood, hard plastic, metal, or fiber glass molded into shape, then left as is or covered with some other type of material. Many people feel more secure when their gear is surrounded and protected by a hard shell, and quality hard-sided luggage has been known to last a lifetime. However, the rigidity of hard-sided luggage makes it more vulnerable to damage—and usually heavier to carry.

Soft-sided luggage is fast becoming the favorite of travelers who want luggage that's lightweight, flexible, and expands or "gives" under pressure. Actually, there are two kinds of soft-sided luggage on the market. One (sometimes called "flexible-sided") has interior frames over which a durable, fashionable material is attached—denim, linen, vinyl, canvas, nylon, or some other travel-worthy, abuse-resistant goods. The other type of soft-sided luggage, without supporting frames, is formless and limp like a laundry bag until you fill it up. You can fold it into a small bundle and take it with you to accommodate purchases later.

Luggage comes in a variety of shapes and sizes to suit different travel needs: tote bags, garment bags, duffles, briefcases, wardrobe trunks, and footlockers, besides the standard suitcases. We're not hedging when we say no one piece of luggage is the best. So much depends on the way you travel and how often, how well you take care of your luggage, and the quality of the luggage to begin with.

WHICH SUITCASE SUITS YOU?

Before buying any new luggage, ask yourself these questions: How much and what kind of items are you going to pack? How will you usually travel (by plane, train, bus, car, boat)? Will you handle the luggage yourself most of the time, or will someone be around to help you? Will you make many stops, or do you plan to stay put? Answers to these questions will help decide which of the following styles of luggage suit your needs best.

Pullmans. Any suitcase size 24 inches and up is usually referred to as a pullman or overseas case. Available with hard sides, soft sides, or flexible sides, a pullman is the one suitcase to buy if you're buying only one. Many pullmans now come with wheels or wheel attachments—so you can spare your back and shoulders from muscle strain.

Carryons. These bags measure no more than 23 inches wide and nine inches high, so they fit easily under a plane seat. They're great for weekends and overnights and eliminate waits at baggage check-ins and check-outs.

Wardrobe carriers and garment bags. Both of these luggage pieces are perfect for clothes you'd rather hang than fold. Wardrobe carriers are sturdy, framed cases in which you pack garments (dresses or suits, depending on the size of the carrier) full-length on hangers. Once the case is packed, you fold it in half, grasp the handle, and go. Since many wardrobe carriers come with zippered pockets and shoe compartments, it's possible to carry a whole vacation's gear in one bag. Garment bags are also for packing dresses or suits full-length; the bags are soft-sided and usually lighter than wardrobe carriers, but not as sturdy.

Specialty bags. Most luggage manufacturers make a variety of specialty pieces, including over-the-shoulder tote bags for carrying cosmetics, cameras, gifts, purchases, or overnight wear; cosmetic cases for jewelry, make-up, and personal accessories; shoe bags; hat bags; wig bags; and suit bags. Camp and steamer trunks and footlockers are great for college students and kids going to summer camp.

Planning a trip around the world? You'll want a wardrobe trunk. It's the largest piece of luggage made and comes with hangers and drawers.

DO-IT-YOURSELF CHECK

Whether you plan to buy a $250 leather suitcase from a specialty luggage shop or a $19.95 special from a discount store, the most important question to ask is: Will this suitcase

continued

Drawing: Hellman Design Assoc.

Start something





A martini, a vodka and tonic, a bloody mary, a screwdriver. Or anything else you have in mind.

with Wolfschmidt

Genuine Vodka

VODKA • DISTILLED FROM GRAIN • 80 AND 100 PROOF • SEAGRAM DISTILLERS CO., NEW YORK, N.Y.



Keep all your tax deductions handy and totaled-- Free.

The gallery of Homes "Homeowner's Tax Deduction File" is like having an accountant at home. With no effort, you keep track of all the deductions you are entitled to at tax time. This convenient and time saving file is available *free* from your participating Gallery of Homes broker. Complete the coupon and send for full details and your free "Homeowner's Tax Deduction File." Save time. Save tax money. Use the "Homeowner's Tax Deduction File." Act quickly while supply lasts.
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continued

Suitcase shopping

stand up against the use you plan to give it and survive the perils of travel? Just because a suitcase looks good doesn't mean it is good. Be sure to check for these signs of quality:

• **Handle.** The last thing you want is to be left holding the handle instead of the bag. Be sure the handle is well secured to the case. For good balance, the handle should be attached on or near the center of the case and should feel comfortable in your hand. A padded handle is the most comfortable.

• **Exterior.** Since there are so many types of luggage exteriors (leather, suede, pigskin, vinyl, nylon, plastic, etc.), it would be impossible in this space to tell you about the qualities of them all. However, many luggage manufacturers hang a small tag on each piece of luggage that indicates what it's made of and how it's constructed. Read this information carefully. One manufacturer of soft-sided nylon luggage invites you to "stamp on it, pummel it, bury it at the bottom of a luggage cart—it will come out looking as good as new." Though we don't suggest making these tests in the store, it's nice to know a manufacturer has faith in his product.

The salesperson also can be a great source of information. Don't hesitate to ask questions.

• **Closures.** Open and close the suitcase a couple of times to make sure the closures fit tightly and securely. Tongue-and-groove closures are generally superior and provide better pro-

continued

LUGGAGE CARE AND CLEANING

To keep the luggage you buy in good shape, follow these tips from the Luggage and Leather Goods Manufacturers of America, Inc.

• **Smooth leather**—Clean with saddle soap and let dry. For longer life, rub paste wax or neutral shoe cream into the leather.

• **Vinyls**—Clean with soap and water, or use special vinyl cleaners.

• **Coated fabrics**—Clean fabrics coated with a stain repellent or clear plastic with soap and water. Remove heavy soil with two tablespoons of ammonia added to one pint of water. Preserve with a light application of liquid wax.

• **Uncoated fabrics**—Clean linen, cotton, denim, canvas, etc., gently with soap and water. Use spot removers for stains. If desired, coat fabrics with stain- or water-repellent sprays.

• **Plastic**—Clean with soap and water; preserve with liquid wax.

• **Fiber glass**—Clean with soap and water; use fine steel wool for scratches and scuffs.

• **Metal cases**—Use the appropriate cleaning solvent for each particular kind of metal.

• **Combination of materials**—Treat each material separately as outlined above.

• **Hardware**—Avoid oiling locks and hinges, as oil may drip through and soil clothing or lining.

• **Linings**—Follow the fabric instructions outlined above, using as little water as possible to avoid mildew. Let the suitcase dry thoroughly before closing.

• **Storage**—Avoid storing luggage (especially leather pieces) where there are extremes in temperature or humidity. Store luggage upright on the feet of the case. Small pieces can be stored inside larger ones. Tucking a bar of scented soap inside each bag keeps the lining smelling fresh. Protect luggage during storage with fitted covers, plastic, or paper wraps. Luggage should be cleaned before storing.

• **Repairs**—Mend frayed stitching and repair broken hardware before further wear damages the luggage or its contents.

For more information about luggage care and selection, write the Luggage and Leather Goods Manufacturers of America, 220 Fifth Avenue, New York, New York 10001. Ask for the booklet, *The Traveler's Guide to Luggage: How to Choose It and Use It.* Enclose 25 cents and a stamped, self-addressed business-size envelope.

Chevy Chevette 43/31

EPA HIGHWAY EPA CITY ESTIMATE

Smile: You've just read the highest EPA estimates for any car built in America. Ever.

Chevy Chevette with available 1.6-litre engine and standard manual transmission.

EPA figures are estimates. The mileage you get will vary depending on your type of driving, driving habits, car's condition and available equipment. In California, EPA figures are lower.

And keep on smiling, there's more.

Chevette has more head room than many mid-size cars.

More horsepower this year.

A hatchback that opens up over 26 cu. ft. of carrying space.

One of the tightest turning circles of any car in the world.

A diagnostic connector for quick electronic service checks.

A service manual written for do-it-yourselfers.

A unitized body that's corrosion-protected to the teeth.

And over 6,000 Chevy dealers everywhere.

If 43 and 31 are your kind of figures, stop by a Chevy dealer soon.

He has some more numbers you'll like too: Chevette's price.



It'll drive you happy.

GM
MARK OF EXCELLENCE



From Saronno... the Potion of Love.

Amaretto di Saronno. To give. To share. Italy's rare liqueur of love in this elegant velour gift box.

Historians tell us that in 1525 a young widow created the original Amaretto di Saronno and gave it as a gift of love to Bernardino Luini, the artist who immortalized her in a famous fresco in Saronno, Italy.

Her name is lost to history, but what remains is the original Amaretto di Saronno with the magic of its intriguing taste and provocative bouquet.

We've even left a rose alongside our name as a reminder of how it all began over 450 years ago.

There is only one Amaretto di Saronno. Try it tonight. Neat, on-the-rocks, or with coffee after dinner.

Write for our free drink and food recipe booklets. Foreign Vintages, Inc., 98 Cutter Mill Road, Great Neck, N.Y. 11021. Dept. 25F.

Amaretto di Saronno.

Originale. From the Village of Love.

56 Proof. Imported by Foreign Vintages, Inc., Great Neck, N. Y. ©1976.



Sav-A-Plant Moisture Measurer

from Better Homes and Gardens

Know when and how much your houseplants need watering exactly! Save-A-Plant's precision electro-probe (no batteries or power source needed) takes all guess work away. Simply push the probe into the soil surrounding the roots and read the dial. Then refer to the chart in your manual (it shows watering schedules and proper moisture levels for 168 of the most popular houseplants), and you'll know at a glance how much more—or less—moisture your plants need. So easy to use, and more important, **accurate!** Healthier, more luxuriant greenery can be yours, with Sav-A-Plant.

OUR GUARANTEE: Full refund if not completely satisfied.

Quantity _____ **No. 09017 Save-A-Plant** $14.95 each plus $1.35 postage and handling. Amount $_____

Send order and remittance to: **Better Homes and Gardens, Dept. 2NP Box 374, Des Moines, Iowa 50336**

Sales Tax $_____

Total $_____

Name_____

Address_____

City_____

State_____

Zip_____

If you wish to use your credit card fill in the boxes below:

your BANKAMERICARD welcome | master charge | AMERICAN EXPRESS

Master Charge Interbank No. ☐☐☐☐

Expiration Date Month/Year ☐☐☐☐

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

continued

Suitcase shopping

tection against rain than closures that simply overlap.

- **Zippers.** They should be strong, easy to handle, and securely sewn with no dangling threads.
- **Hinges.** The best are riveted to the bag to increase rigidity and security.
- **Locks.** Combination locks are considered the best, because you don't have to worry about losing a key or having someone use a similar key to break into your luggage. With a combination lock, your only worry is losing your memory. Whether key-operated or combination, locks should work easily and smoothly.
- **Skids.** These are the feet on which the bag sits to help avoid abrasion wear. They should be firmly attached to the case, preferably riveted to the frame of the bag instead of just attached to the shell.

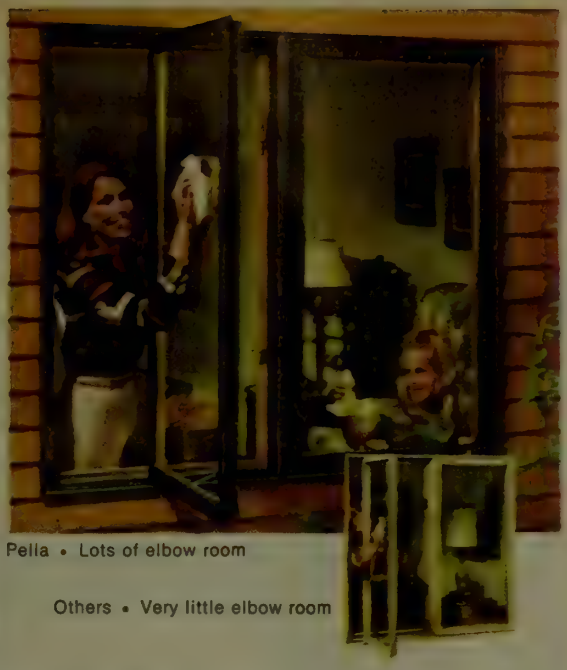
WHAT'S THE RIGHT PRICE?

Buying a new set of luggage represents a pretty big investment, but if you choose good-quality pieces and take care of them, you can expect your luggage to last many years—if not a lifetime. Of course, even if you treat your luggage with tender loving care, airlines and others who handle your bags may not. That's all the more reason to buy the best made luggage you can afford, especially if you travel a lot.

Price isn't necessarily an indication of quality construction and durability. Fashion plays a big role in the luggage business. Just as there are status-symbol cars, there is status-symbol luggage bearing lofty price tags. A 24-inch pullman that sells for $65 may be every bit as durable and functional as another that sells for $125. The main difference is apt to be exterior styling: The lower priced suitcase might be covered with vinyl or nylon; the higher priced model might sport handmade fabric or suede.

Fortunately, most luggage today is both functional and fashionable. No matter what you pay, you're not going to look as if you just stepped off the boat from the old country. But we suggest you shop for luggage in well-known department stores or specialty shops, and keep your eyes open for luggage sales almost any time of year. ■

Only Pella makes a wood window this easy to wash

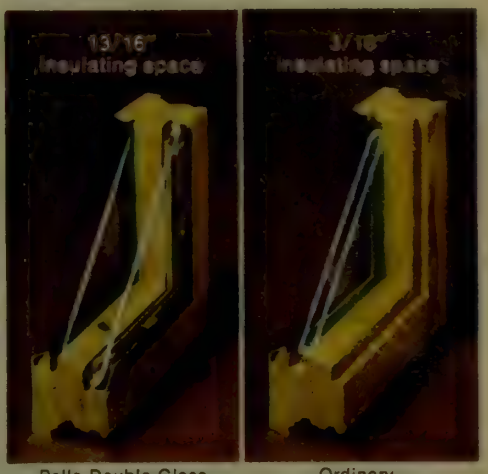


Pella • Lots of elbow room

Others • Very little elbow room

Only Pella windows are equipped with a hinging system that allows the sash to crank out a full 90° *to the center of the frame.* You get lots of elbow room to clean outside glass — even reach the farthest corners — quickly and easily from inside your home. As a matter of fact, every ventilating window Pella makes — casement, double-hung, and awning — is engineered to be the easiest window you ever washed.

Only Pella saves energy with more insulation for less money. Only Pella makes a double glass wood window with a full 13/16" air space between the panes. And the greater the space between panes, the greater the insulation value. As a result, Pella's Double Glass Insulation System actually outperforms ordinary welded insulating glass, yet *costs less per window!* Add this fact to Pella's many other "Energy-Tight" features and you have a real money saver.



Pella Double Glass Insulation

Ordinary insulating glass

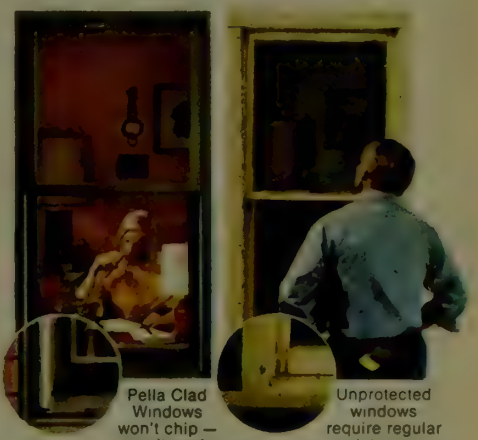
Pella Rolscreen® is hidden.

Easily pulls down.

Latches firmly.



Only Pella makes a disappearing screen. The Pella Rolscreen® is a screen that works like a window shade. It rolls up and out of sight to give you a crystal clear view and let in 20% more light. Then, when you need it, the screen pulls down and latches firmly into position. An interesting option to the standard inside screen on our Clad Casement.



Pella Clad Windows won't chip — won't peel.

Unprotected windows require regular maintenance

Only Pella offers an aluminum exterior that needs no painting. Pella is the only major wood window manufacturer to give you the best of both worlds: aluminum cladding in attractive colors outside — all-wood construction inside. We think that's important. Most wood windows that offer clad protection, wrap the *exterior* finish all the way around the sash so you see it on the *inside,* which can cause decorating problems. But with Pella, all you see inside is rich, warm wood.

Optional Pella Slimshade® opens to let in the view.

Adjusts at the touch of a dial to control heat and light.



Only Pella offers instant privacy or shade. Only Pella makes the Slimshade® It fits between the panes of our Pella Double Glass Insulation System and provides privacy at the touch of a dial. But even more important, the Slimshade®, when completely closed, can reduce heat loss by as much as 62% and solar heat gain by up to 82% when compared with a single pane, unshaded window. An option that results in real energy savings.



FREE. 16-page "Window & Door Ideas" book for traditional and contemporary homes. Tells you everything you need to know about window types and how each works, window treatment in various architectural styles, and important considerations in window placement and selection. After you've read this book, visit your Pella Planning Center for further assistance. It's in the Yellow Pages, under "windows".

Please send me a copy of "Window & Door Ideas".

☐ I plan to build. ☐ I plan to remodel. ☐ I would like an appointment at the Pella Planning Center nearest me, have someone contact me.

NAME

ADDRESS

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Mail to: Pella Windows & Doors, Dept. CO1A7, 100 Main St., Pella, Iowa 50219. Also available throughout Canada. Coupon answered within 24 hours.



How Do You Find The Filet Of Ham?



To find the filet of ham look for Golden Star by Armour.

To bring you Golden Star we carve away two-thirds of a whole ham. What is left is lean, tender, juicy. We call it the filet of ham.

After it's trimmed this top quality ham is carefully cooked for hours in its own natural juices to bring out all the delicious ham flavor. Then, and only then, does it become Golden Star by Armour. The filet of ham.

Try Golden Star in the convenient 1½ pound small family size. This little filet of ham can make a big occasion out of any small family meal. It's easy to serve and there's just enough for four very generous servings.

Golden Star by Armour. The filet of ham. The only thing you'll throw away is the can.



GOLDEN STAR *by* Armour

Reach for quality. Reach for the stars.

CARS Robert A. Dickelman



Drawing: Hellman Design Assoc.

Buying the right battery for your car

Waiting till an emergency to buy a new battery for your car can lead to a costly mistake. Read on and we'll show you how to anticipate your battery's demise, how to pick out a replacement, and how to keep the new battery going strong.

What can go wrong?

When a battery dies, it's usually due to one of these things:

- Old age. An original-equipment battery that's two or three years old might not have enough power left to crank an aging engine—especially on cold days when battery efficiency is at its lowest point.
- Defective charging system. Several things in your car's charging system can contribute to premature battery failure—including loose belts, faulty voltage regulator or alternator, and shorted wiring.
- Physical problems. If the battery posts are loose or the case is cracked (usually caused by untightened hold-down brackets that allow the battery to bounce around on its carrier), accept the inevitable. You must replace the battery.

How to tell when you need a new battery

Don't be too quick to replace a battery you think is defective—it might just be suffering from neglect. A few minutes' work and a recharge might bring your balky battery back to life. Make sure the battery clamps are tight and corrosion-free; before recharging bring the water in the cells to the proper level.

The best way to determine the condition of your battery is with a specific gravity test. The test readings will let you know the state of your battery's charge. You can do it yourself with a battery hydrometer (about $2), or have it done at your nearest service station. Check each cell; if you find a great variation between two cells (30-50 points), then you know your battery's useful life is over.

What all the numbers and specifications mean

If you have to replace your old battery, be sure to get a new one of the same physical size (called *group size*) and at least as much power. If your car is more than a couple of years old, or has air conditioning, or if you live in one of the northern states, consider a more powerful battery.

Two ratings all batteries carry—Cold Cranking Power and Reserve Capacity—tell you two other important things to consider when buying a battery. *Cold Cranking Power* tells you a new fully charged battery's ability to start your car in cold weather (the number of amperes the battery will deliver for 30 seconds at zero degree F., without dropping below the minimum voltage—7.2—necessary to start your car).

The *Reserve Capacity* tells you how long a new, fully charged battery will power the ignition and other electrical items if the charging system fails (the number of minutes the battery will deliver 25 amperes at 80 degrees F. and still maintain 10.5 volts).

The battery *warranty* and *price* generally depend on the Cold Cranking Power and the Reserve Capacity. You'll pay a premium for a more powerful battery, but the warranty will be longer. Before you buy a battery, make sure you understand what the warranty covers.

Two special types of automotive battery are available—lifetime and maintenance-free. A *lifetime battery* is a good investment if you're going to keep your car a long time, because it's guaranteed for as long as you own the car. If the battery fails, you get a replacement.

A *maintenance-free* battery is sealed at the factory, so you'll never need to add water to the cells. A window in the top lets you know when the battery needs recharging.

How to help your new battery outlive the original unit

- Have your charging system checked when you install a new battery. A system that overcharges a battery is just as damaging as one that undercharges.
- At least once a month, check the water level in the cells and the tightness of the battery hold-downs.
- Keep the cable clamps corrosion free and tightly fastened to the terminal posts. Use a solution of baking soda and water to clean away any corrosion that's formed on the posts and the clamps. Then coat the exposed parts of the clamps and posts with petroleum jelly. ■

SOFT SCULPTURE

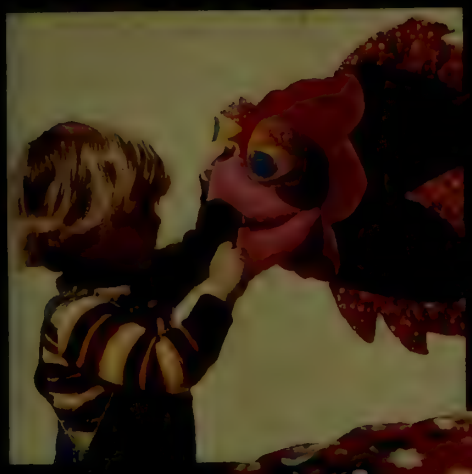
For kids of all ages

By Deborah Dugan

If you can thread a needle, you can transform fabric scraps into cushiony companions to delight children, teens, and adults. From frolicking fish and marvelous machines to plush hanging plants, these whimsical soft sculpture fantasies are sure to capture your imagination as no other fabric craft can. Just stitch together pieces of cloth, stuff them with batting, and your soft sculpture creation is ready for squeezing!



Something's fishy here!



With just one wink from his big blue eyes, this floppy fanciful fish is bound to wiggle his way into any young (or not so young) angler's heart. You're sure to reel in compliments when you feature this engaging deep-sea creature as a bright conversation piece, or as a sturdy toy for junior. The hero of our big fish story is even grander than "the one that got away," measuring a whopping 30 inches from pink felt tip to calico tail! To order a free (except for postage and handling) full-size pattern of our flippered friend, turn to page 23.



Plush plants

Now it's your turn to fool Mother Nature! These lush green plants are perfect for all-thumbs indoor gardeners because they flourish without a drop of water, a trace of sunshine, or a pinch of plant food. To start your own green revolution, simply stitch our posh plants from corduroy, stuff them, then build a thriving soft jungle anywhere you please. Either hanging up or set in a custom pot, they're plants for all seasons!

How-to instructions begin on page 119.

Soft mass transit

Picture a magical superhighway lined with calico cars and plump plaid trucks. Then add a chunky whirlybird hovering in the sky, keeping a watchful eye on passing motorists below . . .

Emergency "breakdowns" are no problem at all with these huggable, kid-powered vehicles. The "driver" simply unbuttons the tires, doors, hoods, and propellers for quick fix-ups and repairs. And for those longer hauls, our plump pickup truck even sports a special place for blocks, rocks, and other important cargo.

Better Homes and Gardens Kits No.00955, 00956, and 00957. To order, see page 23.



Designers: (above) Summer Sky; (others) Marcia Ente and Dana Hunt
Photographs: Wm. Hopkins

WAKE UP A ROOM WITH READY-MADES

By Shirley Van Zante, Pamela Wilson Cullison, Robert E. Dittmer

Short on time? Pinched in the pocketbook? Not as nimble with a thimble as you'd like to be? Even if you're plagued with all these problems, it's still possible to renew a woebegone room. How? By using ready-mades. Here are six pages of clever ways to use stock items straight from the store —sheets, blankets, pillows, place mats, curtains, even mattress pads.



Photograph: William Hopkins

PUT YOUR PLACE MATS ON A WALL

Rather than stash your place mats in a drawer, how about hanging them on the wall? These round woven mats come down to the table when needed for dining, but most of the time they're neatly "stored" on the wall for artistic textural effect.

Plump up cushionless chairs with soft Haitian cotton pillows. Here a wicker settee and two pull-up chairs get the pillow treatment. The cushions look like the expensive, custom-made kind, but they're not. You buy them at a catalog/department store.

FAKE A FOUR-POSTER

By tacking or stapling sheer, pinch-pleated draperies to 1x1s that are attached to the ceiling, you can create an elegant four-poster effect. And the fakery technique is incredibly easy!

Place a plug-in light strip at the head of the bed for a high-style lighting effect that eliminates the need for bulky bedside lamps.

Hang a made-to-measure Haitian cotton Roman shade at the window for a neat, tailored look. While you're in the mood for renewal, why not be courageous and paint your walls a dark, dramatic color?



Photograph: William Hopkins



Photograph: Harry Hartman

ADD INSTANT ART WITH A BEACH TOWEL

A simple way to create a big splash without capsizing your budget is to staple a beach towel to a wooden frame, then hang it on the wall as artwork. Today's beach towels come in a stunning assortment of colors and designs, so shop around for the one that will really jazz up your decor.

Slap self-stick vinyl tiles on the floor to give any room a bright new look. Here we used blue tiles that pick up a color of the toss pillows.

How-to directions begin on page 124
Buying information, page 58

Design coordinator: Suzy Taylor, A.S.I.D.

WAKE UP A ROOM WITH READY-MADES

PUT YOUR OWN PATTERN ON A PLAIN JANE RUG

Sometimes, just one little touch can make all the difference between a so-so room and one that's extra special. Here we plucked a motif from the luxurious sheets and comforter, then embroidered a simplified version of the flower-trellis design on an everyday area rug. The result? A coordinated bedroom with a "custom-made" rug.





Photograph: William Hopkins

TURN TWIN BEDS INTO A BANQUETTE

You can create sophisticated seating by placing twin beds in an L-shape formation. Cover both the mattresses and box springs with handsome fitted sheets, then top them with a mass of comfy coordinated bed pillows. To bring the banquette to seating height, build a three-inch base that's two-inches narrower than the box spring.

How-to directions begin on page 124
Buying information, page 58

FASHION A SITTING/ SLEEPING ALCOVE

Non-sewers take note: You won't have to sew a single stitch to create this delightful alcove. All you'll need to do the job is a twin bed pushed into a corner, three pairs of long Priscilla curtains, a festoon of ruffled valances, a studio throw, pillows, and a plywood frame to form the corner of the "canopy." Here we used red and green ready-mades to achieve the effect.



Photograph: Harry Hartman

REDO YOUR DINING ROOM WITH BLANKETS

Yes, blankets—the kind you sleep under at night. They're available in myriad colors and patterns. Our budget-priced blankets came from a variety store. We hung them at the window on traverse rods, but you could also attach rings and hang them on wooden poles. Notice how the blanket binding forms a nice-looking hem at the floor. The tablecloth? It's a blanket, too.



Photograph: William Hopkins

WAKE UP A ROOM WITH READY-MADES

START A NEW SCHEME WITH A READY-MADE SPREAD



Photograph William Hopkins

At long last, you can now buy right-off-the-shelf bedspreads that compete in appearance and quality with costly, custom-made spreads. This store-bought beauty is such a faithful copy of genuine batik and appliqué that your guests will think it's handcrafted.

Paint a pattern on a stock white window shade—and, no, you don't have to be a da Vinci to do it. Simply draw a design on the shade (any cloth shade will do), then fill in the lines with easy-to-apply fabric paint—the kind that comes in ballpoint-like tubes. To give this shade some colorful pizzazz, we mimicked the border design of the bedspread.



Photograph: Harry Hartman. Source: Bonnie Maharam

PERK UP A PLAIN CORD BEDSPREAD

Want to customize your cliché cord bedspread and give it class? Try sewing colorful dinner napkins down the middle. We applied these zingy patterned napkins point to point. Then—to add more design interest—we filled in the edges with napkins cut on the diagonal.



Photograph: William Hopkins

WRAP A ROOM WITH MATTRESS PADS



Strange as it may seem, mattress pads make excellent no-sew slipcovers and draperies. They're inexpensive, easy-to-care-for, and marvelously effective scene-changers, summertime or anytime.

Use mattress pad magic to make an armless dining chair look like a living-room easy chair. The "how-to" is simple and quick, even if you're not a deft do-it-yourselfer.

How-to directions begin on page 124
Buying information, page 58

LEARN TO COOK SOMETHING DIFFERENT~ FROM SCRATCH

By Nancy Byal

Ever wish you could make the bubbling holiday spirit spill over into the new year? Well, you can—simply by stirring up some fun in your kitchen with your family and friends. The whole idea is to get everyone involved in the cooking. That way, the fun (and the work) is spread around. To get the ball rolling, we've come up with some un-everyday foods you probably never thought you could make. But you can! So gather your equipment, ingredients, and helpers, and have at it!







Time works in your favor when you make **Crème Fraiche** and **Homemade White Cheese.** Begin with whipping cream and milk, add buttermilk starter, then sit back and let the starter do its thing. Crème Fraiche is the spoonable sauce shown atop the berry-filled papaya and the mixed fruit compote, and nestled inside an artichoke as an **a la Crème Dressing.** This smooth, thickened cream has just a hint of tartness. You can use it as a deluxe dessert topper or add it to sauces, desserts, or main dishes in place of whipping cream or sour cream. (Try **Fancy Beef Filet Stripe** for openers.)

Think cheese making is a long, drawn-out process? Think again. You can turn out your own mini cheese wheel—overnight! The equipment you need to make Homemade White Cheese is amazingly simple: a rennet tablet, thermometer, dishpan, large kettle, cheesecloth, and a put-it-together cheese press made from juice cans. To fully appreciate the magic of it all, dispense with spoons for stirring and stir with your hands so you can feel the curds change to a cheesy texture. It's a can't-be-beat experience the whole family can share. Serve this mild-flavored, semisoft cheese as an appetizer or dessert together with crackers and fresh fruit.

How do you like your bagels—big or small, flavored with shallots, parmesan, herbs, or all three? Our **Bagel Bonanza** recipe lets everyone give his bagels a personal touch. It takes broiling, boiling, and baking to bring these chewy favorites to perfection, but there's a sound reason for every step. Broiling ensures a smooth finish; boiling gives the characteristic texture and shiny crust; and baking develops lightness and golden color.

We also took an almost lost art and turned it into a fun family activity. You'll find that the hardest part of **Dip-your-own Candies** is to restrain the sampling. Shape any one or all five of the luscious centers for **Date-Peanut Butter Squares, Mixed Fruit Balls, Mint Fondant Patties, Cherry Cordials,** and **Caramel Nut Logs.** (It's an ideal activity for the kids.) The success of your family candy factory depends on careful temperature watching and constant stirring. Choose light or dark candy-making chocolate, or a chocolate-like coating such as white almond bark.

Recipes begin on page **96**.
Buying information, page **58**.



Photographs: Lyon

COOK SOMETHING DIFFERENT







One flaky bite of **Different Danish** is proof enough that you've outdone the Danes. **Cherry Nut Fans, Date Orange Pinwheels, Sour Cream-Chocolate Envelopes,** and **Lemon Coconut Wreaths** combine the classic pastry with not-so-classic fillings. Just remember that the secret of the light, tender texture is thorough chilling after each rolling. (Let each baker take his turn.)

You don't have to rely on a meat market for great-tasting sausages. Seasoning skill is the mark of the expert sausage-maker, and with **Sausages, Ltd.** (our basic recipe) you can show off your expertise with three versions—**Country, Italian,** and **Brats.** Let your kitchen cohorts fill the casings while you take charge of the grinding. For equipment, you'll need a food grinder or processor, plus natural casings, and a sausage stuffer. In addition to hand stuffers, there are inexpensive stuffer attachments for electric mixers and grinders.

Personalized Pasta serves up great taste in triplicate. Start with one recipe of dough—end up with all three of these hearty dinner dishes: **Manhattan Clam Tortellini, Chicken Liver-Spaghetti Primavera,** and **Pasticcio Rolls.** If you're a rock-ribbed traditionalist, roll and cut the dough by hand. (You'll need some help from your friends.) But if you want speedy results, opt for a pasta machine instead of helping hands. You'll more than likely want to make one entrée from start to finish. Refrigerate or freeze the remaining pasta.

Recipes begin on page **106.**
Buying information, page **58.**





Throw a ski fest-wine test

If you like the great outdoors, you'll love this recipe for a fun-filled winter day. Start with a snow-swept setting for ice-skating, sledding, or whatever activity you fancy; add wine, fondue, and a make-ahead buffet; then mix well with friends and you've got a great thing going.

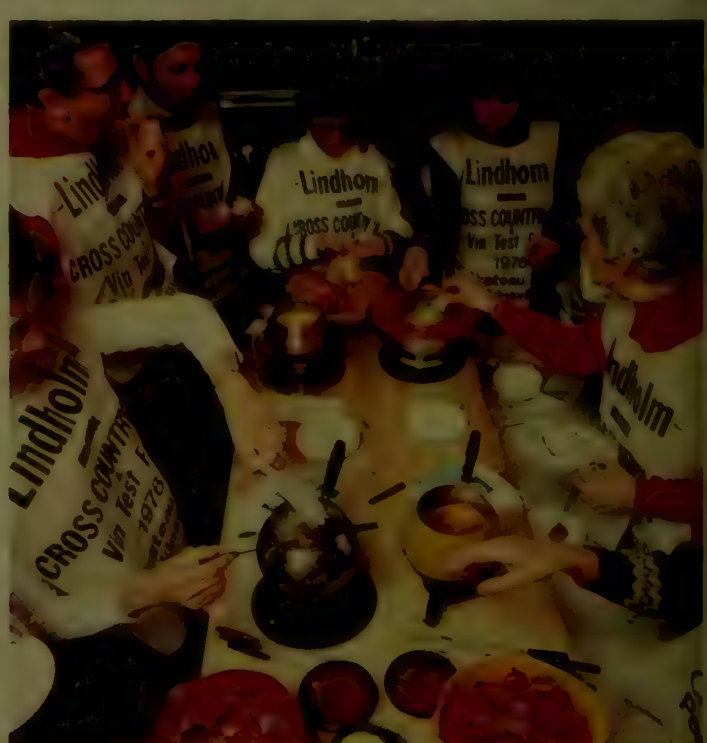
The Paul Lindholm family of Minnesota take the winter in stride, traveling over frozen lakes and through snowbound woods and parks on cross-country skis. Once a winter, they invite all their ski-buff friends to a Cross-Country Ski and Vin Test Fest.

For the skiing segment, two trails are set up for various levels of skiing skill, and instruction is provided for first-timers. (Since cross-country skiing is almost as easy as walking, the "instruction" is a breeze.)

After sliding around the course of their choice, the exhilarated skiers charge into the house and gather around the table to feast on fondue. **Beef Fondue** is served with a variety of sauces, and the **Lindholm Cheese Fondue** is teamed with sourdough bread to tear off and dunk.

Then it's on to the wine-tasting table for some serious competition. The bottles are wrapped in brown paper and are assigned numbers. The whites are at one table, the reds at another. Each taster is given a scorecard for writing down which wine is the Chenin Blanc, the Riesling, the Pinot Noir,









Photographs: The Photographers

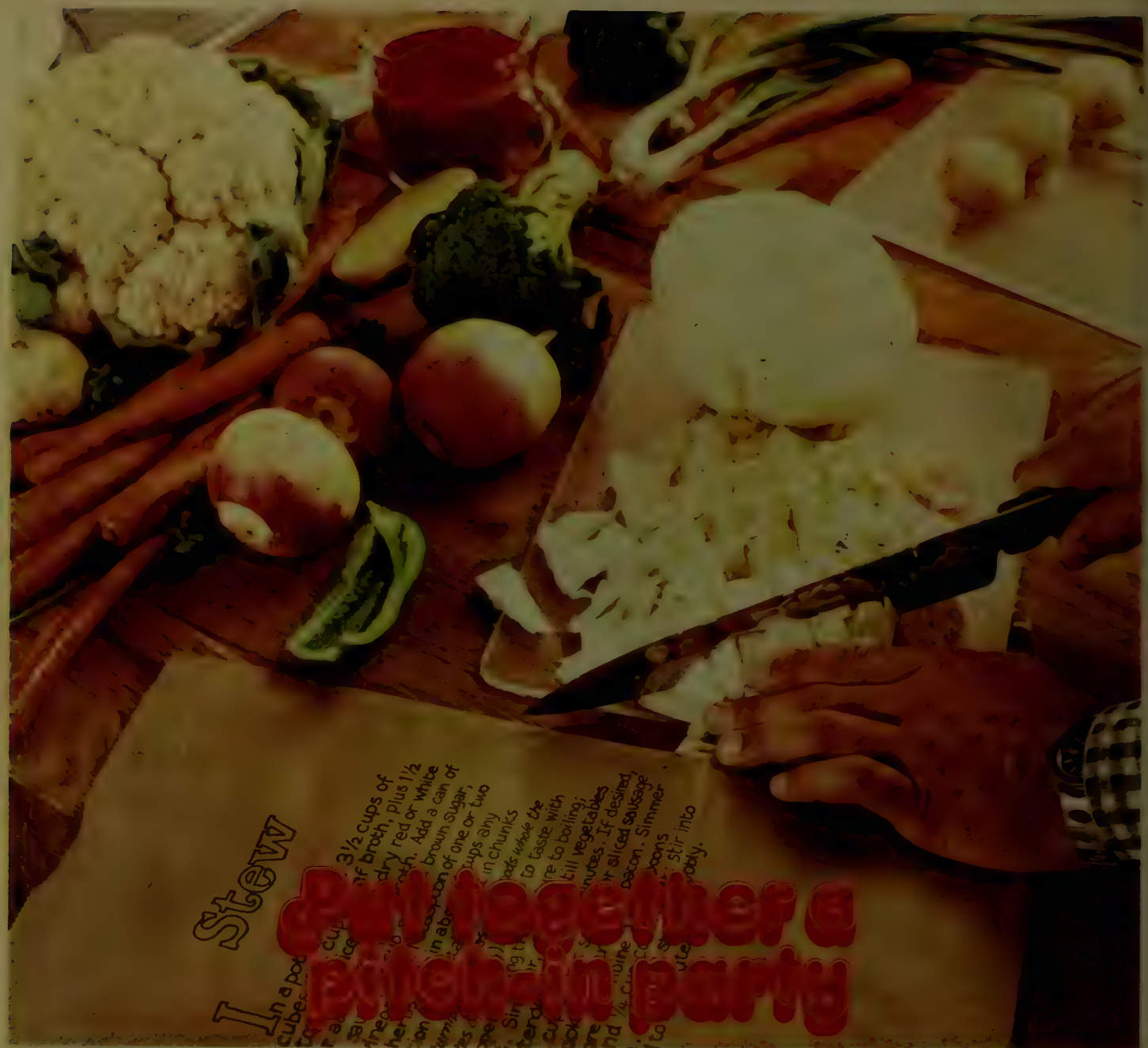
the Cabernet Sauvignon, and so on. Tasters with discerning palates have the advantage, but everyone has fun. In accordance with wine-tasting tradition, cheese and crackers are provided to clear the taste buds.

After the "spirited" debate at the wine tables has quieted down, Paul Lindholm brings out the **Hickory Smoked Turkey** cured in his homemade smoker and sets up for carving at the buffet table. Marlys Lindholm rounds out the repast with **24-hour Cabbage Salad** and homemade rolls.

Long after the meal ends, the gang is still gathered around the piano singing all the old hits. Any wine left from the tasting helps loosen up voices and build camaraderie. No matter what your favorite outdoor activity, combining it with an indoor party is a nifty way to spend a winter's day and evening.

Recipes begin on page 110.





What's a pitch-in party, you ask? It's a devilishly simple way to get your guests to pitch in and produce the meal—and like it. In fact, they love it! Uptightness melts away as the free-wheeling cooks cube and chop, pour and season, taste and comment, and compete like mad to see who can concoct the best pot. (To add fuel to the competitive fire, you might offer a bottle of fine wine as first prize.)

We've geared the party to 12 people, but the idea adapts beautifully to any size group. The party game plan is flexible, too. You provide a selection of ingredients and cooking outlines for fixing three hearty entrées. Then you let the guests take over from there. They split into three groups, and each takes a pot and cooking outline.

For our three-ring cook-in we chose a soup, a stew, and a goulash. Each group starts with the same cooked beef-broth mixture (which you have prepared ahead of time) and an assortment of vegetables and seasonings. From then on, the cooks add ingredients from the selection you've supplied, so the results are anybody's guess. But one thing's for sure: everyone will have fun pitching in, and that definitely includes the feet-on-the-handlebars hosts.



THE MENU
Cheese, Crackers, and Nuts for snacking
Pitch-in Stew, Soup, and Goulash
Green Salad to toss with your Favorite Dressing
Hard Rolls or crusty French Bread
Mixed Fruit Compote
Beer Jug Wine

Recipes for Pitch-in Soup, Stew, and Goulash begin on page 111
Buying information, page 58.

Photographs: Hopkins

WHAT-TO-DO CHECKLIST

Equipment

✔ Plan three separate areas where each group can work, but make sure they're close enough for easy pot-to-pot conversation.

✔ Create a central place where all ingredients will be located.

✔ Print each pitch-in outline on a brown paper bag or card in large type for easy over-the-shoulder reading.

✔ Line up three large saucepans or Dutch ovens. If you don't have enough, have a guest bring one along.

✔ Gather together what cooking utensils will be needed—cutting boards, knives and paring knives, can and bottle openers, measuring cups, serving ladles, and pot holders.

✔ Mix and match dinner plates, soup bowls, glasses, tableware, napkins, and the like for a serve-yourself buffet. The eclectic look fits right in.



Ingredients

✔ Go through the menu and recipes and make a list of what you need to buy. Schedule shopping for perishables the day before the party.

✔ Chill the beer and wine.

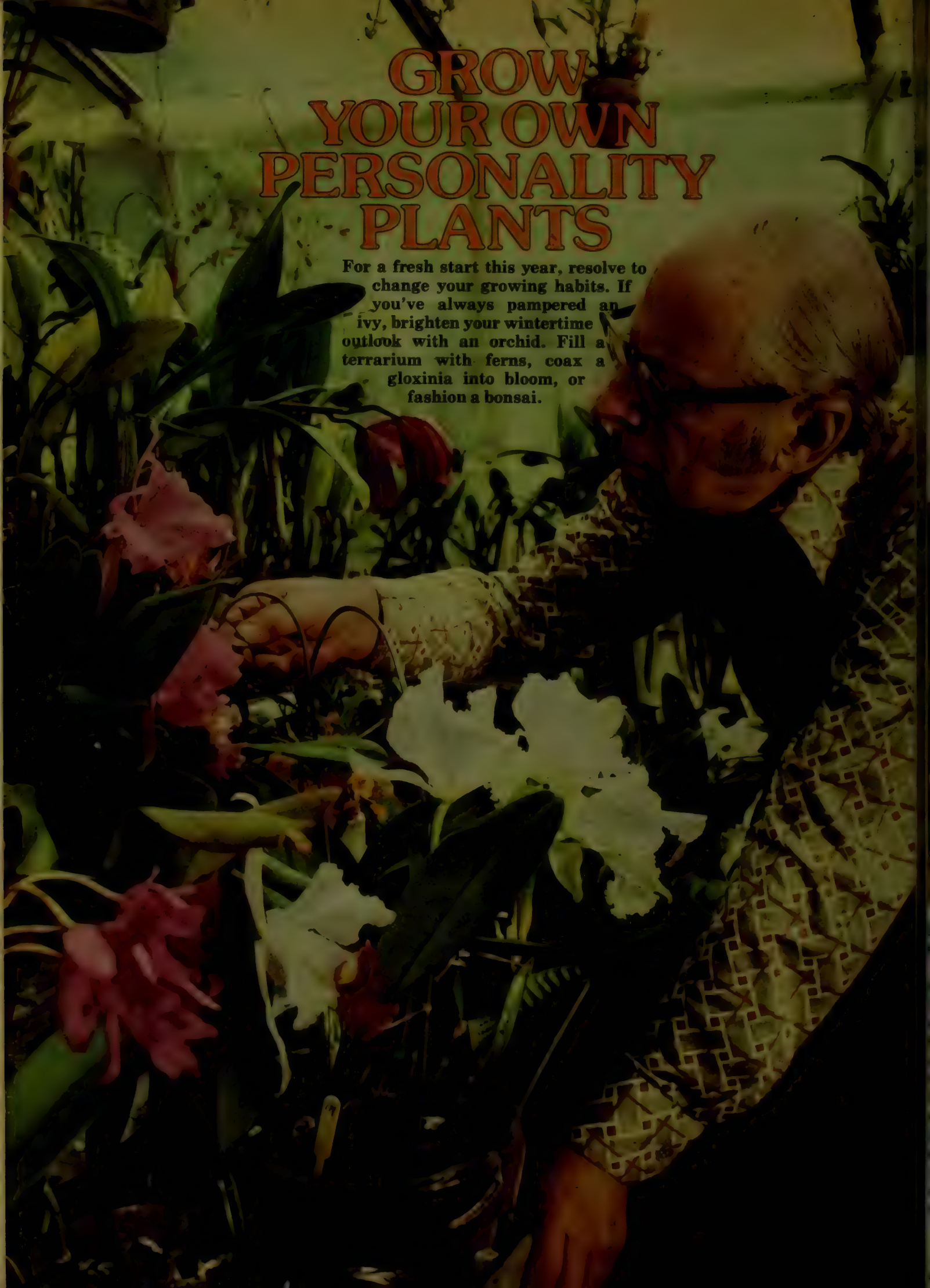
✔ Wash the pitch-in vegetables but don't do any paring or chopping—leave that to the guests.

✔ Early on the party day, set out nonperishables such as flour and herbs.

✔ Mix the greens for the tossed salad and layer an assortment of fresh fruit in a glass compote; keep them chilled till serving time.

✔ Start the beef stewing an hour before the party—it will make the galley smell great. (Or if you're super organized, do this a week or more ahead, then freeze beef and broth in recipe-size portions. Just reheat at party time.)

✔ Right before the party starts, set out all the perishables.



GROW YOUR OWN PERSONALITY PLANTS

For a fresh start this year, resolve to change your growing habits. If you've always pampered an ivy, brighten your wintertime outlook with an orchid. Fill a terrarium with ferns, coax a gloxinia into bloom, or fashion a bonsai.

By Beverly Garrett

OPT FOR ORCHIDS

Orchids look fragile, but they're really tough plants that respond beautifully to the proper care. Provide bright light away from the direct sun. And don't pot orchids in soil. Instead, use a growing medium made primarily from fir bark. You can get this porous mix from orchid nurseries or suppliers. Water the plants often enough to keep the bark mix moist—never let it dry out. Although orchids like an even supply of moisture, they can't stand waterlogging; make sure excess water drains out of the pot.

Most orchids respond well to cool nights, so turn down your thermostat in the evenings. Henry Feldman, whose orchids are shown here, keeps a nighttime temperature of 58 degrees in his greenhouse.





Lovely specimens rival any that grow in florists' shops

Get acquainted with Anita Yvonne, a spectacular cattleya whose individual flowers last for six weeks or more. The Feldmans use prize flowering specimens as living bouquets throughout the house.

Dainty miniatures give you a full measure of color and beauty

If you're short of growing room, investigate the miniature orchids. You can cluster two or three of them for a big show; they bloom just as profusely as their larger cousins. Teamed here are two diacriums and a red-flowered *Epiphronitis veitchi*. When grouping orchids, be sure to maintain enough space between the plants so air can circulate without hindrance.

Photographs: Bill Helms; Harry Hartman.
Source: Bonnie Maharam

Luxurious flowers brighten the winter scene

With a blaze of color like this to enjoy, who cares if a blizzard is brewing? These king-sized flowers in the Feldman greenhouse prove the value of frequent feeding. Henry and his wife Rae feed them each time they water, using a diluted solution of 20-20-20 formula fertilizer. There's little danger of overfeeding with this method, as surplus fertilizer washes out with the water.



Vibrant flowers cluster on these specimens

For knockout color, grow Eileen Beauty—an ascocentrum that sends up sprays of red-orange flowers. These specimens show the benefits of daily misting. The Feldmans never mist after 4 p.m. They want all leaves to be dry by nightfall.

WATCH A FERN FROND UNFURL

Close your eyes and visualize a cool forest on a fresh spring day. Feel refreshed? Then you're bound to enjoy fern-watching. You can get started without great expense or trouble. Often you can buy a whole bevy of little plants without denting your budget. And, given the proper growing conditions, they'll thrive when they are planted in or out of a terrarium.

Barbara Patterson, who sits in her private "forest," *right*, grows choice specimens in covered gardens as well as in the open. Heat and dryness are the worst enemies of ferns, according to Barbara. She grows ferns where the light is strong but not sunny. A humidifier constantly adds extra moisture to the air around the plants.







Skylighted stairwell houses lush greenery

Over 50 varieties of ferns grow together up and down this dramatic stairwell, *top*. A classic Boston fern on the left sits on a plant stand equipped with casters so the plant can be rolled to a work area for cosmetic pruning and clipping.

Young plants thrive in jars turned into terrariums

Barbara pots small divisions and offsets in apothecary jars to give to gardening friends.

She uses the same porous potting mix she recommends for all ferns: ⅓ potting soil, ⅓ sphagnum moss, and ⅓ perlite. Barbara moistens the ferns and soil after planting, then covers the jars.

A fern world flourishes in an outsize dome

This clear dome was designed as a skylight, but Barbara upturned it to serve as a giant terrarium. With a rectangle of glass fitted atop, the dome converts to a combination coffee table-terrarium. The 25 ferns inside enjoy the humid atmosphere that results when the glass cover is in place. When ferns are grown inside a terrarium, they need to be watered once every other month. Outside a terrarium, ferns need evenly moist soil around them.

SHOW OFF BLOOMING BEAUTIES



With two experts at hand, plants get good care

Ruth and Alfred fertilize the plants every ten to 14 days in the summer, but feed only once or twice during the winter. They water the plants twice a week.

Little charmers bloom in basement plant center

Miniature gesneriads, *left*, do well in open pots or covered terrariums. Ruth waters with an atomizer to avoid flooding, and dusts off the leaves with a swab.

If you like plants that are freewheeling about flowering, look into the large family of gesneriads.

Gloxinias and African violets are the best known of the group, but countless others stand ready to tempt you. Some—like the miniature sinningias—are dainty enough to grow in a thimble.

All told, these plants promise enough growing fun to last a lifetime. It's been 22 years since Ruth and Alfred Katzenberger zeroed in on this family, and the couple will testify that the thrill of discovery hasn't dimmed. To accommodate their collection, they built a grow-light setup in the basement and added a greenhouse. Since gesneriads like high humidity, the Katzenbergers installed shower curtains to screen off the basement planter center and hold in moisture-laden air. A humidifier keeps the moisture level evenly high in the greenhouse. If you know the humidity is low at your house, set your plants on a pebble-filled tray of water. Keep the bottoms of the pots above the water level to avoid soggy soil. It helps, too, to mist the air around the plants daily.



START A GRACEFUL BONSAI

Explore the ancient art of bonsai, and you'll soon be fascinated. Get the details on page 95.

How to Keep Your Houseplants Happy



Getting off to a good start

You don't need a certified green thumb or a degree in botany to succeed with houseplants. Most houseplants are pretty tough characters, and they'll thrive if you just satisy their basic needs. That's a snap when you have this bonus tear-out-and-save booklet to guide you. It takes you from potting young plants through caring for established ones in an easy-to-follow sequence. Follow along and see how easy it is to green up your environment with healthy houseplants.

The right soil mix

If you don't have a secret-formula potting mix and a supply of compost and rich garden loam, you would be wise to buy a large bag of a general potting mix and small bags of soil additives, such as perlite, vermiculite, and sand. You'll also need some pebbles or pot shards for drainage. Special soil blends are available for some plants, so if you become especially interested in African violets, orchids, or cacti, for instance, buy the proper blend and you'll be sure your plants are getting the growing medium they need.

If you want to blend your own soil, mix together two parts good garden loam, two parts leaf mold or perlite, and one part sand. For African violets and other plants that like loose, absorbent soil, add two parts peat moss to the basic blend. Cacti like a lean, gritty soil, so give them a blend of two parts sharp sand, two parts garden soil, one part leaf mold, and one part pea gravel. A generous sprinkling of horticultural limestone and bone meal will be of great benefit.

Keep your potting mix in a plastic bag or closed container so it can be kept slightly moist at all times. It's difficult to pot a plant when the soil is powder-dry, and equally hard to get the soil remoistened once it's in the pot.

To corral all your supplies, create a little potting area. A corner of the basement or garage is great. With everything handy, you can take care of potting needs in minimum time.

The right container

For some plants, the container can be almost as important as the soil mix, because the roots of many plants—ferns, orchids, and cacti, for example—need more air than others. A drainage hole in the bottom of the pot allows excess water to drain away and provides an entry for air into the lower soil areas. A saucer under the pot catches the runoff.

Clay pots are porous, so they allow air to pass through their sides to the soil and roots. For a decorative effect, set each pot inside a larger plastic or ceramic pot.

Plastic pots allow no air to pass through their surfaces, so the soil ball within dries slowly. This is a plus if you're a little forgetful about watering. Plastic pots are ideal for small plants where rapid drying is a problem.

Ceramic pots have a glazed surface, so they perform just as plastic pots without drainage holes do, but they are more decorative.

Pot saucers should be plastic or glazed ceramic to protect the wood surfaces or carpeting they are sitting on. For large floor plants, there are saucers with built-in casters for easy mobility.

Baskets for hanging plants come in two general types. Those with open-mesh sides are for outdoor plants. Indoor hangers have solid sides made of plastic or ceramic. Some have no drainage holes, and the plastic ones often have attached saucers. Always clean old pots and planters thoroughly before reusing them.

By Russell O'Harra, Steven Coulter, Carol Ann Shindelar

Step by Step to Proper Potting

Know when it's time to repot

Several signs point to the need for repotting. One clue is the size of the plant in relation to the size of the pot. If the plant looks quite top-heavy, repot it. Roots are significant, too. It's normal for a few small roots to grow through the drainage hole, but when several large roots crowd their way through, you know they need more growing space.

When a plant wilts between normal watering times, that's also a signal that it needs more soil. Another sign to watch for is undersized new growth. New leaves should grow to the same size as, or even larger than, the older leaves.

Here's how to repot



1. Remove the plant from the pot. But don't begin until you have the new pot and all the supplies on hand for repotting. And don't move the plant to too big a container. Select the next larger size pot. If the volume of new soil is too large, the plant will spend most of its energy putting out new roots, and new top growth will be delayed.

Your first step is to get the plant out of its old pot. This is usually a simple matter with a small pot—just turn the plant upside down and rap the rim of the pot firmly against a solid surface, as in the drawing. Removing a big plant from a heavy pot is often a two-man operation. Start by running the long, thin blade of a knife all the way around the soil ball to separate it from the pot. Then, with one person holding the pot down, the other should be able to lift the root ball out by firmly pulling up on the trunk.



2. Provide for drainage. To make sure that water drains through the hole and to keep the loose new soil from washing through, cover the drainage hole with a pot shard or bottle cap. For large pots, a good trick is to invert an old clay saucer over the drainage hole. Prop the saucer up slightly with a stone or pot shard to avoid sealing off the hole completely. This greatly improves aeration of the potting soil. Then put a layer of small stones or pea gravel over the bottom of the pot. For small pots, a half-inch depth is sufficient, but one to three inches is best for pots that are over ten inches in diameter.



3. Add soil. Cover the drainage pebbles with a layer of potting mix, and firm lightly with your fingers. Fill to a level that will allow for the depth of the soil ball and a half-inch of space between the soil surface and the rim of the pot. Before you lift a big plant into its container, measure the soil ball carefully to be certain that it will sit at the proper depth the first time.

Center the plant in the pot and hold it in place with one hand while you add the remaining soil. Firm the soil by lightly pressing downward with your fingers. Then add more soil till you have the desired level.

4. Give the plant a thorough soaking. Water the soil slowly from the top, or set the pot in a saucer of water for an hour or so. Let the plant drain and then place it in indirect light for a few days while it adjusts to its new home. After that, move it into the amount of light it enjoys.

5. Support with a sturdy stake. Many plants, such as some of the begonias and philodendrons, need additional support to keep them from sprawling unattractively. Bamboo stakes and fern-root totems are strong enough for small plants, but you'll need a sturdy stake like a cedar bark slab for big philodendrons and monsteras.

You can use totem pins to secure stems to fern-root totems, but there's a little trick to tying plants to a bamboo or pole stake. Use a plastic-covered wire tie or strip of nylon hose, and tie a loose loop around the stem, but tie very tightly around the stake so the loop won't slip down. Trim the ends of the ties so they are as inconspicuous as possible.

You don't need to wrap your tying strip around and around a cedar bark slab to hold the plant to it. This is both unsightly and a waste of tying material. Just insert screws deep into the bark and tie the stems to them. Or drill holes through the slab and after tying the loop around the stem, thread the other end through a hole and tie it to a screw sunk into the back of the slab.

Special Potting Tips



Double potting. You can hide a clay pot inside a decorative ceramic or plastic jardiniere by resting the inner pot on a bed of pebbles deep enough to bring its rim just below the rim of the outer pot, as illustrated. Fill void between pots with sphagnum moss.

Potting prickly plants. Thorny plants can be treacherous. To avoid being stabbed during potting operations, wrap a folded newspaper around the plant, as shown. This gives you a safe handle and also helps protect the plant during the transfer.



The Do's and Don'ts of Watering and Feeding

The way a plant is watered can make the difference between its being a beautiful, lush specimen or an embarrassment. Unfortunately, you can't follow the rule of thumb of watering all the plants well once a week, because you must consider the sizes of the pots and the demands of the individual plants.

With a little planning, you can get on a twice-a-week schedule that will take care of watering, as well as other needs, in as short a time as possible. Choose times when you are usually home, like Sunday morning and Wednesday evening. When you have set times, you are much less likely to forget.

Watch water quality. The kind of water you have and the way you use it can make a big difference in the success you have with your houseplants. If your water is excessively hard, you'll have to leach the soil in both spring and fall by watering heavily three or four times in one day and allowing the water to drain away freely. Also, a white crust will form on the soil surface; keep this scraped away. Do not use water that has been through a home water softener.

In winter, water right out of the cold water tap can be too cold for your plants. Always allow the water to stand for at least a few hours before using, so that it will warm to room temperature.

Your larger plants often will need water just once a week. Smaller ones possibly will need an extra watering in between. And just because it is the scheduled day to water doesn't necessarily mean the plant needs water. To judge the amount of water needed, always check the soil.

Follow the golden rule of watering: Water thoroughly when you do water, and let the soil dry on the surface before watering again. This is a safe rule to go by for most plants—cacti and other succulents are the notable exceptions.

One pitfall in watering is that you may think you have watered a plant well when you really haven't. That can happen when water creates channels between the soil ball and the pot, and runs on through into the saucer, leaving the center of the soil ball as dry as a bone. One way to avoid this problem is to water the plant slowly until there's about a quarter of an inch of water in the saucer. Check an hour or so later and pour off the water that remains in the saucer. More than likely, all of the water will have soaked up into the soil.

Feed your plants. Houseplants eventually use up the food in the restricted amount of soil in the pot, so you must periodically replenish it.

Many kinds of plant foods are available, and which you choose mainly depends on whether you want to use the soluble, liquid, or slow-release type. What's important is that you feed your plants a balanced plant food containing nitrogen, potassium, and phosphates, with trace elements.

As a general rule, you should feed your foliage plants once each month from early spring through fall when they are in their most active growth period. With the timed-release foods, the capsules are sprinkled on the surface of the soil and the food is released gradually during the growing season. The liquid and soluble types are mixed in your watering can once each month during the plants' feeding periods.

Flowering plants generally enjoy a period of rest after they have bloomed, so hold back on feeding for a couple of months after blooming.

Before applying liquid plant food, be sure that the soil is already damp. And be sure to follow the directions on the label of the plant food container. Overfeeding can be more detrimental than not feeding at all.

How to Groom, Prune, Snip, and Scrub for Good Growth

Keep it clean



Remove the dust from plant leaves periodically; otherwise, plants can't breathe or grow properly. You can clean many plants quickly by putting them under your bathroom shower. Use only lukewarm, unsoftened water. To avoid washing soil out of the pot, wrap a plastic sheet around the base of the plant and over the pot. After their shower, let plants drip-dry before taking them back to their accustomed locations. If chemical residue in the water leaves white spots, remove them with a clean, soft cloth.

Large-leaved plants can be easily cleaned by wiping the leaves with a damp cloth. Support the underside of the leaf with one hand while gently wiping the upper side with the cloth.



To remove dust from hairy-leaved plants such as African violets and gloxinia, rub gently with a dry cotton swab or a pipe cleaner. A watercolor brush works well for this job, too.

Keep it shapely



A little judicious trimming will keep your plants the size you want. Without pruning and pinching, a plant can become a tall and leggy eyesore.

Pinching. Pinching off the tip growth of a branch encourages side branches to develop, which results in a thicker, bushier plant. No tools are necessary for this simple operation; just use your thumb and index finger. New branches generally arise from buds at the bases of the remaining leaves. Pinching improves the shapes of many plants, such as wax begonias, gardenias, and aucuba, which branch out normally. Single-leader plants, such as dieffenbachia, rubber tree, and dracena, shouldn't be pinched.

Pruning. Often a major branch must be removed, either to keep the plant the size you want or to improve its shape. Study the plant carefully before cutting off all or part of a major branch. Use clippers to get a smooth cut, and make the cut just above a growth bud.

The best times to prune a plant are when it is in active growth (usually in the spring) or soon after it has bloomed.

Trouble Signs to Watch for and What to Do About Them

Plants tell you when something is wrong. Here are some tips to help you diagnose the problem early.

- *Leaf tips turn brown, and lower leaves turn yellow and drop off. Stems get mushy, then turn brown.*
  The cause: Over-watering.
  The cure: Allow soil to dry, and then water thoroughly, but less often.
- *Leaf tips turn yellow, then brown before drying.*
  The cause: Under-watering.
  The cure: Soak pot in water, then water more frequently.
- *Leaves look faded and are streaked with yellow or brown mottling.*
  The cause: Too much light.
  The cure: Move the plant to less intense light.
- *New growth is elongated, pale, and undersized.*
  The cause: Not enough light.
  The cure: Move the plant to stronger light.
- *Leaves become yellowish, but veins are green. Lower leaves drop off and new growth is weak.*
  The cause: Under-fertilization.
  The cure: Start fertilizing on a regular schedule.
- *The plant puts on new growth rapidly, but the stems are weak and streaked yellow.*
  The cause: Overfertilization.
  The cure: Flush the buildup of fertilizer out of the soil by watering the plant several times in a few hours.
- *Leaf edges curl under and dry out.*
  The cause: Too high a temperature in the room.
  The cure: Move the plant to a cooler spot.
- *White cottony growth appears in crevices between the leaves and stems—sometimes on the leaves.*
  The cause: Mealybugs.
  The cure: Dab each bug with rubbing alcohol.
- *Stems and leaves get tiny brown "warts" (white at first).*
  The cause: Scale.
  The cure: Gently scrape the scale off with a knife or fingernail.
- *Leaves get a mottled, dusty look. Eventually there are webs on the branches.*
  The cause: Spider mites.
  The cure: Rinse foliage thoroughly with a lukewarm shower. Repeat each week, if necessary.

Down-to-Earth Guide to Favorite Houseplants

CULTURE CHART Common Name (botanical name if different from common)	Light			Water			Propagation					Comments
	Sunny	Bright, indirect	Filtered	Keep on dry side	Water well when surface dries	Keep evenly moist	Air layering	Runners	Leaf cuttings	Stem cuttings	Root division	
African violet (*Saintpaulia*)		X			X				X		X	Likes porous soil high in humus
Airplane plant (*Chlorophytum comosum*) nickname: spider plant		X			X			X			X	Small white flowers on long stems
Aluminum plant (*Pilea cadierei*)		X				X				X		Likes soil high in humus
Aralia (*Polyscias balfouriana*)	X	X	X			X				X		Repot rootbound plants in spring
Artillery plant (*Pilea microphylla*)		X				X				X		Likes soil high in humus
Asparagus ferns		X	X			X					X	Mist foliage daily
Aspidistra (*Aspidistra elatior*) nickname: cast-iron plant		X	X		X						X	Trim off brown leaf tips
Aucuba (*Aucuba japonica*)		X				X				X		Females produce small purple flowers, red berries
Avocado (*Persea americana*)		X			X							Root seed with broad base in water
Azalea (*Rhododendron*)	X	X				X				X		Likes acid soil
Baby's-tears (*Pilea depressa*)			X			X				X	X	Likes soil high in humus
Banana plant (*Musa acuminata*)		X				X						Remove suckers and pot up
Brassaia (*Brassaia actinophylla*) nickname: schefflera		X			X		X					Will attain ceiling height but grows fairly slowly
Begonias:												Start tuberous begonias from tubers in Februrary or March
Rex begonias		X				X			X			
Tuberous begonias		X				X						
Wax begonias		X				X				X		
Bromeliads		X		X								Keep water in center cups. Pot up offsets
Chinese evergreen (*Algaonema commutatum*)		X	X			X				X	X	Variegated types need medium-to-bright light
Christmas cactus (*Schlumbergera bridgesi*)		X			X					X		Withhold water during October and keep plant in a cool place (60 to 65° F.)
Citrus trees	X				X							Mist foliage daily

CULTURE CHART

Common Name (botanical name if different from common)	Light			Water			Propagation						Comments
	Sunny	Bright, indirect	Filtered	Keep on dry side	Water well when surface dries	Keep evenly moist	Air layering	Runners	Leaf cuttings	Stem cuttings	Root division		
Croton (*Codiaeum*)	X	X				X	X			X			Mist foliage daily
Crown of thorns (*Euphorbia splendens*)		X			X					X			Pinkish white, rose, red, or coral flowers
Cyclamen		X	X			X							Likes soil high in humus
Dieffenbachia nickname: dumb cane		X	X		X		X			X			Wash hands after handling as leaves contain acrid sap
Dizygotheca (*Dizygotheca elegantissima*) nickname: false aralia		X	X		X						X		Supply good drainage to avoid leaf drop
Dracena (*Dracaena*)		X	X			X	X			X			Many varieties available including corn plant (*Dracaena fragrans massangeana*)
Fatsia (*Fatsia japonica*)		X				X				X			Pinch tops to induce dense growth
Ferns		X				X					X		Try small ferns in terrariums
Fiddleleaf fig (*Ficus lyrata*)		X				X	X			X			Keep well watered to avoid leaf drop
Fittonia		X	X			X				X			Prefers porous soil high in humus
Geranium (*Pelargonium*)	X				X					X			Pinch back tall stems after blooming to promote branching
Hoya (*Hoya carnosa*)		X			X					X			White blooms appear in one or two years
Ivy and ivy-like vines:													Mist foliage daily to discourage red spider mites, especially on English ivy
Devil's ivy (*Scindapsus*) nickname: pothos		X				X				X			
English ivy (*Hedera helix*)		X				X				X			
German ivy (*Senecio*)		X				X				X			
Grape ivy (*Cissus*)		X				X				X			
Swedish ivy (*Plectranthus*)		X				X				X			
Jade plant (*Crassula argentea*)	X	X		X			X			X			Pink flowers may appear in fall
Maranta (*Maranta kerchoveana*) nickname: prayer plant		X	X			X					X		Keep soil on dry side in winter
Monstera (*Monstera deliciosa*)		X	X			X	X			X			Clip off aerial roots or stick them in soil
Moses-in-the-boat (or -cradle) (*Rhoeo spathacea*)		X	X			X							Remove suckers and pot up
Norfolk Island pine (*Araucaria excelsa or A. heterophylla*)		X			X					X			Water less in winter
Orchids		X				X					X		Mist foliage daily

CULTURE CHART Common Name (botanical name if different from common)	Light			Water			Propagation					Comments
	Sunny	Bright, indirect	Filtered	Keep on dry side	Water well when surface dries	Keep evenly moist	Air layering	Runners	Leaf cuttings	Stem cuttings	Root division	
Palms		X			X							Palms are hard to propagate; buy young plants
Pandanus nickname: screw pine		X			X							Remove and pot up offsets
Peperomia		X				X			X	X		Water less in winter
Philodendron		X	X			X	X			X		Supply good drainage and acid soil
Pickaback plant (*Tolmiea menziesi*)		X				X		X	X			Plantlets appear atop mature leaves
Pittosporum (*Pittosporum tobira*)		X			X		X			X		Prune back in spring before new growth appears
Pleomele		X				X				X		Will grow in water as well as in soil
Podocarpus	X	X				X				X		Prune in early spring for denser growth
Pony tail (*Beaucarnea recurvata*)	X	X			X							Start new plants from seeds
Portulacaria		X		X						X		Prefers porous soil
Purple passion (*Gynura*)	X					X				X		Prune stem ends for denser growth
Rubber plant (*Ficus elastica*)		X				X	X					Feed less often if plant grows too fast
Sansevieria nickname: snake plant		X		X							X	May bloom if pot-bound
Spathiphyllum (*Spathiphyllum patini or S. cleveland i*)		X				X					X	Flower similar to calla lily
Strawberry saxifrage		X			X			X				Dainty white flowers in summer
Succulents (including cactus)	X			X						X		Prefer porous soil and good drainage
Trileaf wonder (*Syngonium podophyllum*)		X				X				X		Pinch back to keep plant within bounds
Waffle plant (*Hemigraphis*)		X				X				X		A good ground cover for planters
Wandering Jew (*Tradescantia, Zebrina*)	X	X	X			X				X		East sun intensifies coloration of foliage
Weeping fig (*Ficus benjamina*)		X				X				X		If leaves drop, give more light and water
Zebra plant (*Aphelandra*)		X			X					X		A bit touchy to grow, but worth the extra effort

How to Multiply Your Houseplants and Add to Your Pleasure

Stem cuttings



Instead of using water to root stem cuttings, try a nonorganic rooting medium such as vermiculite, sand, or a fifty-fifty mix of peat and perlite. Cut off a four- to six-inch growing tip just below the point where a leaf joins the stem—roots will develop at this node. Remove leaves on the bottom two inches of the stem and insert this portion in the moist rooting medium. For a high-humidity greenhouse environment, enclose pot and all in a clear plastic bag held away from the foliage by stakes. Put the cuttings in a cool, bright location away from direct sun, and keep the medium moist. Pot up cuttings when well rooted—about four weeks.

Root division



Root division is the second most frequent method of propagation (stem cuttings is first). Plants that push through the soil surface with numerous stems can almost always be cut into several portions. To unpot the plant, turn the pot upside down. While supporting the plant with one hand, give the pot rim a sharp tap on the edge of a table. Roots and soil should slide out. Shake the soil from the roots so you can see where the stems join the main plant. Pull the sections apart gently; if necessary, sever them with a sharp knife. Water the newly potted divisions thoroughly, and keep them out of direct sun for a week.

Air layering



Use this method on leggy plants with woody stems. Partially cut the stem at a slant and insert a wooden matchstick to keep the cut open. Mold a baseball-size wad of wet sphagnum moss around the cut; enclose moss in a sheet of plastic, and tie plastic at top and bottom. Keep the moss wet. In four weeks, moss ball should be filled with roots. Sever the stem below these roots and pot up.

Leaf cuttings



Choose almost mature leaves with stems attached. Stick these stems into a moist rooting medium such as sand or vermiculite, with leaves just above the surface. To maintain proper humidity, cover cuttings with a clear plastic bag held away from the foliage by stakes. Place in a cool spot that gets bright, indirect sunlight. Keep rooting medium moist. Pot up cuttings when well rooted.

Runners and offsets

Plants that send out aerial runners and form new plantlets couldn't be easier to propagate. When these plants grow in natural settings, the weight of each developing plantlet would bring it down until it came in contact with moist soil, and then the plantlet would root. When growing these species as houseplants, you must imitate nature at propagating time and provide a nearby soil-filled pot for offsets. When a new plant forms, fill a five-inch pot with a soil mix that's half peat moss and half sand. Water the mix well at planting time. Using a hairpin or a bent loop of wire, pin the plantlet to the soil in the small pot; don't sever the runner leading to the parent. Roots will form in four or five weeks. Keep the soil mix moist. If the new plant holds fast when you give the runner a slight tug, you can sever the runner.



Design: Image Response

BONSAI STYLING

The traditional Oriental method of plant training—bonsai—has entranced gardeners for centuries. It's not unusual for a bonsai to live for 100 years or more and be passed from generation to generation. But even these venerable specimens were young once, as Sue Resnick, a New York bonsai specialist, points out. And there's no time like the present to get one of these shaped tray gardens planted and growing.

Sue recommends that beginners in the art start with simple plant materials, such as the woody rosemary plant she's working with below. Bonsai shaping is something like haircutting—a lot of the skill required comes with training your eye to know what is pleasing. But you can't really make a mistake because there are no set styles; no two bonsais are alike. You'll want to try a different look each time you start a new one. Check the library for books on bonsai; you can learn a lot from studying classic examples of trained plants.

Because the soil area around a tray planting is limited, the bonsais need watering often. Sue waters hers every day, sometimes twice a day in the summer when it's hot and dry. She pots her bonsais in a mixture of ⅓ soil, ⅓ peat moss, and ⅓ sterilized builders' sand. Be sure the tools you use on a bonsai are clean and sharp; never bruise the roots unnecessarily.

HOW-TO



1 **Any small plant with woody stems can be used to start a new bonsai.** Here, Sue knocks a rosemary out of the pot.



2 **Gently brush off enough soil to expose the root mass.** Pinch or cut off ends of all the principal roots.



3 **The best bonsai container is shallow with two drainage holes in the bottom.** Sue loops copper wire through the bottom holes, then threads wire through a piece of nylon screening. She covers the mesh with a layer of pebbles, then with a thin layer of the potting mixture.



4 **Place the plant in the pot and wire around the root ball to secure it.** Fill around the roots with extra soil. Then study the plant carefully to determine the most graceful branch or branches to retain. Wire around the trunk and branch (or branches) to be saved, and prune off all other leaves or branches. Place the entire pot in a pan of water. Soak.



5 **After soaking, reposition the bonsai** and add extra potting mix.



6 **The finished bonsai is trained around the wire.** Keep the training wire on for about six months.■

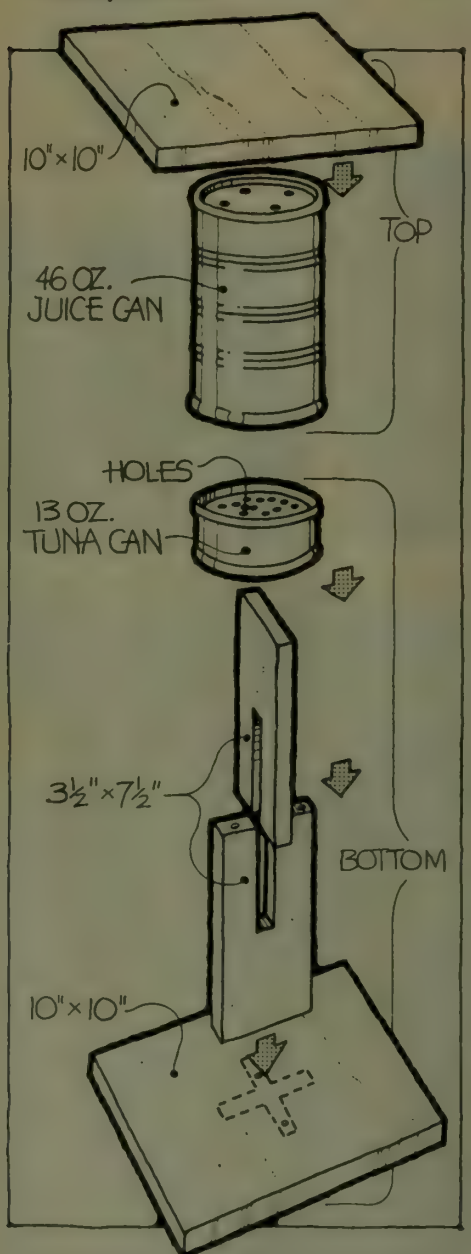
begins on page 74

Beat-the-blahs recipes

HOMEMADE WHITE CHEESE

Rennet tablets (they may also be called Junket tablets) are sold in supermarkets and drugstores. Do not use Junket powder—

5 quarts milk
1 cup buttermilk
½ rennet tablet
2 tablespoons cool water
1 tablespoon salt



Assemble cheese press as illustrated above. Fill a dishpan or very large kettle with warm water (90°). Pour milk into a 6-quart kettle (do not use aluminum or galvanized metal). Set kettle in the pan of warm water. Let stand, replacing cooled water with warm water every 15 minutes, till temperature of milk reaches 86°, about 1 hour. (If milk goes above 86°, let it cool to 86°.) Stir in buttermilk. Dissolve rennet in the 2 tablespoons cool water; add to milk mixture. Cover; let stand in warm place till curd forms, 45 to 60 minutes. Test curd for firmness by inserting forefinger at an angle into center of curd. The curd is ready if it breaks cleanly over finger and whey (clear liquid) fills the break. Heat the mixture over low heat, stirring *with your hand* almost constantly till mixture is as hot as your hand can stand (about 120°). While stirring, break up any large pieces of curd. As the curds are heated, they should become firm and have the texture of scrambled eggs. Line a colander with a double thickness of cheesecloth; set over a very large bowl. Gently pour curds and whey into the colander. Holding corners of cheesecloth, tip curds back and forth several minutes to drain off whey. Reserve 6 cups of the whey; set aside. (There will be quite a bit of whey. If you like, save some of it to use as the liquid in homemade yeast breads.) Rinse curds by dipping cheesecloth bag in warm water. Tie opposite corners of cheesecloth together. Hang it over spigot in sink for 30 minutes to drain. Remove curds from bag to a clean bowl. Cool, stirring occasionally to keep curds from becoming solid. Sprinkle salt over curds; mix well. Spoon curds into double thickness of clean cheesecloth about 12 inches square; draw cloth up tightly so that the bag will fit into the



juice can (the hoop). Tie closed tightly with string. Push into 46-ounce juice can with tied end up. Place the cheese press base in a 13x9x2-inch pan. Invert the hoop and slide it down over the tuna can (the follower). Set 2 or 3 bricks atop hoop to total 11 to 12 pounds weight. (Our bricks weighed 5½ pounds each.) Let stand 10 minutes. Add one brick every 5 minutes till about 20 pounds weight is reached. Let stand 1 hour. Remove weights and hoop; pull out cheese. In a 3-qua saucepan (do not use aluminum or ga vanized metal), heat the 6 cups r served whey to simmering (180°); r move from heat. Unwrap cheese; pla in whey in saucepan. Cover and l stand at room temperature till co Remove cheese from whey; let chee drain well. Wrap in foil or plastic wra and store in refrigerator. Makes abo 1¼ pounds cheese.

CREME FRAICHE

2 cups whipping cream
¼ cup cultured buttermilk

In small saucepan, heat cream t between 90° and 100°. Pour into sma bowl. Stir in buttermilk. Cover and l stand at room temperature for 18 t 24 hours, or till mixture is thicken Do not stir. Store in covered containe in refrigerator up to one week. Mak 2 cups.

To replenish the supply: Substitut ¼ cup of the Creme Fraiche for th buttermilk in recipe above.

ARTICHOKES A LA CREME DRESSIN

4 artichokes
1 tablespoon lemon juice
1 tablespoon cooking oil
1 cup Creme Fraiche
2 tablespoons snipped parsley
3 tablespoons Dijon-style mustard
2 teaspoons lemon juice
1 teaspoon prepared horseradish
⅛ teaspoon salt
Dash pepper

Slice about 1 inch from top of each artichoke; cut off stem from base. Re move and discard coarse outer leaves Snip off sharp leaf tips with kitche shears. Place artichokes in boiling salt ed water to cover. Add the 1 tablespoon lemon juice and the cooking oil. Sim mer, covered, 20 to 30 minutes or til stalk can be pierced easily with fork. Remove artichokes from water; invert to drain. Pull out soft center leaves and choke; discard. Chill artichokes.

Meanwhile, combine Creme Fraiche parsley, mustard, the 2 teaspoons lemon juice, the horseradish, salt, and pepper. Cover; chill thoroughly. Turn into four small bowls or cups; set one in center of each artichoke. To serve, pull off artichoke leaves and dip in dressing. Makes 4 servings.

FANCY BEEF FILET STRIPS

1 pound beef filets, partially frozen
¼ cup sliced green onion with tops
3 tablespoons butter or margarine
Salt and pepper
¼ cup dry red wine
½ cup Creme Fraiche
1 teaspoon cornstarch
Hot cooked long-grain and wild rice

Slice beef into thin strips. In 10-inch

continued

Give me main-dish soups I don't have to start from scratch.



Start with Campbell's for all the flavor you want. Without all the work.

BEEF NOODLE MAIN-DISH SOUP

1 medium onion, sliced
2 tablespoons dried parsley flakes
½ teaspoon salt
Dash garlic powder
Dash pepper
2 tablespoons butter or margarine
2 cups cubed cooked beef
1 can Campbell's Beef Broth
1 can Campbell's Old Fashioned Vegetable Soup
2 soup cans water
1 can (16 ounces) tomatoes, cut up
1 cup uncooked wide noodles
1 small green pepper, diced

In large saucepan, cook onion with seasonings in butter until tender. Add remaining ingredients. Bring to boil; reduce heat. Cook 10 minutes or until noodles are done. Stir occasionally. Makes about 9 cups.

CALICO MAIN-DISH SOUP

1½ pounds ground beef
½ cup diced green pepper
⅓ cup chopped onion
2 tablespoons chili powder
1 teaspoon ground cumin seed
1 teaspoon salt
2 cans Campbell's Golden Mushroom Soup
1 soup can water
1 can (16 ounces) tomatoes, cut up
1 can (about 12 ounces) corn, undrained
1 package (10 ounces) frozen cut green beans
1 cup quick-cooking rice, uncooked

In large heavy pan, brown beef and cook green pepper and onion with seasonings until tender. Stir to separate meat. Add remaining ingredients. Bring to boil; reduce heat. Cover; simmer 20 minutes or until rice is done. Stir occasionally. Makes about 11½ cups.

Cookbook Offer: Get more than 600 exciting recipes in Campbell's "Cooking with Soup" Cookbook. Send $1.50 and any two Campbell's Soup labels with your name, address and zip code to: COOKBOOK, BOX 494, Maple Plain, Minn. 55348. Offer good only in U.S.A. May be withdrawn at any time. Void where prohibited or restricted. Allow six weeks for delivery.

Give me the Campbell Life.



continued

Beat-the-blahs recipes

skillet, cook green onion in 1 tablespoon of the butter or margarine till tender but not brown; remove and set aside. Add remaining butter to skillet. Add meat; cook and stir quickly over high heat. Season to taste with salt and pepper. Remove meat from pan. Pour wine into skillet and bring to boiling. Blend Crème Fraiche and cornstarch. Stir into wine mixture. Cook and stir till thickened and bubbly. Return meat and onions to pan. Cook and stir till heated through. Garnish with parsley,



if desired. Serve with rice. Makes 4 servings.

PERSONALIZED PASTA

6 cups all-purpose flour
1 teaspoon salt
5 eggs
¾ cup water

In large bowl, stir together flour and salt. Make a well in center; add eggs and water. Beat well, gradually working in flour. If necessary, stir in just enough additional water (2 to 3 tablespoons) to make a very stiff dough. Turn out onto lightly floured surface. Knead till dough is smooth, about 8 to 10 minutes. (Dough will be very stiff and elastic.) Divide dough in thirds. Use a third for Manhattan Clam Tortellini, a third for Pasticcio Rolls, and a third for Chicken Liver-Spaghetti Primavera. Dough can be covered with clear plastic wrap and refrigerated for 2 to 3 days, or can be frozen.

MANHATTAN CLAM TORTELLINI

Since tortellini takes time to make, our recipe makes enough so you can freeze half for a quick meal later—

⅓ recipe Personalized Pasta
1 beaten egg
1 7½-ounce can minced clams, drained
½ cup finely chopped cooked chicken
¼ cup grated parmesan cheese
4 slices bacon
½ cup chopped onion
½ cup chopped celery
½ cup finely chopped carrot
1 16-ounce can tomatoes, cut up
2 tablespoons tomato paste
1 teaspoon sugar
½ teaspoon salt
¼ teaspoon dried thyme, crushed
⅓ cup dry white wine
18 small clams in shell (about 1 pound)



Roll out Personalized Pasta dough on floured surface into a thin rectangle. Cover; let rest a few minutes. Repeat rolling and resting till dough is a 21x15-inch rectangle. Let rest, uncovered, 20 minutes. Make 13 evenly spaced cuts (1½ inches) across long side and nine cuts down short side to make 140, 1½-inch squares. Combine egg, the canned clams, the chicken, and cheese. Place a small spoonful of chicken filling on each square. Fold each square in a triangle; press with fingers to seal edges. Place index finger against fold; pull 2 adjacent corners of triangle together and pinch. Place on baking sheet. Let dry at least 1 hour. Place *half* the tortellini in plastic freezer bag or container; seal, label, and freeze. Cook remaining tortellini in large amount of boiling salted water for 20 minutes or till tender; drain. Set aside. In 3-quart saucepan, cook bacon till crisp; drain, reserving drippings. Crumble bacon and set aside. Cook onion, celery, and carrot in reserved drippings for 5 minutes. Add tomatoes, tomato paste, sugar, salt, and thyme. Cover and simmer 45 minutes or till vegetables are tender. Uncover; add wine and clams. Simmer 15 minutes more. Stir in cooked tortellini and bacon. Heat through, stirring carefully. Serve with parmesan cheese, if desired. Makes 4 servings.

PASTICCIO ROLLS

⅓ recipe Personalized Pasta
4 cups peeled and diced eggplant
1 pound Italian pork sausage
4 tablespoons butter or margarine
¼ cup all-purpose flour
2 tablespoons snipped parsley
1 tablespoon instant minced onion
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon ground nutmeg
2½ cups milk
1 cup ricotta or cottage cheese
¼ cup grated parmesan cheese

Divide Personalized Pasta dough in half. On floured surface, roll out one portion into a thin rectangle; cover with damp towel and let rest a few minutes. Repeat rolling and resting till rectangle is 16x10 inches. Let rest, uncovered, 20 minutes. Cut rectangle in half, forming two 16x5-inch strips. Repeat with remaining half of dough. Cook pasta strips in large amount of boiling salted water, uncovered, for 8 to 10 minutes or till tender; drain. Rinse in cold water; drain. Cook eggplant, covered, in small amount of boiling salted water till tender, about 5 minutes. Drain and set aside. Brown sausage, breaking it up as it cooks. Drain off excess fat. In saucepan, melt butter or margarine. Blend in flour; add parsley, onion, salt, pepper, and nutmeg. Add milk all at once. Cook and stir till thickened and bubbly. Reduce heat; cook 1 minute more. Combine eggplant, sausage, ricotta, and *1 cup* of the sauce. Spread each strip of pasta with a fourth of the meat mixture. Roll each strip jelly-roll fashion.

continued on page 105

The Sunshine Salad. From Avocado and Dole.

Brighten up these cold, winter days with our sun-soaked tropical salad. Naturally sweet Dole® pineapple chunks in their own juice. Cool, smooth slices of California Avocados. Golden ripe Dole bananas and slices of fresh oranges. What a delicious mingling of exotic tastes and textures! Just top it all off with our tangy Pineapple Avocado Dressing and let the sunshine in.

Sunshine Salad

- 1 can (1 lb. 4 oz.) Dole chunk pineapple in juice.
- 2 California Avocados, peeled and pitted
- Bib or butter lettuce
- 2 oranges, peeled and sliced in cartwheels
- 2 Dole bananas, peeled and sliced diagonally
- Pineapple-Avocado Dressing

Drain pineapple, reserving all juice for dressing. Chunk avocado, reserving ¼ of an avocado for dressing. Line four plates with lettuce. Arrange pineapple chunks, avocado chunks, orange cartwheels and banana slices on lettuce. Top with Pineapple-Avocado Dressing. Makes 4 servings.

Pineapple-Avocado Dressing

- Reserved pineapple juice
- ¼ Avocado, peeled and pitted.
- 2 Tbsp. lemon juice
- ½ cup cottage cheese
- ⅛ tsp. salt

Pour reserved pineapple juice into blender jar. Add avocado, lemon juice, cottage cheese and salt. Blend until smooth. Spoon over salad to serve. Makes about 1½ cups.



Make an ordinary cake mix extraordinarily moist and coconut-y. Make it a JELL-O® BRAND Pudding Cake.

The easiest thing about a JELL-O® coconut pudding cake is making it: Just try the recipe below.

The hardest thing is trying to tell that it started with a mix: It's so moist, and so rich in flavor.

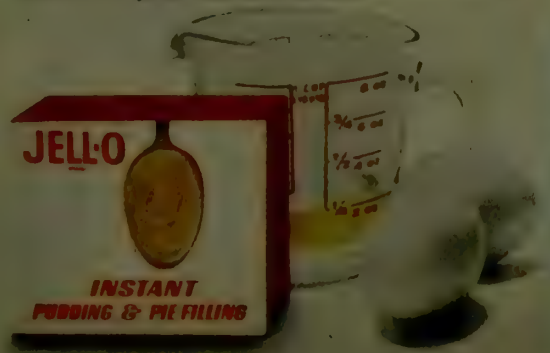
The best thing about a JELL-O® coconut pudding cake is that it'll really make a hit at your house.

JELL-O® Coconut Pudding Cake

1 package (2-layer size) yellow cake mix
1 package (4-serving size) JELL-O® Coconut Cream Flavor or Vanilla Flavor Instant Pudding & Pie Filling
4 eggs • 1 cup water • ¼ cup oil
1⅓ cups BAKER'S® ANGEL FLAKE® Coconut
1 tablespoon heated honey

Combine cake mix, pudding mix, eggs, water, and oil in large mixer bowl.* Blend; then beat at medium speed of electric mixer for 2 minutes. Set aside ¼ cup coconut; stir remaining coconut into batter. Pour into a greased and floured 10-inch tube or Bundt® pan. Bake at 350° for 50 to 55 minutes or until cake springs back when lightly pressed. Cool in pan 15 minutes. Remove from pan; cool on rack. Brush top of cake with honey; sprinkle with reserved coconut.

*In high altitude areas, add ¼ cup all-purpose flour, increase water to 1½ cups and bake for 55 minutes.



Bake in moistness. Bake a JELL-O® BRAND Pudding Cake.

JELL-O and Baker's Angel Flake



File under Casseroles and one-dish meals

Buying information, page 58

MEATLESS MAIN DISHES

Monterey Fondue Bake

Top prize in the meatless main dish category goes to this zippy bread and cheese casserole—

6 slices firm-textured white bread
Butter or margarine
4 beaten eggs
2½ cups milk
1 teaspoon salt
Bottled hot pepper sauce
1½ cups (12 ounces) shredded monterey jack cheese
1 12-ounce can Mexican-style corn
1 4-ounce can green chilies, drained, seeded, and chopped

Spread bread slices lightly with butter or margarine. Cut bread in ½-inch cubes; set aside. In large bowl, combine eggs, milk, salt, and several dashes hot pepper sauce; stir in bread cubes, cheese, corn, and chilies. Turn into 8x8x2-inch baking dish. Let stand 1 hour at room temperature. Bake in 350° oven for 55 to 60 minutes or till knife inserted just off-center comes out clean. Garnish with sliced chili pepper, if desired. Makes 6 servings.

Mrs. Tom Lahay, Del Mar, Calif.



File under Cookies and cakes

Photographs: Dieter

CUPCAKES

Oatmeal Banana Cupcakes

These light, nutritious cupcakes are so prizewinning good they don't need a frosting—

½ cup sugar
½ cup butter or margarine
2 eggs
3 medium bananas, mashed (1 cup)
¾ cup honey
1½ cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
¾ teaspoon salt
1 cup quick-cooking rolled oats

In mixer bowl, cream together sugar and butter or margarine. Beat in eggs, banana, and honey. Stir together flour, baking powder, soda, and salt. Add to creamed mixture, beating just till blended. Stir in oats. Fill 24 muffin pans lined with paper bake cups ⅔ full with batter. Bake in 375° oven for 18 to 20 minutes. Remove from pans and cool on wire rack. Makes 24 cupcakes.

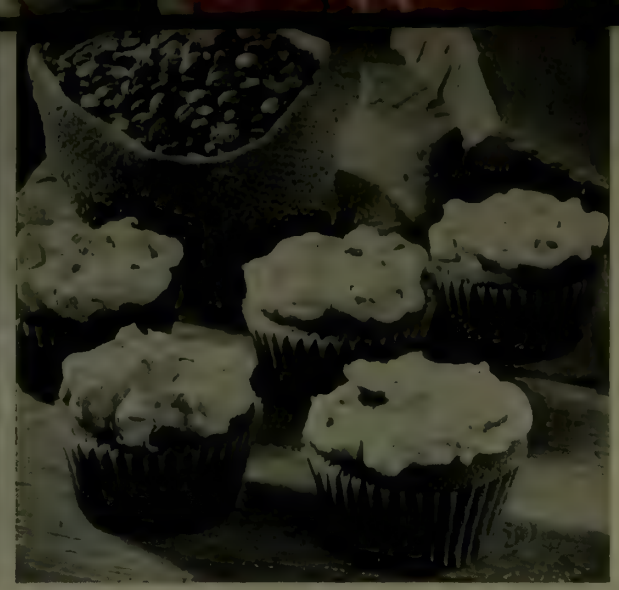
Teri Lee Getschman, Danville, Calif.



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Coconut Macaroon Cupcakes

These cupcakes are a cross between pound cake and macaroons—

1¾ cups sugar
1 cup butter or margarine
½ teaspoon salt
5 eggs
¼ teaspoon almond extract
2 cups all-purpose flour
1 3-ounce can (1⅓ cups) flaked coconut, toasted

In large mixer bowl, cream together sugar, butter or margarine, and salt till light. Add eggs, one at a time, beating well after each. Add almond extract. Fold flour into creamed mixture. Stir in coconut. Fill 24 muffin pans lined with paper bake cups ⅔ full with batter. Bake in 350° oven for 20 to 25 minutes or till done. Cool on wire rack; sift powdered sugar over top, if desired. Makes 24 cupcakes.

Muriel Hays-van Dyck, Atlanta, Ga.

Mocha Chip Cupcakes

Dissolve *1 tablespoon instant coffee crystals* in *½ cup milk*. Cream together *½ cup sugar, 6 tablespoons butter or margarine, 1 egg,* and *1 egg yolk,* beating till fluffy. Blend in *1 square (1 ounce) unsweetened chocolate, melted and cooled.* Stir together *1 cup all-purpose flour, 1 teaspoon baking powder, ¼ teaspoon salt,* and *¼ teaspoon baking soda;* add to creamed mixture alternately with milk mixture. Fill 12 muffin pans lined with paper bake cups ⅔ full with batter. Bake in 375° oven for 12 minutes. Meanwhile, in small mixer bowl, beat together *1 egg white* and *1 teaspoon instant coffee crystals, crushed,* to soft peaks. Gradually add *⅓ cup sugar,* beating till stiff peaks form. Fold in *½ of 6-ounce package (½ cup) semisweet chocolate pieces* and *½ cup chopped walnuts.* Carefully spoon 1 tablespoon meringue atop each partially baked cupcake. Bake 10 to 12 minutes longer or till lightly browned. Makes 12.

Linda Cresswell, Clarkston, Mich.

Bean and Noodle Bake

4½ cups (6 ounces) medium noodles
1 15-ounce can tomato sauce
1 teaspoon dried basil, crushed
1 teaspoon dried marjoram, crushed
1 teaspoon dried oregano, crushed
⅛ teaspoon garlic salt
2 slightly beaten eggs
2 cups cream-style cottage cheese
2 15½-ounce cans red kidney beans, drained and slightly mashed
1 cup (4 ounces) shredded cheddar cheese

Cook noodles according to package directions; drain. Meanwhile, in saucepan, mix tomato sauce, seasonings, and *1¼ teaspoons salt.* Simmer, uncovered, for 10 minutes. Combine eggs and cottage cheese. Place *half* the noodles in bottom of ungreased 12x7x2-inch baking dish; top with beans, *half* the sauce, and *half* the cottage cheese mixture. Repeat layers of noodles, sauce, and cheese mixture. Bake, uncovered, in 350° oven for 25 minutes. Sprinkle cheddar cheese atop. Bake 5 minutes. Let stand 5 to 10 minutes before serving. Makes 8 servings.

Sarah G. Harvey, Redwood City, Calif.

Mock Meatballs

5 eggs
1 cup (4 ounces) shredded cheddar cheese
½ cup cream-style cottage cheese
½ cup finely chopped onion
1 teaspoon dried basil, crushed
½ teaspoon salt
½ teaspoon ground sage
2 cups herb-seasoned stuffing mix, crushed
1 cup finely chopped walnuts
1 8-ounce can tomato sauce
1 cup water

In mixing bowl, beat together eggs, cheddar and cottage cheeses, onion, basil, salt, and sage. Stir in stuffing mix and nuts; mix well. Shape into 24 balls. Place in 12x7x2-inch baking dish. Combine tomato sauce and water; pour *half* over "meatballs." Bake, uncovered, in 350° oven for 35 to 40 minutes. Heat remaining sauce; pass with "meatballs." Makes 6 servings.

Bettie K. Chastain, Ooltewah, Tenn.

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SPAM® STROGANOFF

1 can (12 oz.) SPAM Luncheon Meat
½ cup chopped onion
2 tablespoons butter or margarine
2 - 2½-ounce jars sliced mushrooms, drained
1 - 10½-ounce can condensed cream of mushroom soup
⅛ teaspoon black pepper
1 cup dairy sour cream

Cut SPAM into ½" strips. Sauté SPAM with onion in butter until onion is tender. Stir in mushrooms and soup. Reduce heat and cook very slowly for 10 minutes. Add pepper and stir in sour cream. Cook only until heated. Serve on noodles, rice, toast or in patty shells. Serves 4-6.

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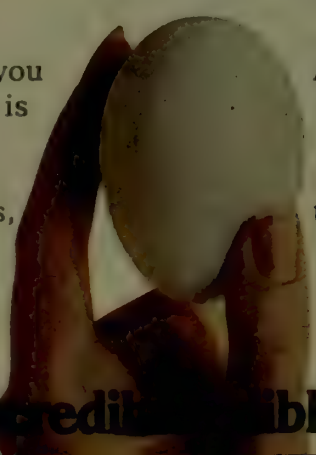


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continued from page 98

Beat-the-blahs recipes

beginning with short end. Place in greased 13x9x2-inch baking dish. Spoon remaining sauce over rolls; sprinkle with parmesan. Cover with foil. Bake in 375° oven 25 minutes. Garnish with chopped red pepper and parsley, if desired. Makes 8 servings.

CHICKEN LIVER-SPAGHETTI PRIMAVERA

⅓ recipe Personalized Pasta

• • •

1 cup chopped onion
2 tablespoons cooking oil
2 tablespoons butter or margarine
1 pound chicken livers, halved
3 tablespoons all-purpose flour
¼ cup snipped parsley
2 teaspoons instant chicken bouillon granules
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon dried basil, crushed
½ cup water
½ cup dry white wine
2 medium tomatoes, peeled and chopped (1 cup)

For spaghetti, pass Personalized Pasta dough through pasta machine at widest opening. Repeat 5 times, folding in thirds as it lengthens from successive rollings. Set machine for final rolling to make spaghetti. (Or make noodles: Roll dough thinly on floured surface. Cover and let rest a few minutes. Repeat rolling and resting till dough is a 20x16-inch rectangle. Let stand, uncovered, to dry surface slightly, 20 minutes. Turn dough over; let dry 20 minutes more. Cut dough in half, forming two 16x10-inch rectangles. Place one atop the other. With sharp knife, slice in strips ⅛ inch wide. Separate noodles.) Let spaghetti or noodles dry in single layer on wire racks for at least 2 hours (or, dry on counter top, turning often). Drop pasta into boiling salted water. Cook, uncovered, about 12 to 15 minutes; drain. Keep warm.

Meanwhile, in 10-inch skillet, cook onion in oil and butter or margarine till tender but not brown. Add chicken livers and cook over high heat just till browned, about 1 minute, turning once. Remove from heat; blend in flour, parsley, bouillon, salt, pepper, and basil. Stir in water and wine. Cover and cook over low heat just till livers are done, about 4 minutes more. Add tomatoes and heat through. Serve over pasta. Makes 4 servings.

DIP-YOUR-OWN CANDIES

There's enough chocolate to dip about 17 dozen centers—

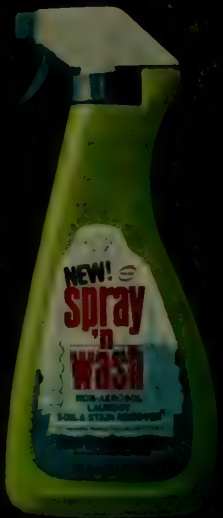
2½ pounds candy-making chocolate, finely chopped or grated or white almond bark for dipping
1 recipe Mint Fondant Patties
1 recipe Cherry Cordials
1 recipe Date-Peanut Butter Centers
1 recipe Fruit Balls
1 recipe Caramel Nut Centers

Place water in bottom portion of a double boiler so that it comes within ½ inch of touching bottom of smaller pan; bring to boiling. Remove from heat. Put about a fourth of the chocolate or almond bark in top of double boiler; set over the hot water till chocolate begins to melt. Add remaining chocolate, a handful at a time (about ½ cup), *stirring constantly*, till melted and smooth. Continue stirring constantly till chocolate or almond bark reaches 130°. Refill bottom of double boiler with *cold* water to within ½ inch of touching bottom of smaller pan. Continue stirring constantly till chocolate reaches 83° (96° for almond bark), about 30 minutes. (This tempers the chocolate and helps prevent dullness or streaking.) Refill bottom of double boiler with cool water (85° for chocolate or 100° for almond bark). Using Mint Fondant Patties, Cherry Cordials, Date-Peanut Butter Centers, Fruit Balls, and Caramel Nut Centers, drop one center at a time into chocolate, turning with long-tined fork to coat thoroughly. Lift candy out with fork but do not pierce with tines. Tap lightly on edge of pan 2 or 3 times, then draw bottom of fork across the rim to remove excess coating. Invert candy onto waxed paper, twisting fork slightly as candy falls to swirl chocolate on top. Repeat with remaining centers, working quickly and stirring chocolate frequently to keep it evenly heated. Chocolate will stay at dipping temperature (chocolate, 80° to 85°; almond bark, 92° to 96°) about 30 minutes. (If it cools, replace water with more lukewarm water—110°.) Let candy stand, uncovered, till set. Stir nuts or raisins into any remaining chocolate; drop by teaspoons onto waxed paper. Store candy, covered, in a cool, dry place.

continued

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New Non-Aerosol Spray 'n Wash delivers its great soil and stain removal power with a remarkable, adjustable trigger sprayer. Choose a wide spray for big stains, a fine stream for small stains and collars. Economical refill available.



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CHOICE



Two great ways to get rid of tough stains.

CONSUMER CHECK✓OUT™

BY AMY WHITE

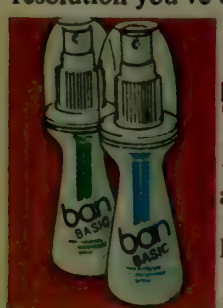




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continued

Beat-the-blahs recipes

MINT FONDANT PATTIES

Use two-thirds of the fondant for patties, and the remaining third for Cherry Cordials—

Butter or margarine
3 cups granulated sugar
1 cup boiling water
¼ teaspoon cream of tartar

• • •

10 drops peppermint extract

To make fondant, butter sides of heavy 1½-quart saucepan. In prepared pan, combine sugar, water, and cream of tartar. Stir over medium heat till sugar dissolves and mixture boils. Cover; cook 30 to 45 seconds. Uncover and boil, without stirring, to soft ball stage (240°). Immediately pour onto platter. *Do not* scrape pan. Cool till candy feels only slightly warm to touch, about 40 minutes; *do not* stir candy. Using spatula or wooden spoon, scrape candy from edge of platter toward center, then work till creamy and stiff, 5 to 6 minutes. Knead with fingers till smooth and free from lumps, 2 minutes. Wrap in plastic wrap; place in covered container to ripen 24 hours. Reserve a third of the fondant for Cherry Cordials. Knead remaining two-thirds of the fondant with peppermint extract. Shape into 1-inch patties; place on waxed paper. Let dry at room temperature for 2 to 3 hours. Dip in melted chocolate or almond bark. Makes 1 pound fondant.

CHERRY CORDIALS

To half-dip cherries as pictured, do not coat with fondant—

1 10-ounce jar maraschino cherries with stems
Brandy or orange liqueur
⅓ recipe fondant (see Mint Fondant Patties)

Drain syrup from cherries. Add brandy or liqueur to jar to cover cherries. Cover; let stand 8 to 10 hours or overnight. Drain cherries well, reserving brandy or liqueur for another use. Let cherries stand on paper toweling till dry. Melt fondant in a small bowl or saucepan set in a large pan of hot water. Add water to fondant, a few drops at a time, *just* till dipping consistency (coats cherry easily). Dip cherries completely in melted fondant. Let dry on waxed paper. Dip completely in melted chocolate or almond bark as directed for Dip-your-own Candies. Let stand in a cool, dry place for 4 or 5 days to ripen (fondant begins to liquefy). Makes about 2 dozen.

DATE-PEANUT BUTTER CENTERS

½ cup chunk-style peanut butter
1 tablespoon butter or margarine, softened
½ cup sifted powdered sugar
½ cup pitted whole dates, finely chopped

Stir together peanut butter and butter or margarine. Add powdered sugar and dates; mix well. Shape into ½-inch squares. Dip in melted chocolate or almond bark. Makes 3½ to 4 dozen.

FRUIT BALLS

⅓ cup dried apricots
1 cup pitted prunes
¼ cup raisins
¼ cup walnuts
⅓ cup sugar

Pour boiling water over apricots to cover; let stand till cool. Drain well. Grind fruits and nuts through coarse blade of food grinder. Stir in sugar. Form into ½-inch balls. Dip in melted chocolate or almond bark. Makes 3½ to 4 dozen.

CARAMEL NUT CENTERS

If there are more caramels than you want to dip, wrap any undipped caramels individually in pieces of clear plastic wrap—

½ cup butter or margarine
1 cup packed brown sugar
Dash salt
½ cup light corn syrup
⅔ cup *sweetened condensed* milk
½ teaspoon vanilla
½ cup chopped pecans

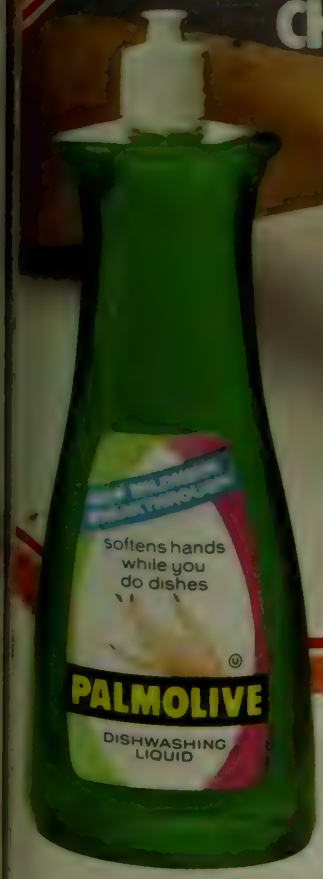
Melt butter or margarine in heavy 1½-quart saucepan. Add sugar and salt; stir thoroughly. Stir in corn syrup; mix well. Gradually add milk, stirring constantly. Cook and stir over medium heat to soft ball stage (238°). Remove from heat; stir in vanilla and nuts. Pour into buttered 8x8x2-inch baking pan. Cool. Cut into 1x¾-inch rectangles. Shape each into a 1¼x½x½-inch log. Dip in melted chocolate or almond bark. Makes 8 dozen.

TIPS TO PERFECT CHOCOLATES

- Dip chocolates on a clear, cool day. The dipping room should be from 60° to 70°, be free from steam, and have good air circulation but no direct draft. Uneven cooling of chocolate affects its color and gloss.
- Finely grate or chop the chocolate for easier melting.
- Use a candy thermometer to keep tabs on the chocolate temperature.
- Always use at least 1 pound of chocolate for dipping.
- Do not chill the centers. They should be at room temperature.
- Do not let *any* water get into the chocolate. Water makes it unsuitable for dipping.

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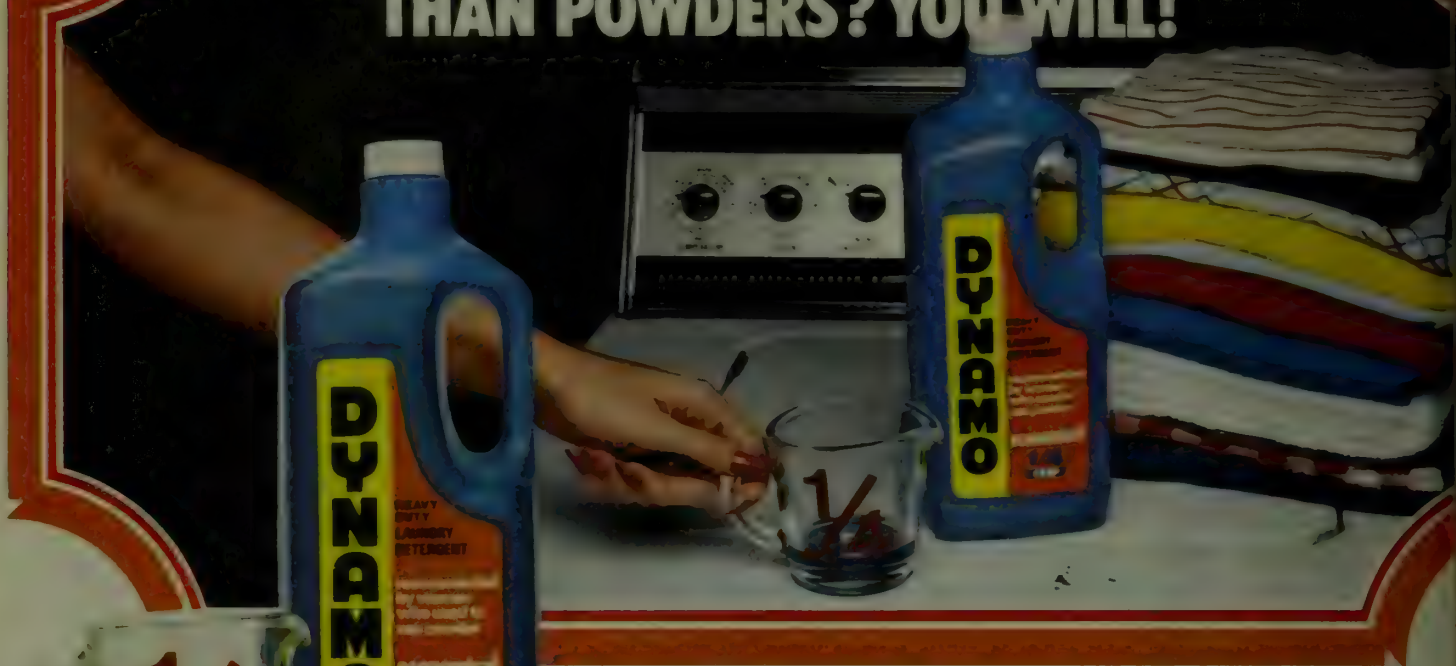


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• Stir the chocolate thoroughly, constantly, and briskly while it's melting and tempering to maintain an even temperature throughout the mixture and to ensure a rich, glossy coating. Stir as much as possible while dipping.

DIFFERENT DANISH

1 cup butter
⅓ cup all-purpose flour
3¾ to 4 cups all-purpose flour
2 packages active dry yeast
1¼ cups milk
¼ cup granulated sugar
1 teaspoon salt
1 egg
½ teaspoon lemon extract
½ teaspoon almond extract
1 recipe Cherry Nut Fans
1 recipe Sour Cream-Chocolate Envelopes
1 recipe Date Orange Pinwheels
1 recipe Lemon Coconut Wreaths
1 recipe Powdered Sugar Icing

Cream butter with the ⅓ cup flour. On baking sheet, roll butter mixture between 2 sheets of waxed paper to 12x6-inch rectangle. Chill thoroughly. In large mixer bowl, combine 1½ cups of the remaining flour and the yeast. In saucepan, heat milk, granulated sugar, and salt just till warm (115° to 120°). Add to dry mixture in mixer bowl; add egg and extracts. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately soft dough. Turn out onto lightly floured surface; knead till smooth and elastic, about 5 minutes. Cover; let rest 10 minutes. On lightly floured surface, roll dough to 14-inch square. Place the chilled butter on one half of the dough. Fold over other half, sealing edges well with heel of hand. Roll dough to 20x12-inch rectangle. Fold in thirds to make three layers. Stretch gently to even the corners. Cover and chill dough 30 minutes. Roll again to a 20x12-inch rectangle; chill. Repeat rolling and folding two more times; chill after each rolling. Divide dough in fourths. (Keep unused parts refrigerated.) Fill and shape into Cherry Nut Fans, Sour Cream-Chocolate Envelopes, Date Orange Pinwheels, and Lemon Coconut Wreaths as directed below. Cover; let rise till almost double, 25 to 30 minutes. Bake in 425° oven for 9 to 10 minutes. Cool slightly. Frost with Powdered Sugar Icing. Serve warm. Makes 35 pastries.

To make Cherry Nut Fans: Combine *2 tablespoons cherry preserves* (cut up large cherry pieces), *2 tablespoons finely chopped pecans,* and *1 tablespoon softened butter.* Roll a *fourth* of the dough on lightly floured surface to 10x8-inch rectangle. Cut in eight 4x2½-inch rectangles. Spoon 1½ teaspoons of the cherry filling along center of each. Fold lengthwise. Moisten and press edges with fingers to seal. Place, seam side down, on ungreased baking sheet and curve slightly. Snip outer edge at 1-inch intervals. Press down lightly with fingers.



To make Sour Cream-Chocolate Envelopes: Combine *1 ounce (¼ of 4-ounce bar) sweet baking chocolate, melted and cooled, 2 tablespoons dairy sour cream,* and *2 teaspoons granu-*

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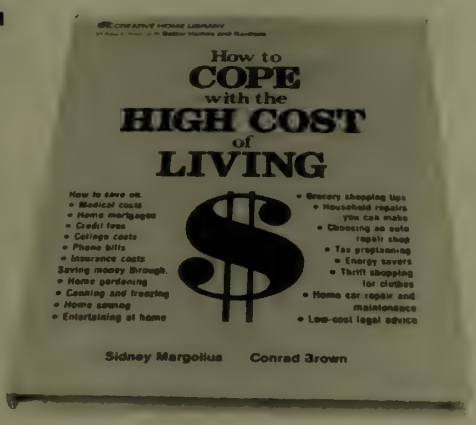
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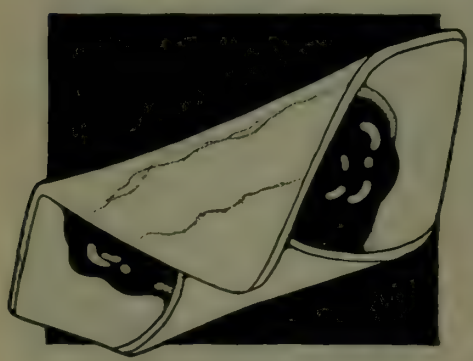
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continued

Beat-the-blahs recipes

lated sugar. Roll a *fourth* of the dough on lightly floured surface to 9-inch square. Cut in nine 3-inch squares. Place a spoonful of chocolate filling in center of each square. Fold 2 opposite corners of each square to center; moist-



en and press together firmly to seal. Place on ungreased baking sheet.

To make Date Orange Pinwheels: In small saucepan, combine *⅓ cup pitted whole dates, finely chopped, 1 tablespoon granulated sugar, ½ teaspoon finely shredded orange peel, 2 tablespoons orange juice,* and a *dash salt.* Bring to boiling; reduce heat. Cover and simmer 5 minutes, stirring once or twice. Cool. Stir in *¼ teaspoon vanilla.* Roll a *fourth* of the dough on lightly floured surface to 9-inch square. Spread with date filling. Roll up jelly-roll fashion; moisten and press edge



with fingers to seal. Slice in nine 1-inch-thick rolls. Place on ungreased baking sheet; press down lightly with fingers to form 2½-inch rounds.

To make Lemon Coconut Wreaths: Blend together *2 tablespoons butter* and *1 tablespoon granulated sugar.* Add *¼ cup toasted flaked coconut* and *½ teaspoon finely shredded lemon peel;* mix well. Roll a *fourth* of the dough on lightly floured surface to 12x9-inch rectangle. Spread with coconut filling. Carefully fold rectangle in half from long side to make a piece 9x6 inches. Cut dough in nine 6x1-inch strips. To shape, twist each strip of dough 3 or 4 times. Shape in circle; moisten and press ends together with fingers to seal.



To make Powdered Sugar Icing: Stir together *1½ cups sifted powdered sugar, 2 tablespoons milk,* and *½ teaspoon vanilla.*

SAUSAGES, LTD.

Be sure to include some fat with the meat for flavor and juiciness—

Pork or beef sausage casings (12 to 15 feet)

• • •

5 pounds untrimmed boneless pork shoulder, cut in 1½-inch cubes (for Brats, use 3 pounds boneless pork shoulder and 2 pounds boneless beef chuck)
12 ounces pork fat
2 cups water
5 teaspoons salt
1 recipe Country-style, Spicy Italian, *or* Brats Seasoning

Rinse casings; soak in water two hours or overnight. With coarse blade of meat grinder, grind pork and additional pork fat together. Add water, salt, and Country-style, Spicy Italian, *or* Brats Seasoning. Grind again. Attach sausage stuffer attachment to grinder. Using a 3- or 4-foot piece of casing at a time, push casing onto stuffer, letting some extend beyond end of attachment. Using coarse plate of grinder, grind mixture together, allowing it to fill casing. Fill casing till firm but not overly full, tying with string or twisting casing when links are 4 to 5 inches long. Wrap and chill. Makes 5 pounds sausage.

To cook sausages: Do not prick. Place in cold skillet; add *¼ cup cold water.* Cover and cook slowly for 5 minutes; drain. Uncover and cook slowly 12 to 14 minutes, turning with tongs.

For Country-style Seasoning: Add *2 tablespoons ground sage, 1 tablespoon dried savory, crushed, 1½ teaspoons pepper, 1½ teaspoons cayenne,* and *1 teaspoon ground nutmeg* to meat mixture as directed.

For Spicy Italian Seasoning: Add *5 cloves garlic, crushed, 2 tablespoons paprika, 5 teaspoons dried thyme, crushed, 8 bay leaves, finely crushed, 4 dried red peppers, crushed, 2 teaspoons fennel seed, crushed, 1 teaspoon pepper,* and *1 teaspoon cayenne* to meat mixture as directed.

For Brats Seasoning: Add *4 teaspoons sugar, 4 teaspoons dried rosemary, crushed, 1 tablespoon ground coriander, 1 tablespoon dry mustard, 1 tablespoon ground sage, 1¼ teaspoons pepper, 1 teaspoon paprika, 1 teaspoon ground nutmeg,* and *¾ teaspoon cayenne* to meat mixture as directed.

BAGEL BONANZA

4 to 4½ cups all-purpose flour
2 packages active dry yeast
1½ cups water *or* 1 cup water plus ½ cup dry white wine or beer
3 tablespoons sugar
1 tablespoon salt

• • •

1 recipe Parmesan Seasoning, Herb Seasoning, and/or Shallot Topper

In large mixer bowl, combine 1½ cups of the flour and the yeast. In small saucepan, combine water *or* water and wine or beer, the sugar, and salt; heat just till warm (115° to 120°). Add to dry mixture in mixer bowl. Beat at low speed of electric mixer ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough. Turn out onto lightly floured surface; knead till smooth and elastic, 8 to 10 minutes. Cover; let rest 10 to 15 minutes. Cut into 12 portions (or 24 portions for mini-bagels). Shape into smooth balls. Punch hole in center of each ball with a floured finger. Pull gently to enlarge to 1½- to 2-inch hole, working each bagel into uniform shape; place on ungreased baking sheet. Cover; let rise 20 minutes. Broil 5 inches from heat for 1½ to 2 minutes on each side (tops should not brown). In large kettle, combine *1 gallon water* and *1 tablespoon sugar;* bring to boiling. Reduce heat to simmer. Cook about 4 large bagels at a time for 7 minutes, turning once (or cook 6 small bagels at a time for 4 minutes, turning once). Drain on paper toweling. Place on well-greased baking sheet. Bake in 375° oven for 25 to 30 minutes (for both sizes) till tops are a deep golden brown. Makes 12

continued

Carol Lawrence presents Orange Cappuccino.



"I love Italy. I love oranges. I love coffee. I suppose that's why I love everything about Orange Cappuccino."

"Of all the countries I've visited, I've always had a special affection for Italy, land of good food, good art and lots of my good relatives.

So it wasn't surprising how much I enjoyed Orange Cappuccino. This flavor from General Foods International Coffees, inspired by Italian Cappuccino, is a delightful treat.

It has a creamy brown color and a delicate aroma. Yet it's a wonderfully full-bodied coffee with an extra note of flavor: the enticing taste and bouquet of lively orange.

Orange Cappuccino has such a satisfying flavor I drink it the way the Italians drink their own Cappuccino—in a relaxed and unhurried way. As you know, Rome wasn't built in a day."



GF
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continued

Beat-the-blahs recipes

regular or 24 mini-bagels.

For Parmesan Seasoning: Stir *¼ cup grated parmesan cheese* into the 1½ cups flour and the yeast.

For Herb Seasoning: Stir *1 teaspoon dried tarragon, crushed, or 1 teaspoon dried dillweed, or ½ teaspoon garlic powder* into the 1½ cups flour and the yeast.

For Shallot Topper: Cook *½ cup finely chopped shallots or onion* in *2 tablespoons butter or margarine* till tender but not brown. Spoon over tops of bagels after the first 10 minutes of baking.

HICKORY-SMOKED TURKEY

The Lindholms have built their own smoker, but you can use a food smoker unit or barbecue grill as given in the directions below—

2 pounds meat cure or canning salt
15-pound turkey
Hickory chips
Charcoal briquets

Use a stoneware crock or plastic tub large enough to immerse the entire turkey. Combine meat cure salt and enough water to cover the bird. Refrigerate meat in brine overnight. Remove turkey from brine; pat dry with paper toweling. Insert meat thermometer in center of inside thigh muscle, *not* touching bone.

Soak 2 cups hickory chips in water 1 hour. Smoke turkey in food smoker unit according to manufacturer's directions, about 8½ hours or till meat thermometer registers 185°.

To smoke turkey on barbecue grill: Soak turkey overnight in brine as directed above. Pat dry with paper toweling. Soak hickory chips in water for 1 hour. Meanwhile, skewer neck skin of turkey to back. Insert meat thermometer in center of inside thigh muscle *not* touching bone. Insert spit; anchor turkey with holding forks. Check balance. Tie wings flat against body. With another piece of cord, tie legs to tail. Attach spit to rotisserie. Arrange medium-slow coals at back and sides of firebox and a foil drip pan under bird. Brush bird with melted butter or margarine. Lower hood and start rotisserie. Sprinkle soaked hickory chips over coals every 20 to 30 minutes. Brush bird with *butter or margarine* occasionally. Roast, hood down, 5 to 5½ hours or till meat thermometer registers 185°. If desired, cool then refrigerate turkey; serve chilled.

Mazola NO stick

LINDHOLM CHEESE FONDUE

Emmentaler is an imported natural Swiss cheese produced in the Emmental Valley of Switzerland—

6 cups (24 ounces) coarsely shredded Swiss gruyere or emmentaler cheese
¼ cup all-purpose flour
2 cloves garlic
2½ cups dry white wine
2 tablespoons kirsch
Dash pepper
Dash ground nutmeg
French, Italian, or sourdough bread

Combine cheese and flour; set aside. Rub bottom and sides of fondue pot with garlic cloves; discard garlic. Set pot aside. In large saucepan, heat wine over low heat till small bubbles rise to surface. Just before wine boils, stir in cheese, little by little, making sure cheese has melted before adding more. *Do not stop stirring,* and continue to add cheese till all is incorporated. Stir till fondue bubbles gently. Stir in kirsch and seasonings till blended. Pour into fondue pot; keep fondue bubbling gently. Serve with bread—let guests break off chunks to dip. Makes 5 cups.

BEEF FONDUE AND SAUCES

Allow 1 pound meat for 4 persons—

Cooking oil
1 teaspoon salt
Trimmed beef tenderloin, cut in ¾-inch cubes

Pour oil into metal fondue pot to no more than ½ capacity or to a depth of 2 inches. Heat over range to 425°. Add salt to reduce spattering. Transfer pot to fondue burner. Have beef at room temperature. Spear meat with fondue fork; fry in hot oil to desired doneness. Transfer to dinner fork before eating. Serve with an assortment of sauces.

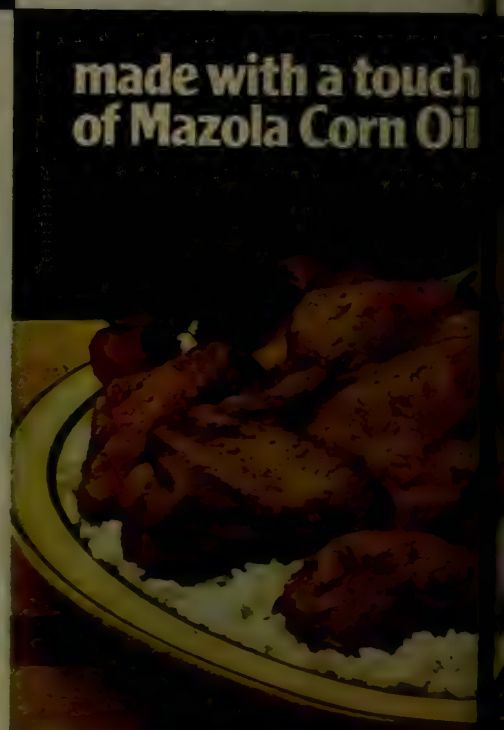
GREEN GODDESS SAUCE

2 3-ounce packages cream cheese, softened
3 tablespoons milk
2 tablespoons finely snipped chives
1 tablespoon snipped parsley
1 teaspoon finely chopped onion
2 teaspoons anchovy paste

Blend softened cream cheese and milk. Add chives, parsley, onion, and anchovy paste; mix well. Makes 1 cup.

OLIVE SAUCE

½ cup dairy sour cream
1 3-ounce package cream cheese, softened



2 tablespoons chopped pimiento-stuffed green olives
1 tablespoon finely chopped onion
1 teaspoon snipped parsley

Blend together sour cream and cream cheese. Fold in olives, onion, and parsley. Makes 1 cup.

HORSERADISH SAUCE

1 8-ounce package cream cheese
2 to 3 tablespoons prepared horseradish
2 tablespoons milk

Whip together cream cheese and horseradish till fluffy. Blend in milk. Makes 1⅓ cups.

MUSTARD SAUCE

2 beaten egg yolks
1 tablespoon sugar
3 tablespoons prepared mustard
2 tablespoons vinegar
1 tablespoon water

1 tablespoon butter or margarine
1 tablespoon prepared horseradish
½ teaspoon salt
½ cup whipping cream

In top of double boiler, combine all ingredients *except* whipping cream; mix well. Place over boiling water, making sure pan does not touch water; cook and stir till thickened, about 2 minutes. Remove from heat. Stir vigorously, if necessary, till smooth. Cool. Whip cream; fold into thickened mixture. Cover; chill. Makes 1 cup.

24-HOUR CABBAGE SALAD

12 cups chopped cabbage
1 medium onion, chopped (½ cup)
½ green pepper, chopped (½ cup)
½ cup chopped pimiento



2¼ cups sugar
2¼ cups vinegar
1 tablespoon salt
1 tablespoon mustard seed
1 tablespoon celery seed

In large bowl, combine cabbage, onion, green pepper, and pimiento. Combine remaining ingredients; stir till sugar dissolves. Pour over cabbage mixture. Toss well. Pack in jars. Cover; chill at least 24 hours before serving. Makes 12 cups.

BASIC BEEF

This makes enough meat and broth for all three entrées. Have on hand an assortment of dried herbs and fresh or frozen vegetables such as carrots, green pepper, cabbage, green beans, potatoes, turnips, broccoli, Brussels sprouts, peas, and Chinese pea pods—

5 pounds boneless beef for stew, cubed
⅓ cup all-purpose flour
1½ teaspoons salt
Dash pepper
¼ cup cooking oil

• • •

2 cups water
1 14-ounce can (1⅔ cups) beef broth
¼ cup soy sauce
1 large onion, chopped
2 cloves garlic, minced

Coat beef with mixture of flour, salt, and pepper. In 5-quart Dutch oven, brown a *fourth* of the meat at a time in a *fourth* of the hot oil. Return all meat to pan; add remaining ingredients. Bring to boiling; reduce heat and simmer, covered, 45 minutes. Cool. Drain meat, reserving broth. Divide meat and broth into 3 portions according to recipes; place in separate saucepans or Dutch ovens. (Or, if working ahead, cover and chill or freeze meat and broth separately.) Makes about 8½ cups cooked meat and 5½ cups broth.

PITCH-IN SOUP

The richly seasoned broth contains pieces of beef, mixed fresh or frozen vegetables, and noodles—

Cut up *1½ cups of the Basic Beef cubes* into smaller pieces. In a 4-quart Dutch oven, combine the beef, *3 cups of the Basic Beef broth, 2 cups additional desired liquid (tomato juice, beer, dry red or white wine, or more broth),* and *1 cup water.* Dice *5 cups of your favorite vegetable combination.* (Go easy on the turnips. Leave pea pods whole; add peas or pea pods the last 5 minutes of cooking.) Add to pot along with *one or two kinds of crushed dried herbs to equal 1 teaspoon total.* Bring mixture to boiling; reduce heat. Cover and simmer 30 minutes. Add *1 cup medium noodles* and, if you like, *4 ounces cooked bulk pork sausage or sliced brown-and-serve sausage links or 4 slices crisp-cooked and crumbled bacon.* Simmer 15 minutes more. Season to taste with *salt* and *pepper.* Makes 10 cups.

PITCH-IN STEW

How do you make a stew different from soup? Just use bigger meat and vegetable pieces, reduce the liquid, and thicken the broth—

In a 4-quart Dutch oven, combine *3½ cups of the Basic Beef cubes, 1½ cups Basic Beef broth,* and *1 cup additional desired liquid (tomato juice, beer, dry red or white wine, or more broth).* Add *one 8-ounce can tomato sauce, ⅓ cup vinegar, ¼ cup packed brown sugar,* and *one or two kinds of crushed dried herbs to equal 1 teaspoon total.* Cut *6 cups of your favorite vegetable combination* in chunks. (Leave pea pods whole. If you use peas or pea pods, add them the last 5 minutes of cooking.) Simmer, covered, till vegetables are almost tender, about 30 minutes. If you like, add *4 ounces cooked bulk pork sausage or sliced brown-and-serve sausage links or 4 slices crisp-cooked and crumbled bacon.* Simmer 10 minutes more. Season to taste with *salt* and *pepper.* Combine *2 tablespoons cornstarch* and *¼ cup cold water.* Stir into meat mixture. Cook and stir till bubbly. Makes 10 cups.

PITCH-IN GOULASH

Leave the meat in big chunks, but chop the vegetables fine and serve over noodles or rice—

In a 4-quart Dutch oven, combine *3½ cups of the Basic Beef cubes, 1 cup Basic Beef broth,* and *¾ cup additional desired liquid (tomato juice, beer, dry red or white wine, or more broth).* Finely chop *2 cups of your favorite vegetable combination* (use vegetables suitable for chopping). Add to pot along with *one or two kinds of crushed dried herbs to equal 1 teaspoon total.* Simmer, covered, till vegetables are almost tender, about 10 minutes. If you like, add *4 ounces cooked bulk pork sausage or sliced brown-and-serve sausage links or 4 slices crisp-cooked and crumbled bacon.* Simmer 10 minutes more. Season to taste with *salt* and *pepper.* Combine *2 tablespoons flour* and *¼ cup cold water;* add to meat mixture. Cook and stir till bubbly. Blend about a cup of the hot mixture into *½ cup dairy sour cream, plain yogurt, or shredded process cheese;* return all to pot. Heat through but do not boil. Serve over *hot cooked noodles or rice.* Makes 6 cups. ■




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LEARN-TO-DO-SOMETHING-NEW VACATIONS PART 1

FAMILY SKIING

By Kate Keating

More and more, American families are taking advantage of their vacation time not only to travel and enjoy a change of pace, but also to acquire new skills that will enrich their lives. They may take up strenuous activities like mountain climbing, backpacking, sailing, or tennis, or more leisurely pursuits such as crafts, photography, and painting. Here we take you along on a learn-to-ski adventure and also for a look at the simpler process of learning to cross-country ski. We followed some real vacationers during a learn-to-ski week to record their experiences, feelings, and progress. In future issues we'll look at the other above-mentioned activities, as well as some we haven't mentioned.



Photographs: de Gennaro

The joy of skiing

If you've been spending your winters bad-mouthing the season from the depths of your armchair, learning to ski offers an enormous bonus—you'll feel that four months of life have been added to each year. Skiing, of course, does demand vigorous physical activity on your part, but it is a profoundly aesthetic sport as well. The beauty of a still mountaintop tufted with snow-draped evergreens or a sun-filled mountain basin walled in by pristine whiteness and crowned by blue sky—visions you could never fully imagine from your living room—are the realm of the skier.

So while you *could* learn to ski on weekends on a neighborhood slope, it's far better to spend a week at a ski area with a sizable, challenging mountain, a good program of instruction, and the stunning scenery that is half the experience. The financial investment (figure about $300 to $350 a person for a week's accommodations, meals, equipment rental, lessons, and lift tickets) will pay off in dividends of pleasure, and you'll be much better skiers for it.

Picking the right spot

After considering which of America's many fine ski areas we would visit, we chose Taos Ski Valley in New Mexico for very specific reasons. First, it's a skier's ski area. People who go there in winter go to ski, not to après-ski or shop. The mountain is enormous with plenty of precipitous expert sections but also with miles of intermediate and beginners trails that descend from the top in wide serpentine patterns. The mountain's lofty altitude (9,200 feet at the base and 11,819 feet at the top) comes as close as possible to ensuring plentiful snow. The ski school is among the best in the country and brings its novices along quickly by taking them to the top of the mountain on the third day. The location is remote so that there are virtually no crowds or lift lines. The scenery is breathtaking. The lodges are comfortable and very family-oriented and kid-conscious. The same criteria could well apply when you make your choice of a family ski area.

There are separate classes with different techniques for adults and for kids 11 and under. What follows is what we saw and learned trailing a beginners class of adults and one for youngsters. As you might expect, the kids progressed faster, being fearless and tireless.

Mom and Pop take to the slope

Most good ski classes number about eight people, but when we arrived at Taos late in last year's season, only four adults had signed up (a distinct advantage) for the week of novice instruction. The total student body consisted of Roxanne and Gerry McCabe from Illinois, and Carol and Paul Baum from Southern California. They were joined on the second day by Rod Jones, a farmer from Oklahoma. The group's ages ranged from early 30s to mid-40s. While most people take lessons in the morning or in the afternoon, Hardy Langer, the instructor and a specialist in teaching beginners, suggested that this group take lessons morning *and* afternoon. The purpose was to keep the group working in the right direction and prevent anyone from straying into bad habits.







After introductions and some relaxing small talk, instruction starts off immediately in the beginners area at the bottom of the mountain—how to hold the poles, how to use them to push along, and how to walk in a circle on very flat terrain. "Look up, look up!" is the frequent admonition, for like most beginners, the ones in our group have their eyes glued to their skis. Since there's going to be a lot of falling down, everyone tries it just for the practice of getting up. The technique, says Hardy, is to get yourself and both skis parallel to the hill, perpendicular to the fall line (imagine the path of a descending rubber-ball), and push with your poles.

Now the skiers get the word on the snowplow position with which they'll first tackle a downhill. The trick is to push the tails of the skis out and the knees forward. "No sitting back now, and keep your weight over the front of









This morning there are plenty of aching muscles—shoulders, necks, backs, legs, feet—and Paul goes back to the rental shop to get better fitting boots. But when ski school assembles, well, you've never seen a more ebullient gathering. Indeed, the group is so high on yesterday's accomplishments that it doesn't occur to anyone to take a few warm-up runs.

The morning lesson is very like a slapstick comedy routine with crossed skis, flailing arms, sprawling spills, and rampant consternation. What went wrong? Hardy, who's seen it all many times before, patiently talks them up from their falls, helps with putting the sprung boots back into the bindings, and corrects errors over and over. The morning setback gives Rod, who has just joined the group, all







At breakfast, Paul, who has not yet been able to complete a successful right turn, recounts how he dreamed during the night of just how to do it and is bursting to get out and give it a try. A wiser and more realistic group now, our beginners start the day with several warmup runs before the ski-school bell rings.

They spend the morning, as Hardy puts it, "getting ready for graduation to the hilltop," making one run after another, correcting errors, and picking up speed. It's easier to turn, they find, when they go faster. And Paul's dream seemed to do the trick—he's making right turns without spilling.

After lunch, which Carol consumes



the skis." From that position, the lesson goes on to the snowplow turn. The skiers learn, too, how to climb uphill in a herringbone pattern (the reverse of a snowplow) and how to sidestep uphill. Then the big moment arrives—snowplowing down the slight hill—and Hardy cautions, "Don't let the skis run away from you—you can never catch up with them."

After about an hour of these basic maneuvers, the group moves on to be swooped up by the chair lift—"poles in the outside hand, look back over your shoulder so you know when it's coming, and keep your skis straight in front of you with the tips up." Everybody is a little shaky but next time around things get better.

During the afternoon lesson, instruction moves on to lifting one's weight to facilitate flipping around turns, and all members of the class are beaming because of the skills they're demonstrating this very first day. There's a lot of falling, and Paul



is having difficulty leaning forward and weighting his downhill ski on turns, but as the day ends, each member can hardly wait for tomorrow.

On and off all day, it's been snowing to beat the band, and as night falls, the storm settles in for real, raising soaring spirits even higher. Dinner talk is purely euphoric.



the time he needs to catch up with what he missed the previous day. When muscles start responding again, Hardy introduces the group to a new exercise—sliding their skis together toward a parallel position. In the afternoon, he moves them on to an advanced beginners slope with a steeper pitch. He also explains how to choose the right technique for a particular terrain or situation: the snowplow for narrow trails; lots of quick turns for steeper slopes; and sideslipping to slow down. Roxanne, Gerry, and Rod meet the day's challenge with equanimity, but Paul and Carol aren't faring as well. Carol ends the day in complete discouragement when she falls during the last run. She takes her skis off and walks down.

Dinner this night is subdued, and fatigue sends everyone to their beds shortly after. Forget the evening chess lessons. The good news is that there'll be another four inches of snow falling



tonight. And tomorrow, believe it or not, this somewhat bruised crew is going to the top of the mountain to see what skiing is all about.



as uneasily as a prisoner headed for the gallows, the group meets at the chair lift that will take them to the top. Hardy is full of quips and reassurances as everyone piles on for a spectacular ride that provides magnificent views of the Taos Valley below. At the top, the air is thick with tension. After more reassuring words and a pause to gaze out from an overlook at the mountaintops across the Valley, the skiers start down the trail, taking it slowly, hill by hill. Hardy gives them something new to think about by adding pole-planting technique to their repertoire. Gerry and Roxanne, who are making steady progress, are astonished to see their six-year-old son, Darren, zip by with his beginners group. There is a side trip to an overlook that reveals the stupendous Kachina Basin where the group will ski tomorrow. Exhilaration is replacing nervousness in all but Carol, who's still hesitant. When Hardy leads the group onto a slightly icy intermediate



hill, Carol declares she can't hack it and is going to walk the rest of the way. Gently, Hardy talks her down the hill. That accomplished and with the bottom in sight, Carol takes heart and tackles a slope full of moguls (humps of snow) like a tiger. A celebration is in order, and the happy class troops off to share a fondue at one of the lodges. It's been a great day.

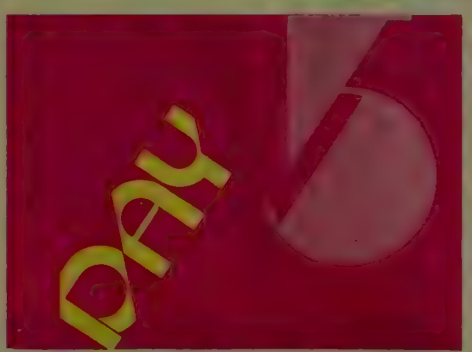








Packing along lunches, the intrepid group boards the lift to spend the day skiing the mountaintop and Kachina Basin. Not much new is added this day, but there's a lot of stress on getting the skis together and developing speed. By now, everyone has adjusted to the altitude and is finding that the initial shortness of breath is disappearing. Though most of the week so far has been cloudy, everyone has prudently slathered up his or her face each day with sunscreen lotion. Reflection from the snow makes the sun's rays doubly powerful, even on cloudy days. However, now the clouds have vanished in favor of a clear azure sky, and the sun is at full strength. Both Carol and Roxanne should have reapplied lotion several times today for protection. Both have sensitive skin and by day's end both have uncomfortably sunburned faces. But they're skiing up a storm.







A glorious dawn ignites the newly and justifiably confident skiers' enthusiasm, and a special day is planned. Gerry and Roxanne's son, Darren, is going to join the group, and there will be a proper picnic (instead of bag lunches) at a picnic table sighted in the Kachina Basin. So as not to miss this gorgeous day, the two sunburn sufferers have masked their faces in zinc ointment. All skiers are in high spirits, and their apparel reflects their mood. They're sporting more colorful clothing than they have worn all week, and as you look at the group, you know they're skiers now—no more novices. (That doesn't mean no more lessons. There's always something new to learn in skiing. You can always get better, and the better your skiing, the more fun you'll have.)

The group moves along smartly from the top of the mountain, laughing and joking so that it's hard to remember their hesitancy of only a few days ago. Darren is a little better and faster than any of the adults and delights in leading off each time Hardy completes his instructions and intones, "Now we go." When the wine is uncorked and the picnic unpacked, conversation turns quickly to plans for future skiing trips. Paul and Carol are sorry they didn't bring their two children (ages five and seven) along but vow they'll do so in the future.

THE KIDS LEARN TO SKI















Tagging along with the small-fry beginners class, composed of Amy, Shannon, Mara, Dov, and David, who range in age from five to ten, is an absolute joy. The kids are learning all the same things that the adults learn, but instructor Jeff Frederick teaches absolutely no technicalities. (He spends his summers teaching tennis, and used to be a trouper in children's theater.) Everything is a game, a noisy game at that, because the children roar like an airplane, shift gears like a sports car, gurgle like Jell-O, and chirp like a bird. Unlike adults, kids generally have no fear of speed. Their first tendency is to head straight down the hill without so much as a turn to the left or right.

Some of Jeff's teaching tricks for the youngsters that parallel the more structured lessons given to the adult class:

Being a bird helps to get the kids' ski tails out in a snowplow position. As their "wings" flap together, so do their feet.

Being an egg has youngsters tucking into a racing position, which builds their confidence and makes them feel like ski racers they've seen on television.

1-2-3-4-March! teaches the kids to transfer weight from ski to ski as they "march" across the slope.

Being a kangaroo involves a lot of hopping, and again helps the children learn to lift their skis.

Being Jell-O consists of going "gurgle, gurgle" when skiing over bumpy sections, and sucking up ankles and knees to absorb moguls. This reminds the kids to stay flexible rather than coming down hard on bumps.

Being marbles slows the youngsters down when on a narrow, banked trail. They "roll" from side to side rather than skiing down straight, which builds up too much speed.

And so on. The kids take turns being the leader.

Jeff takes the youngsters to the top on the third morning, and the only real problem is that Amy and Shannon are so tiny that they have to be helped up onto the higher chair lift. The class sets a brisk pace down the mountain, getting in two long runs in the same time it will take the grown-ups to do one that afternoon. (However, the youngsters spend precious little time on the scenery.) By Wednesday morning the kids look like little pros.

THE ART OF NORDIC SKIING











Cross-country skiing is rapidly growing in popularity, and with good reason. It's not only less physically demanding than downhill skiing (though cross-country requires greater endurance), but it's also more convenient, frequently offers more solitude and freedom, is cheaper (equipment is lighter and less costly, and there are no lift tickets to buy), and less hazardous. Fortunately, you don't have to make a choice between the two sports. During the last five years, most major downhill ski areas have opened up Nordic, or cross-country, trails. Ski equipment rental shops now generally stock cross-country rental equipment, too, and there are usually instructors to start you off on the right foot. In addition, you'll find many strictly cross-country operations all across the northern tier of America, as well as local clubs that organize instruction and outings.

Easy does it

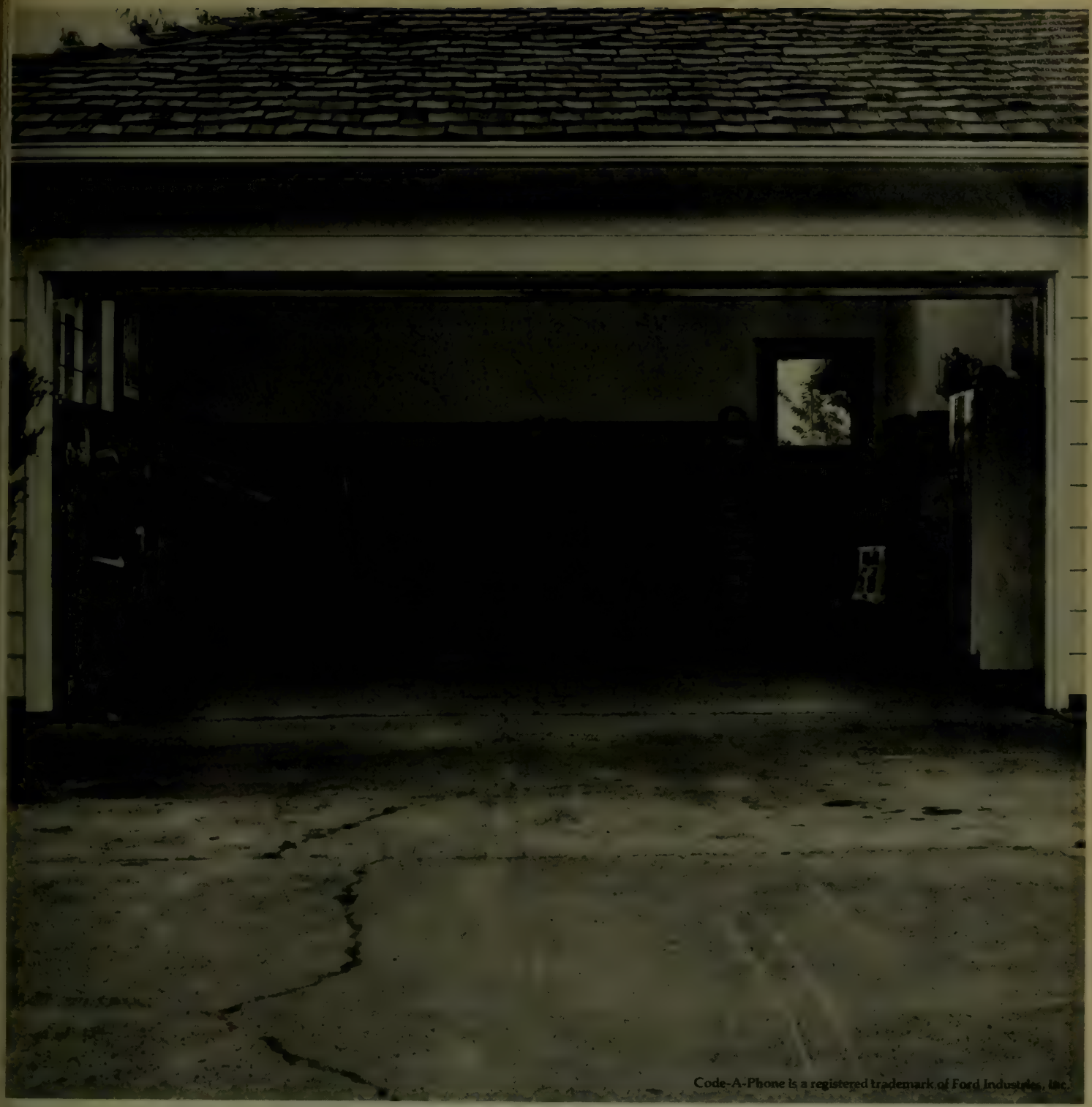
Taos, with all its downhill facilities, is scarcely the place to go if you're interested only in cross-country skiing. However, we encountered four downhill skiers there who wanted to give cross-country a try. Steve and Lorie Klein and daughter Andrea from California, and Jane Garret from Texas trooped off one sunny afternoon with instructor Trisha Bergen, thinking it would be as easy as falling off a log, which it turned out to be, sort of. The falling off a log part started right away. Cross-country equipment is lighter and less supportive than downhill gear, so a downhill skier must adjust to boots that don't hold him up and to narrow skis that are less stable.

After waiting a few minutes for the class to tromp about a bit to get acclimated, Trish puts them through kick turns, which involve kicking one ski up and around in the opposite direction, then the next. Everybody does his share of falling down, something no one expected to be doing. Next comes a demonstration of the gliding-walking motion that truly is quite effortless once it's mastered, and the beginners learn how to slow forward motion when they encounter a downhill by bracing with the long, light poles. They practice the herringbone for pushing uphill and the sidestep for steeper terrain, up and down. The lesson takes something less than an hour, and the class sets out to traipse through the quiet, sun-dappled woods.

There's more to learn—for instance, the art of waxing, which is so important with wooden cross-country skis. (The rental shop had prepared the skis with the proper wax for the afternoon's conditions.) And practice will vastly improve the levels of grace and agility. But within a relatively brief time, you can pick up the basics of cross-country.

For further information

For details about Taos skiing and lodging, write to Ernie Blake, Taos Ski Valley, New Mexico 87571. For information about airline ski-week packages, which qualify for money-saving IT (Inclusive Tour) fares, see a travel agent or an airline serving the area where you wish to ski. Amtrak and the major bus companies also offer ski packages. For information about ski areas in specific states, contact state tourism offices in the respective state capitals. Many ski areas have condominium housekeeping apartments in addition to lodges, and by staying in one of these units you can save on food costs if you wish to prepare your own meals. However, if you can afford it, you'll have more fun in a lodge where you enjoy the company and enthusiasm of other skiers and don't have to worry about preparing meals or getting stuck with the dishes. ■



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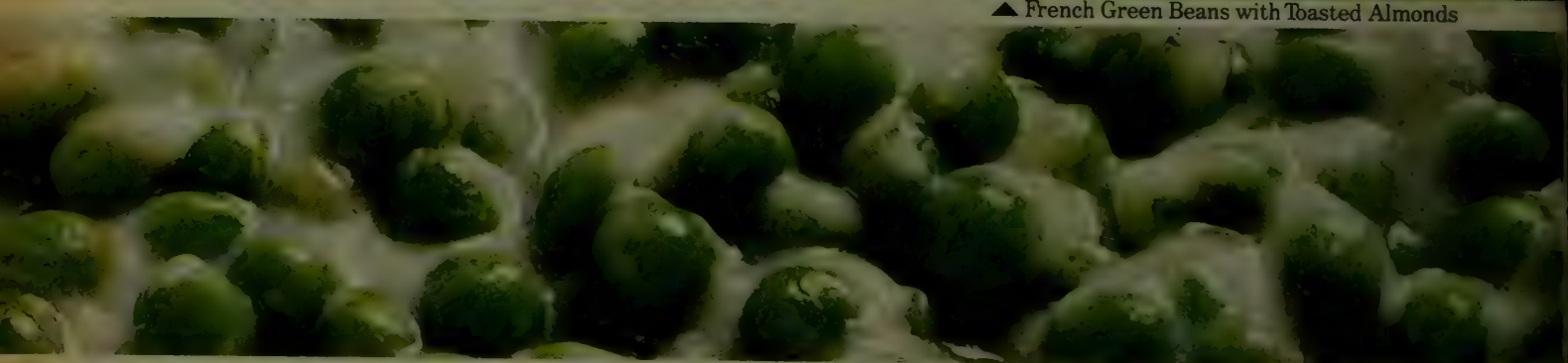
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▲ Broccoli with Cheese Sauce



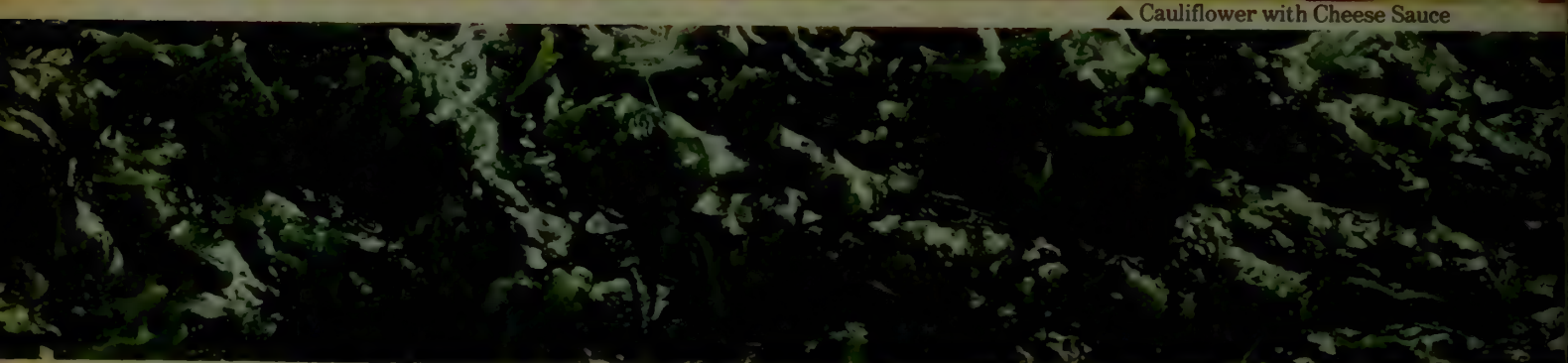
▲ French Green Beans with Toasted Almonds



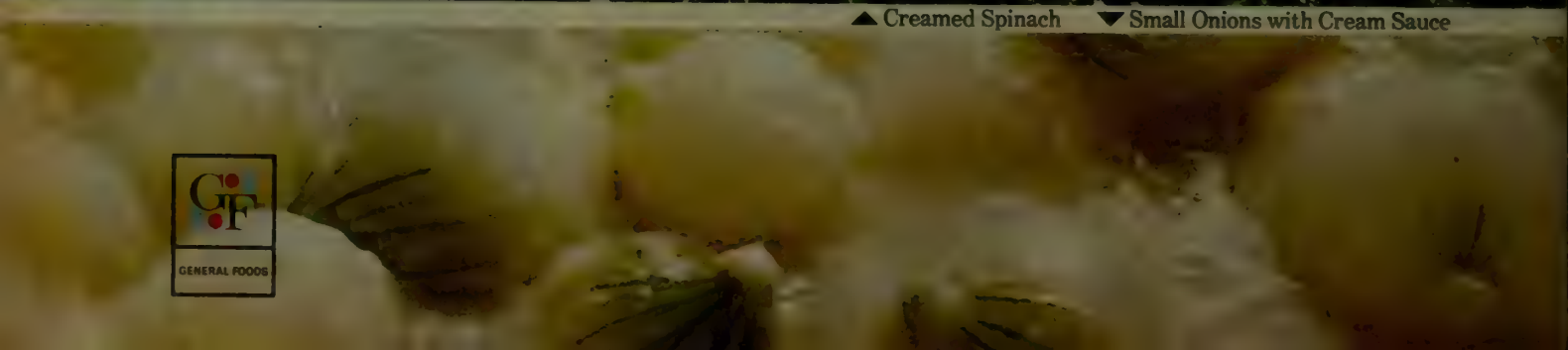
▲ Green Peas with Cream Sauce



▲ Cauliflower with Cheese Sauce



▲ Creamed Spinach ▼ Small Onions with Cream Sauce





▲ Green Peas and Pearl Onions ▼ Carrots with Brown Sugar Glaze



Birds Eye® Combinations will do almost anything to get your husband's attention.

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Birds Eye® Combinations are mixed vegetables, glazed vegetables, vegetables in a cream sauce, vegetables with almonds, interesting, colorful, exciting vegetables.

They're even vegetables in a tangy, brand-new cheese sauce: Broccoli with cheese sauce and Cauliflower with cheese sauce.

In short, they are vegetables that your husband absolutely cannot ignore. That's because Birds Eye® Combinations will catch his passing fancy...the kind that makes him keep on asking you to pass the vegetables over to him.



BIRDS EYE®

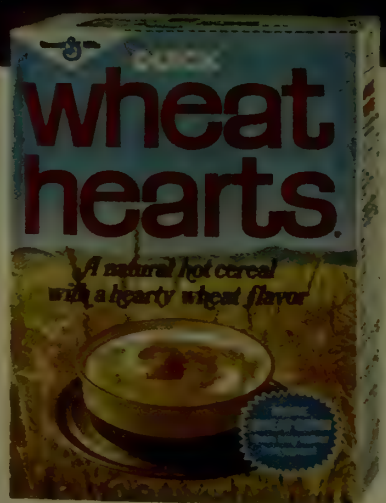
Birds Eye® Combinations.

The first vegetables your husband might even notice.

Above photographs are approx. 2 times actual size.



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Find out what countless western families have known for years.



More Wheat Germ also means more flavor.

BUILDING

SOURCES FOR HOUSE PLANS

If you're thinking about building a new house but don't know where to turn for architectural suggestions, here are some home design services that offer a variety of house plans and ideas.

- **Garlinghouse Company**
  Department SHG34
  2320 Kansas Avenue, Box 299
  Topeka, Kansas 66601

Garlinghouse has a binder set of house plans consisting of 12 different books, which sell separately for $1.35 each. Each year four new books are published and old ones are either updated or dropped. Price per plan depends on total square footage. Plans are shipped all over the country.

- **Heritage Homes Plan Service, Incorporated**
  Department 106, Suite 307
  3030 Peachtree Road, Northwest
  Atlanta, Georgia 30305

Heritage offers six different house plan books, four of them featuring contemporary homes. The other two feature traditional styles and a combination of rustic and ranch styles. One new book is published per year to keep the plans updated. All six books are available for $9.50. Plans cost $69.50 for one, $15 for each additional, and any four for $110. Orders go out the same day they are received.

- **Home Building Plan Service**
  Studio 28J
  2235 Northeast Sandy Boulevard
  Portland, Oregon 97232

Home Building offers 12 different books containing all types of plans. Books cost between $1 and $4.95 each and are always being updated with new designs. Special books are available for sloping lots, vacation homes, and homes with family rooms. Plans cost between $65 and $150. Orders are processed and mailed the same day they are received.

- **National Plan Service**
  435 West Fullerton
  Elmhurst, Illinois 60126

A complete catalog of house plans is available free of charge. National Plan offers a comprehensive range of housing types. One set of plans sells for $50. Four sets are $90. All plans include lumber lists for easy costing.

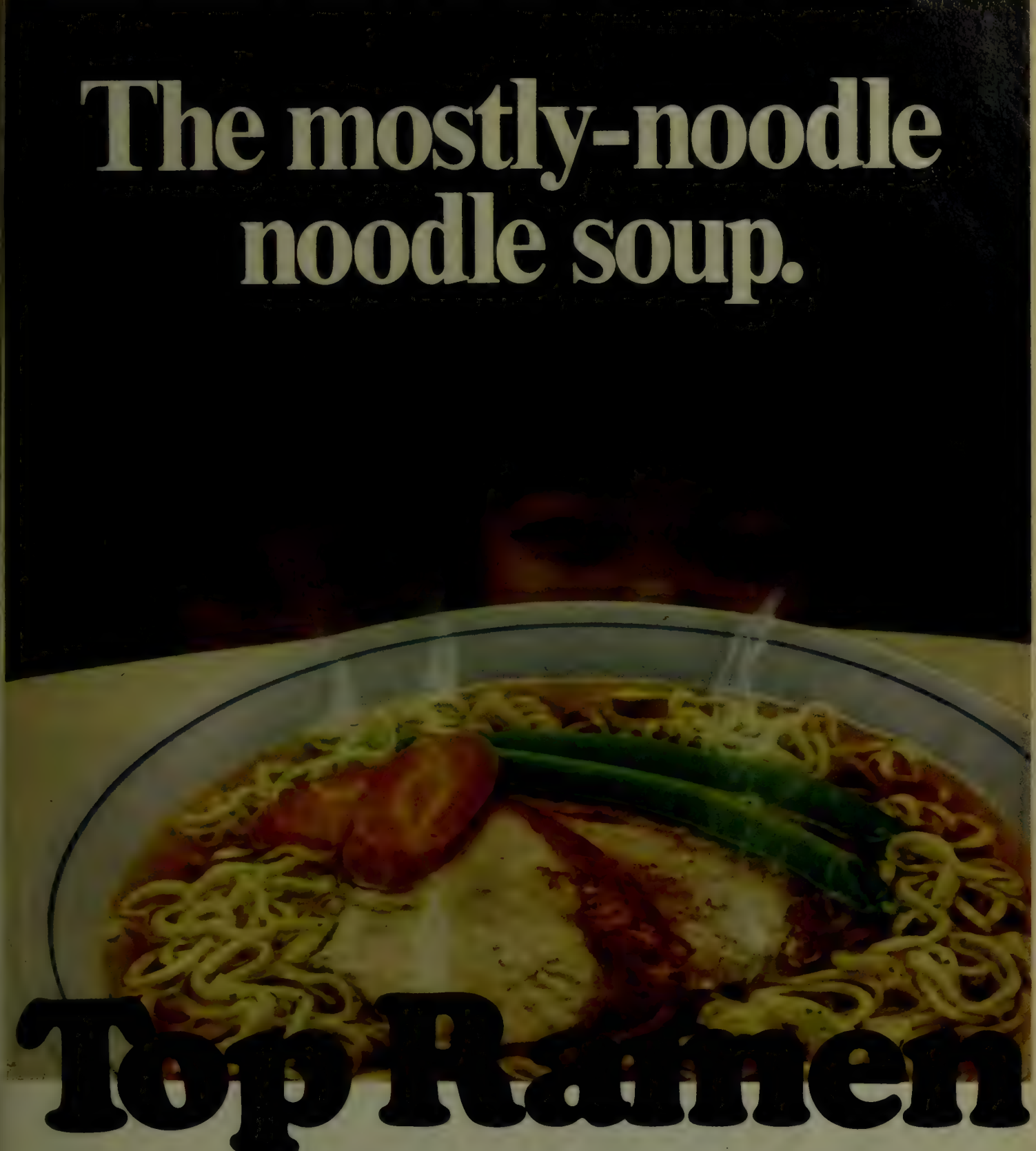
- **Master Plan Service, Incorporated**
  89 East Jericho Turnpike
  Mineola, New York 11501

All types of house plans are available through Master Plan. Their $10 encyclopedia includes over 400 designs; eight separate catalogs (with 80 designs each) sell for $1.50 apiece. The books are updated yearly; less popular designs are discontinued and new designs are added. One set of plans sells for $59 and five plans are available for $89. Orders are processed the day they come in.

- **Better Homes and Gardens Plans**
  Reader Service Department
  1716 Locust Street
  Des Moines, Iowa 50336

Better Homes and Gardens offers house plans for most of the houses published in the magazine. The plans are full, buildable working drawings and all are architect designed. Designs range from reproduction traditional to contemporary. A plan set sells for $50, or five sets for $75. ■

The mostly-noodle noodle soup.



Top Ramen

ORIENTAL NOODLE SOUP

How to get a lot of noodles in not a lot of time:

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There's chicken, pork, beef, and Oriental flavors. Add your own touches or enjoy it all by its delicious self.

Top Ramen. It's not just a lot of noodles. It's a lot of great noodle soup.



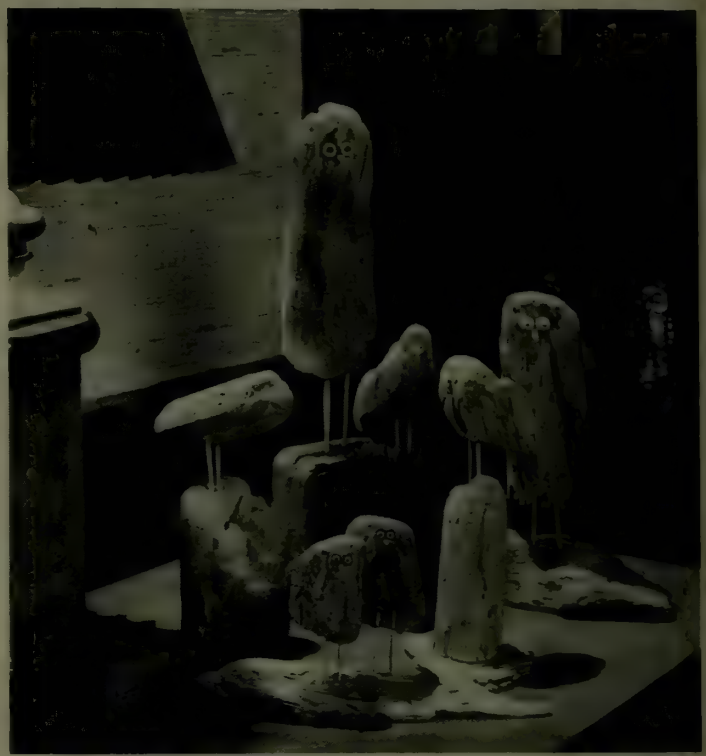
Nissin Foods, Gardena, CA. 90249

GOOD LITTLE GROUPINGS



Photograph: Jim Hedrich, Hedrich-Blessing. Design: Barry S. Zisook & Assoc. Source: Jessie Walker

Ordinary items can become something special when they're given a place of honor. Here a glass ledge was used to showcase a selection of nothing-fancy accessories. The ledge is ¾-inch glass supported by mirrored brackets. Notice how the framed needlepoint adds balance to the grouping.



Photograph: Mike Dieter

Sometimes oddball objects can add up to a delightful arrangement. This collection of owls is a good example; the whimsical birds are pieces of weathered driftwood. Arranged on a tabletop in congenial proximity, the wise old owls catch your attention the way accessories should. ■



KITCHENS

CLEAN-CUT KITCHENS

Not everyone wants a kitchen decked out with pots and pans. Some prefer a clean-counter kitchen, and here are two shining examples.

Top right: In this kitchen, a potpourri of sculptured shapes delights the artistic eye. The round island houses a self-ventilating cook top with a circular utensil rack overhead. To the left is a wet bar, especially convenient when there's a party.

Casual meals are served from a round plastic-laminate table accented with black leather chairs. The roundness is repeated by the large chrome globe.

It's white that makes this small kitchen (13x7½ feet) look spacious and sparkling clean. White walls, cabinets, and appliances combine to stretch the kitchen visually. The only color comes from plants, pots and pans, and a rich chocolate carpet.

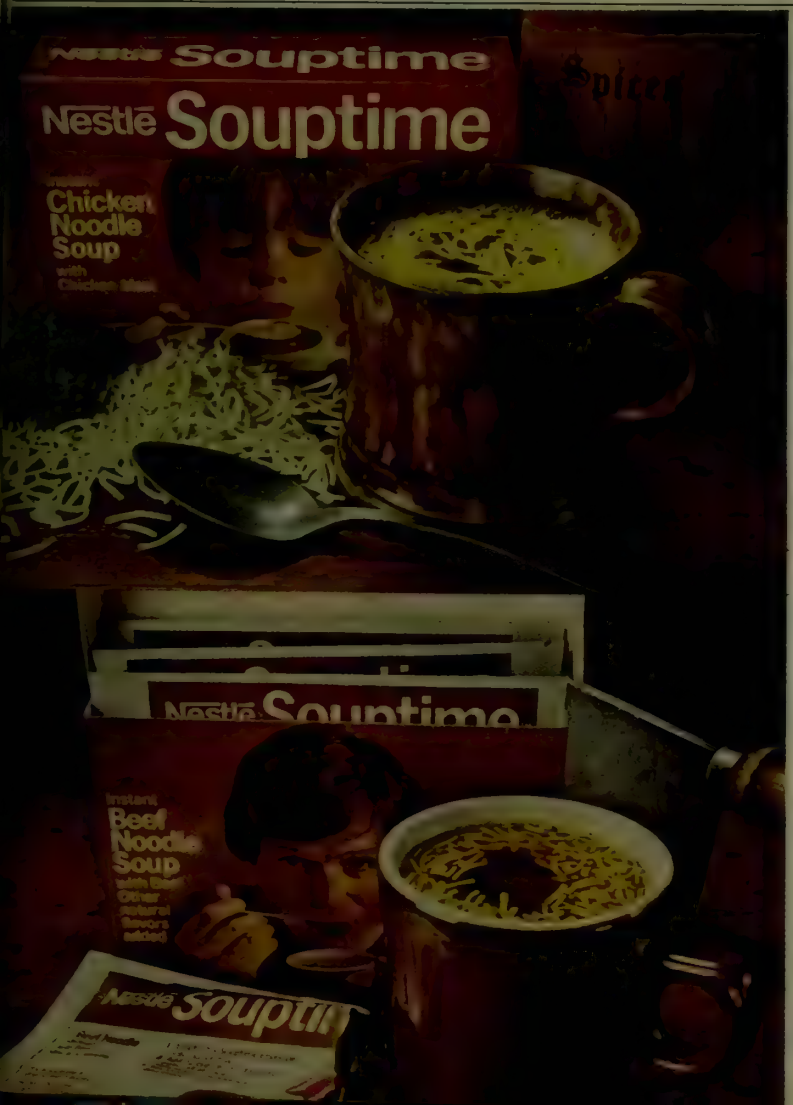
Bottom right: The homeowners replaced their old cabinets with custom-crafted new ones, and sanded and refinished the old oak floor hidden for years beneath worn linoleum. For easy cleanup, they chose plastic laminate in a butcher-block pattern for counters and backsplash.

Sticklers for details, the homeowners equipped their kitchen with unobtrusive ceiling spots for good lighting, soffit-area cabinets for seldom-used entertainment gear, and an open shelf niche for plants.





Photographs: Hopkins



New Souptime® 10-second soups with the home-style stock.

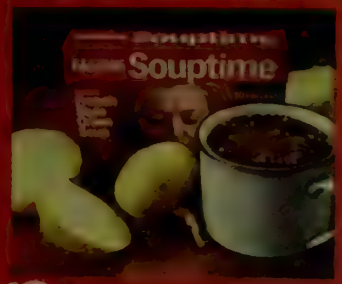
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13¢ Store Coupon 13¢









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The store where Selig, Bauhaus, Chippendale & Louis XV are equally acceptable now accepts the American Express® Card.

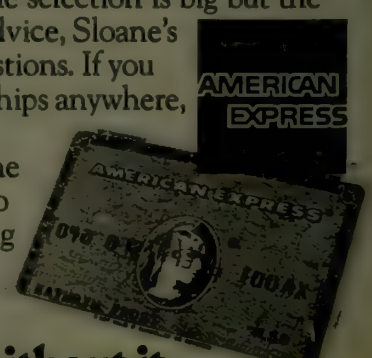
At W & J Sloane virtually all schools of furniture design are equally at home. So if you're furnishing your home, a trip to Sloane's is an education in itself.

You'll see a selection that's as massive as it is varied. Choose a fine Oriental rug to underscore the elegance of your Queen Anne dining table. Or an outrageous art deco lamp to shine in your chrome and glass étagère.

What's more, Sloane's arranges its furniture as you would, in nice-looking rooms. So you feel more like you're living with it than shopping for it.

If you're buying on a budget, Sloane's has special clearance centers where the selection is big but the prices aren't. If you need advice, Sloane's decorators are full of suggestions. If you live out of town, Sloane's ships anywhere, the first 100 miles free.

Be sure to take along the American Express® Card to W & J Sloane, where paying for fine furniture is now as easy as choosing it.



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the kind of chili you're used to.
Unless you make your own.



It's full of good reasons why it tastes homemade.

Hormel

KITCHEN STORAGE: What goes where?

Are you spinning your wheels in the kitchen? The next meal you fix, check how many extra steps you take because needed ingredients aren't within reach.

Getting organized is easy. There's a logical place for every kitchen and food item, and with some space-juggling, you can have a place for everything and everything in its place. Generally, it's best to store items nearest the place they're used, placing often-used items between hip and eye level. Most important, of course, is what's convenient for you. Here are some tips for organizing the three work centers.

Food preparation and cleanup center

This center, which contains the sink; disposer, dishwasher, and compactor is the most frequently used area. For maximum efficiency, it should contain: cleaning supplies such as dishwasher detergent; scouring pad and powder; appliance, floor, and counter cleaners and polishes; dishcloths and towels; trash basket liners, paper bags, or compactor bags; dish drain if you have no dishwasher; and paper towels.

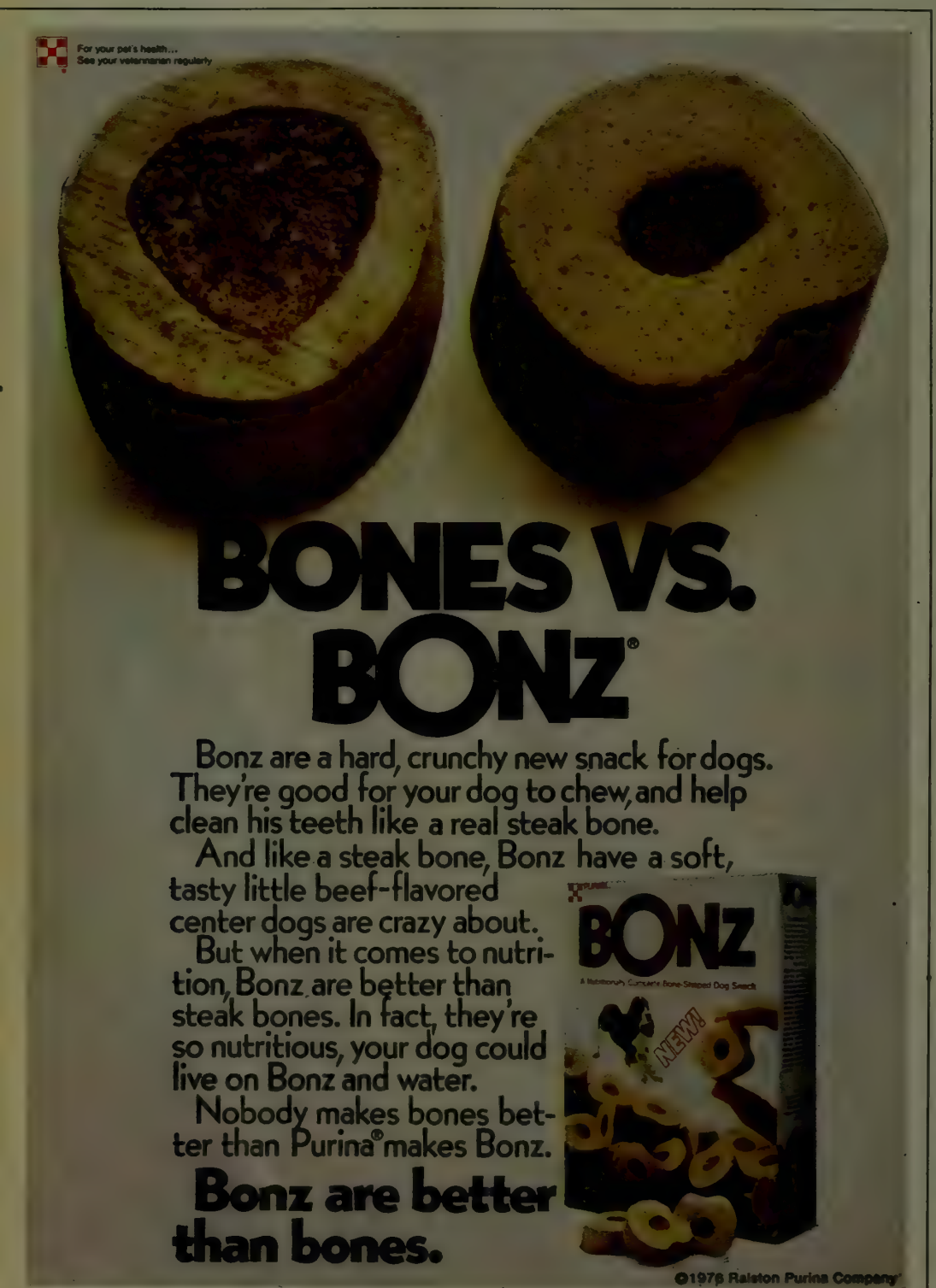
You'll need a cutlery drawer containing paring knives, grater, measuring spoons, peeler, stirring spoons, rubber spatula, etc.; mixing bowls; baking pans and cookie sheets; casserole dishes; foods requiring water, such as reconstituted dried foods; fresh vegetables and fruits; canned and boxed foods used in recipes; cake or dessert mixes; spices, flour, sugar, dry milk, and shortenings; coffee maker; blender and mixer; everyday dishes and glasses —preferably kept above the sink for quick return to cabinets.

Refrigerator center

The refrigerator area may be a secondary mix center, so the items you'll need here depend on your work habits and your kitchen's design. Near the refrigerator store these items: bread and toaster, jelly, honey, and peanut butter, cookie jar and snack crackers; cutting board if not stored in the cleanup center; ice cream scoop; ice drinks and bottle opener; dry cereal; foil, waxed paper, plastic bags, and refrigerator storage containers; and, in hard-to-reach areas, seldom-used items like the food grinder.

Cooking and serving center

The cooking center and serving area can be combined into one work area or separated, depending on which is best for your kitchen layout. The cooking area naturally centers around the stove and should contain: pots and pans; electrical appliances used here; cutlery such as stirring spoons, can opener, tongs, thermometers, turners, skewers, kitchen scissors; hot pads, canned vegetables, soups, and foods commonly used as additives, such as mushrooms and cornstarch; hot cereal, pastas, tea bags, boxed one-dish meals, and other foods requiring hot water; cooking oil; and paper towels, especially if the towels in the cleanup center aren't within reach of your range. ■





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Scrambled Eggs Secret

Clue: Those tangy green chiles you see do more than look good.

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It is a delectable combination of zesty, flavorful Ortega® Green Chiles and scrambled eggs. Together they make a breakfast worth getting up for. You can add other tasty morsels too, like mushrooms, tomatoes, even bacon bits. But be sure the chiles are Ortega!

ORTEGA HUEVOS CON CHILES

- 6 eggs
- 3 tablespoons milk
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (4 oz.) Ortega Diced Green Chiles
- 2 tablespoons butter (or margarine)
- 1/4 cup chopped onion

In bowl, beat together eggs, milk, salt and pepper. Stir in diced green chiles. Set aside. In skillet, melt butter over medium heat and cook onion until soft. Add egg-chile mixture and cook, stirring occasionally until done as desired. Serves 3-6.



FOR MORE RECIPES USING ORTEGA® GREEN CHILES, SEND 35¢ TO HEUBLEIN, INC., P.O. BOX 1228, DEPT. 1040, HARTFORD, CT 06101

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oft sculpture

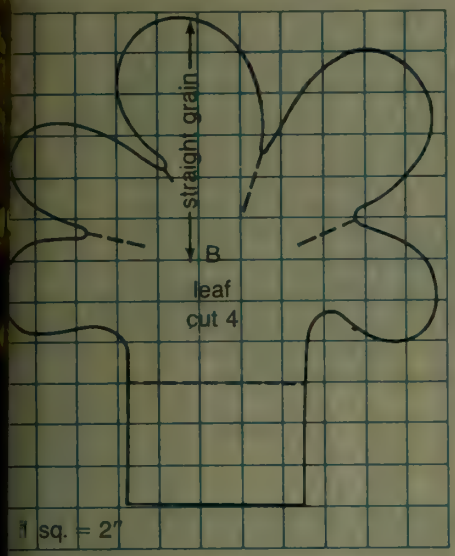
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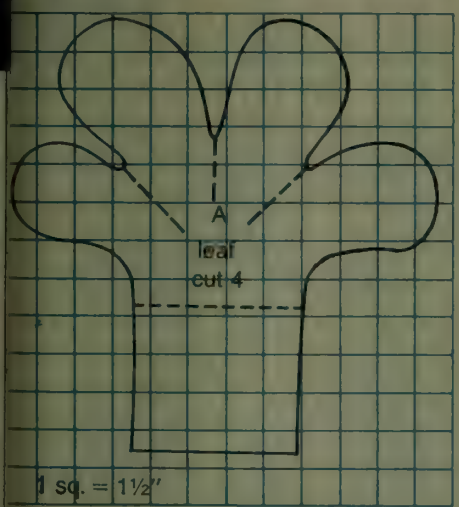
(Finished sculpture measures approximately 35 inches high by 26 ches wide.)

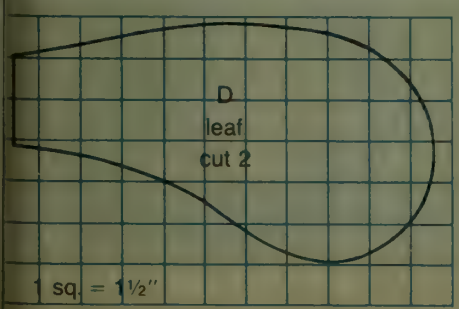
Materials: 44/45-inch-wide corduroy bric in the following amounts and lors: 3 yds. green, 1 yd. brown, ¼ yd. ist, ¼ yd. off-white, ⅛ yd. tan; 3 lbs. olyester fiberfill; 1 lb. shredded foam; ne 38-inch-long strip of foam rubber r pot rim (1½ inches wide); 3 lbs. avy *or* pinto beans to fill plant base; at-hanger wire.

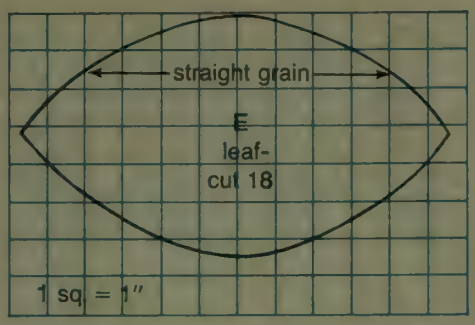
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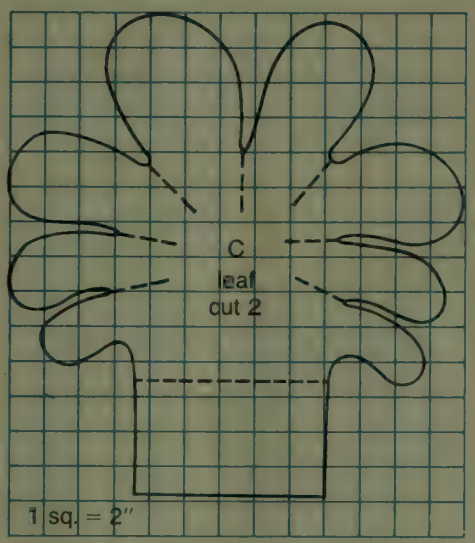
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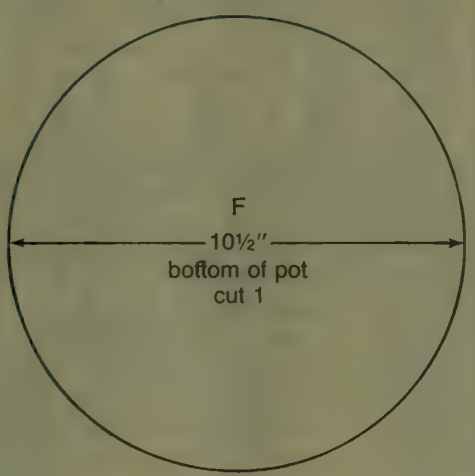


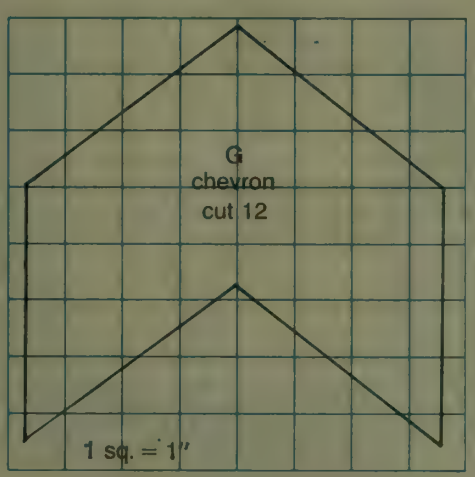












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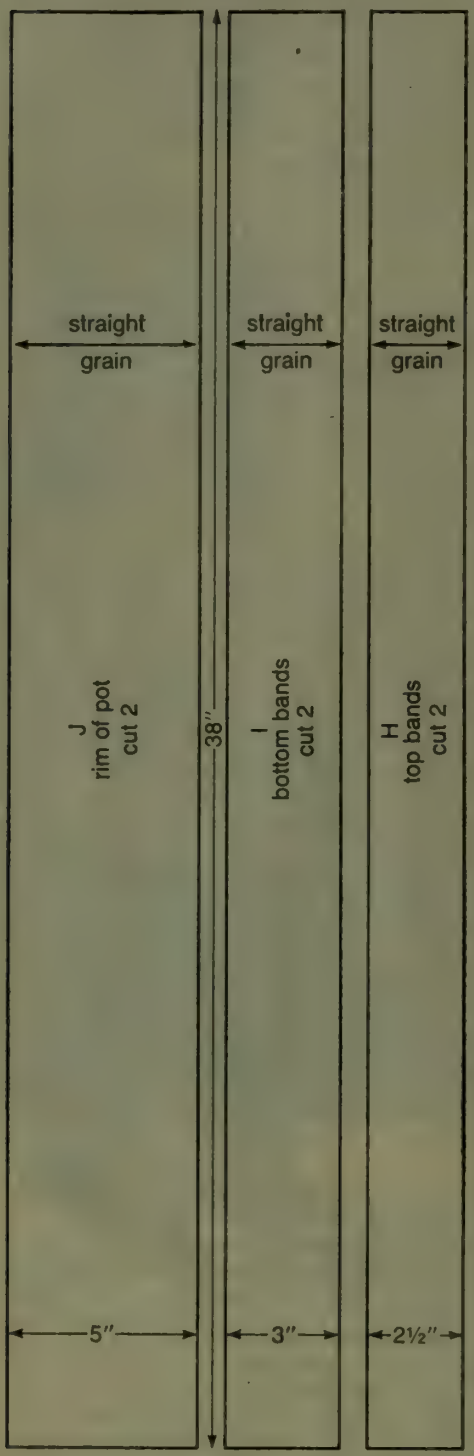
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Soft sculpture



transfer them to tissue paper. Add ⅝-inch seam allowance to each piece.

2. Cut out patterns and pin them to fabrics following color key below.

Color Key:

A, B, C, D, E—Green
F, G(6), H, I, J—Brown
G(6)—Off-white
I—Tan
H, J—Rust

3. Cut patterns out of fabric. Sew 2 pieces of pattern A, right sides together; leave bottom edges open for turning. Clip curves, trim seam. Turn to right side. Continue in this manner with pieces B, C, D, and E. Firmly stuff each stitched piece with polyester. When foliage is completed, you should have 2 A-shaped leaves, 2 B, 1 C, 1 D, and 9 E. To add shape and body to parts A, B, and C, machine stitch a 3-inch line toward the center of each piece from the outer edge (see stitch lines on pattern pieces).

4. Cut 6 pieces of G (chevron) in off-white fabric and 6 in brown. Sew pointed sides of chevrons together to form a single strip of 12 chevrons. (Be sure to alternate brown and white pieces.) Cut 2 of pattern H (1 brown and 1 rust); cut 2 of pattern I (1 brown and 1 tan). With right sides together, sew H (brown) to one long side of chevron strip. Sew I (tan) to the opposite side of the chevron strip. Add second H (rust) next to the first brown strip; add second I (brown) along the tan strip. (Note: Your placement will be, from top to bottom: rust, brown, chevron strip, tan, brown.)

5. To shape fabric strip, stitch small darts every 5 inches along top and bottom edges of strip, with all darts pointing toward the chevrons.

6. With right sides together, stitch the short sides of the strip together to form one wide cylinder. Join circle F to brown band on cylinder (bottom of pot), right sides together. Clip curves, trim seam. Turn to right side.

7. To form rim of pot, place piece J (rust) on flat surface, right side down. Place strip of foam on the lower half of the fabric strip. Fold fabric over the foam and stitch a ½-inch seam along the long edge, forming a tube. Turn raw ends of tube to the inside and sew ends together by hand, forming rim of pot. Place the tube along the top edge of the pot, raw edges together. Stitch rim in place.

8. To form "dirt" in pot, slip-stitch J (brown) to inside of pot along the rim's seam line.

9. Fill bottom ⅓ of pot with beans. Stuff remainder with shredded foam. Place the 2 small sets of leaves (A) on either side of the pot near the rim. Turn raw ends of the leaves inside along the dotted line (refer to pattern piece). Hand stitch leaves to "dirt" base.

10. Place leaves B directly behind set A, tacking set B to A along inner edge of leaves. Stitch in place. Position leaf C in the center of the pot; stitch in place. Run a heavy thread through the middle of leaves B and C twice, approximately 5 inches above "dirt" line. Pull the thread tight and tie it off. Th will make the center leaves stand erec

11. Open the seams of the two talle leaves ¼ inch; insert one 20-inch leng of coat-hanger wire through each ope ing and push it into the pot. To fill i any empty spaces, place leaf D on th end of a wire and insert it into any ga in the foliage. Stitch in place, tackin it to surrounding leaves.

12. To complete, sew on remaining leaves (E) to fill gaps and connect larg er leaves to each other.

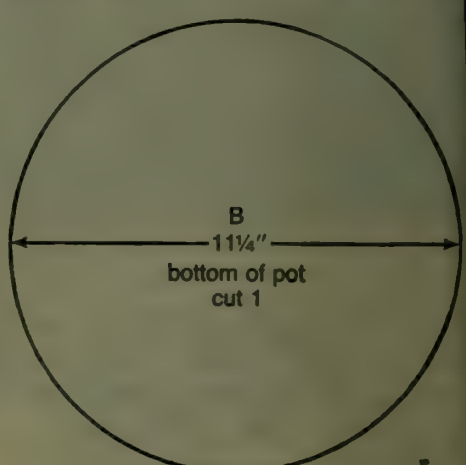
Hanging Plant, page 66

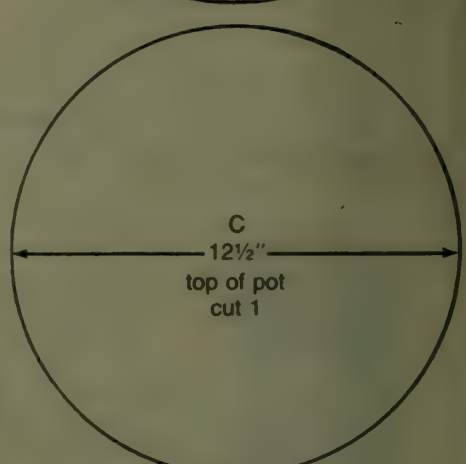
(Finished sculpture measures ap proximately 45 inches high by 2 inches wide.)

Materials: 44/45-inch-wide corduroy fabric in the following amounts an colors: ¾ yd. rust, ⅓ yd. dark brown ⅓ yd. light brown, 2 yds. green (*or,* i two-tone leaves are made, use 1½ yds kelly green and ½ yd. olive green); 12 inch length of coat-hanger wire; 3 lbs polyester fiberfill; 1 lb. shredded foam for base; tissue paper; tailor's chalk; heavy cardboard; 40-inch-long strip o foam (2-inch width).

Instructions:

1. Enlarge pattern pieces below and transfer them to tissue paper. Add a ⅝-inch seam allowance to each pattern.





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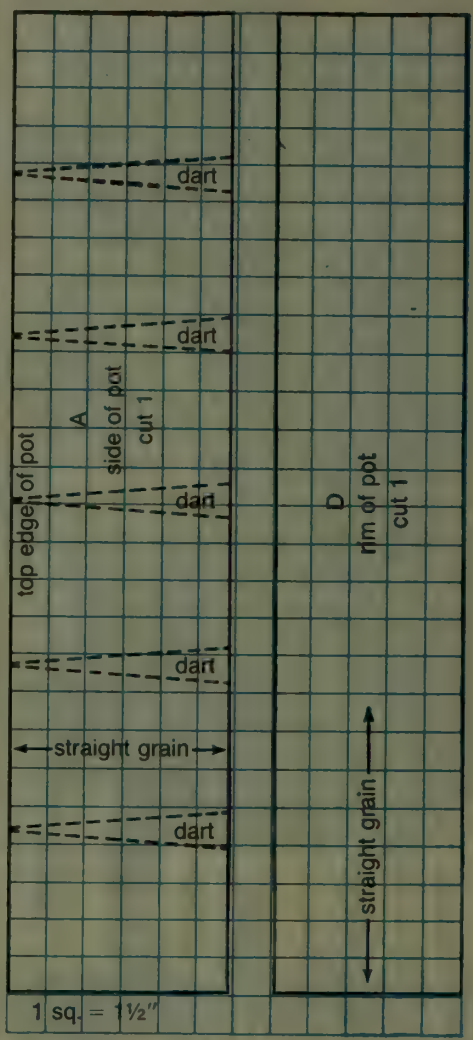
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☑ Night stiffness

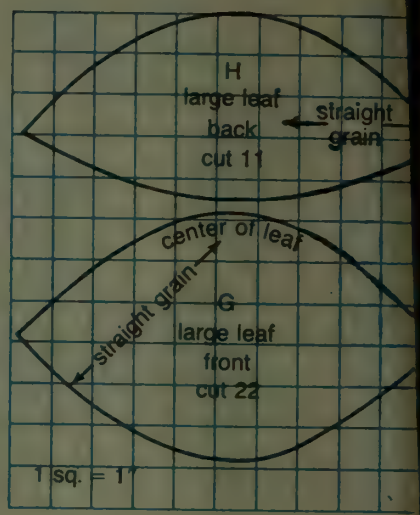
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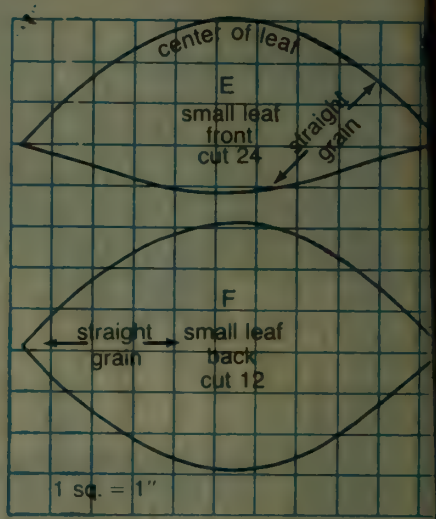
Doan's Pills

continued

Soft sculpture







2. Cut out patterns and pin them to fabrics following color key below.

Color Key:
A, B, D—Rust
C—Dark brown
E, F, G, H—Green

3. Cut patterns out of fabric. Transfer all pattern markings to fabric pieces using tailor's chalk.

4. Both large and small plant leaves are composed of 3 sections each: 2 leaf fronts and 1 leaf back. To achieve a 3-dimensional look, use various shades of both pinwale and wide-wale green corduroy. Cut leaf sections from different shades. Follow pattern guidelines for "straight grain" placement.

5. With right sides together, stitch all leaf front sections using a ⅝-inch seam. (Note: When piecing leaf fronts, arrange nap to form "chevrons" for a leafier effect.) Trim seam, clip curves.

6. Stitch leaf fronts to leaf backs, right sides together. Leave an opening for turning. Clip curves. Turn leaves to right side; stuff with polyester till firm. Blindstitch openings.

7. To form plant pot, sew 5 darts i pattern piece A. With right sides t gether, sew a ⅝-inch seam to form cylinder. Sew circle B to bottom (na rower) edge of cylinder, right sides t gether. Clip curves. With right side together, sew circle C to cylinder's to edge. Leave slightly less than half total seam unstitched. Turn pot righ side out; stuff pot with shredded foam

8. Cut 2 cardboard circles slightl *less* than the diameter of circle C. In sert both cardboard circles into pot *directly under* top circle C. Slip-stitc remainder of seam closed.

9. With right sides together, sew ⅝-inch seam on long side of piece I to form a tube. Trim seam. Turn righ side out. Insert a 2-inch wide strip o foam rubber to form stiff pot rim. Slip stitch rim ends closed to form a circle Pin rim to outside edge of pot, allow ing rim to rise ½ inch above top of pot Blindstitch rim to pot edge.

10. Using scissors, poke a hole through the top of the pot. Insert

continued

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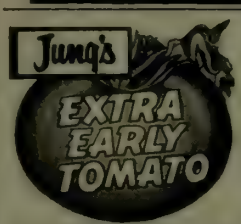
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continued

Soft sculpture

length of coat-hanger wire into the through the hole. (Wire should ext 6 inches above rim of pot.)

11. Cut one 40-inch strip of 2-in wide light brown fabric; cut two inch wide, 25-inch long strips of li brown fabric. With right sides togeth sew ½-inch seams along the long s of each strip. Turn to right side.

12. Choose 3 equidistant points alo rim of pot. Stitch the end of each st to one of these points. Knot or sti the loose ends of the 2 shorter strips the third strip to form a plant hang (Note: The strips must be an eq length where they meet for the pot hang correctly.) To form hanging lo turn unstitched end of long strip ba 3 inches and slip-stitch to strip.

13. Place 1 large stuffed leaf dir over the coat-hanger wire that exten above the pot's surface. (Bottom of le should be touching "dirt.") Stitch place.

14. Pin remaining leaves onto t first leaf, extending them out towa the pot edge. Hand tack other leav to hanging strips for climbing effe (Refer to color photo, page 66, f placement suggestions.) ■

begins on page 68

Ready-mades

"FOUR-POSTER" BED

Materials: Three narrow pairs of 9 96-inch pinch-pleated draperies; fou 15-inch-long 1x1s (sidepieces); two 1 inch-long 1x1s (endpieces). Note: thes are materials for a double-size bed. Yo may need longer endpieces and side pieces, and wider draperies, for queen- or king-size bed.

Instructions:

1. Form two L-shaped frames by at taching an endpiece to a sidepiece a right angles.

2. Paint the L-shaped frames and th two remaining sidepieces the color o your ceiling. Let dry.

3. Tack or staple a pair of draperie to each of the L-shaped frames, wrap ping the edges around the ends.

4. To each of the remaining side pieces, attach one drapery panel.

5. Nail the 1x1 frames (with draper ies now hanging on them) to the ceil ing, positioning them so the draperies hang just beyond the edges of the bed.

BEACH TOWEL ON FRAME

Materials: Six yards of woven seam

continued



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Ready-mades

binding cut into two-inch-wide strips; two 66-inch-long heavy-duty canvas stretcher bars; two 36-inch-long heavy-duty canvas stretcher bars; one light-duty staple gun; one beach-size towel.

Instructions:

1. Assemble the frame, making sure the corners are square. Staple to hold.
2. Seam strips of fabric binding to the right side of the outside edges of the towel.
3. On a flat surface, place the frame on the wrong side of the towel. Fold one side of the towel over the edge of the frame, then staple in the center, approximately ½ inch from the inside edge of the frame.
4. Move to the opposite side of the frame, and again staple the towel in the center of the frame edge. Repeat on the third and fourth sides.
5. Check to make sure the towel design is properly centered on the frame.
6. Once the towel is centered, staple from the center staple toward the corners, leaving approximately two inches open (unstapled) at each corner.
7. At each of the unstapled four corners, make a "hospital" fold, then pin or staple it in place.

EMBROIDERED RUG

Materials: One 8x10-foot rug (we suggest using a rug with a looped—uncut—pile for best results); heavy rug yarn in appropriate colors; white nylon braid; large-eyed tapestry needle.

Instructions:

1. First, pick a motif. The floral and lattice design on the sheets we used was too intricate and small to reproduce on the rug, so we simplified the design and enlarged it. Use tracing paper, if need be, to copy a motif from your sheets.
2. Leaving a 12-inch border around the rug, appliqué white braid to the rug in a lattice pattern as shown.
3. Using simple stitches (satin, stem, chain, and French knots), embroider flowers on and around the lattice design. *Note:* It is best to use wool yarn for a wool rug, synthetic yarn for a synthetic rug. Repeat the motif at each corner of the rug.
4. Spray the finished embroidered designs with a protective fabric coating.

SITTING/SLEEPING ALCOVE

Materials: Two lengths of ¾-inch plywood to form the outside corner of the canopy (the walls form the inside corner). To determine the length of plywood you'll need, measure the length and width of your bed, and add two or three inches to each measurement; two lengths of 1x2s cut to the same size as the plywood boards; three pairs of Priscilla curtains; valances to equal approximately 30 feet in length; a studio throw, decorative throw pillows, or matching pillow shams.

Instructions:

1. Construct an L-shaped frame of ¾-inch plywood to form the outside corner of the "canopy." Nail 1x2s to the back edge of the plywood, then nail the frame to the ceiling. You will now have formed a rectangle slightly longer and wider than the bed.
2. Using upholstery tacks or a staple gun, fasten Priscillas to the *inside* of the frame and the wall. Use one pair at either end of the bed, and one pair for the front. Fasten the curtains high enough to just touch the floor.
3. Fasten valances to the top of the frame, both inside and out, and to the top of the inside wall corner.
4. Gather and tie the Priscillas to achieve the desired fullness and width.

MATTRESS PAD "SLIPCOVERS"

Materials: Mattress pads (for sizes, see instructions below); heavy-duty straight pins and/or Velcro; armless side chair, table, or ottoman.

Instructions:

1. Determine the size of pad(s) you need by first measuring the furniture to be covered. For a *chair*, start at the back and measure the distance from the floor to the top of the chair back, over the top, down to the front of the seat, the depth of the seat, and the distance between the seat and the floor. Next, measure the width of the chair, then add to that number 1⅓ times the distance between the floor and the top of the chair back. You now have two numbers; one for length and one for width. Buy a pad as close to these measurements as possible, and an extra one to make up any difference.

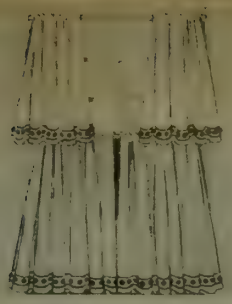
For a *table*, first measure from the floor to tabletop, across the table, then down to the floor again. Next, measure the width of the table in the opposite direction, and add 1⅓ times the distance from the floor to the tabletop.

2. The folding and tucking technique is simple, but before buying pads, you may want to practice with an old sheet.
3. After you've gotten the feel for folding, drape the pad lengthwise over the chair, with the edge of the pad near the floor at the back. Tuck the drape firmly into the back of the seat. If the pad does not touch the floor at the front of the chair, you may have to cut a piece from your extra pad (widthwise), and pin it to the larger pad.
4. Now, fold the pad around the sides of the chair, much as you'd wrap a package. Tuck raw edges out of sight, or fold them under. As the pad is folded from the front and back to the sides, it will cover the sides of the chair left uncovered in the original draping, and at the same time form "arms." Anchor all folds securely with pins or Velcro.
5. Buy extra-long pads for full-length draperies. For best results, we suggest you weight the hems. We used wooden rings and rods to hang the draperies. ■

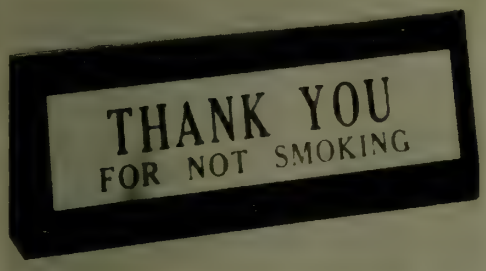
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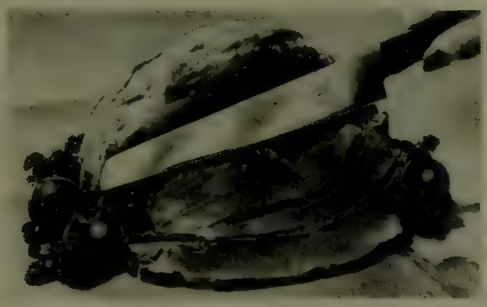
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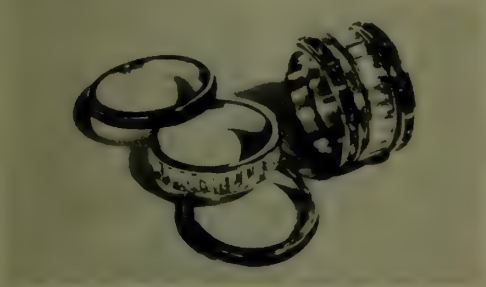
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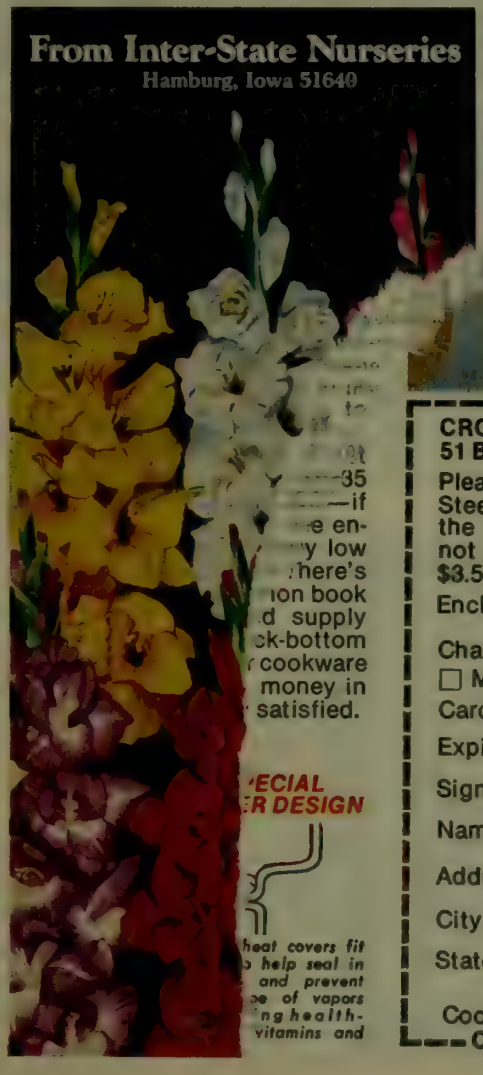
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continued

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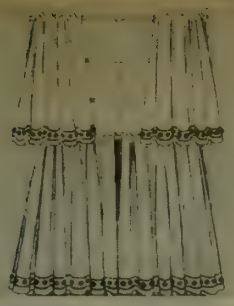
For a *table*, first measure from the floor to tabletop, across the table, then down to the floor again. Next, measure the width of the table in the opposite direction, and add 1⅓ times the distance from the floor to the tabletop.

2. The folding and tucking technique is simple, but before buying pads, you may want to practice with an old sheet.
3. After you've gotten the feel for folding, drape the pad lengthwise over the chair, with the edge of the pad near the floor at the back. Tuck the drape firmly into the back of the seat. If the pad does not touch the floor at the front of the chair, you may have to cut a piece from your extra pad (widthwise), and pin it to the larger pad.
4. Now, fold the pad around the sides of the chair, much as you'd wrap a package. Tuck raw edges out of sight, or fold them under. As the pad is folded from the front and back to the sides, it will cover the sides of the chair left uncovered in the original draping, and at the same time form "arms." Anchor all folds securely with pins or Velcro.
5. Buy extra-long pads for full-length draperies. For best results, we suggest you weight the hems. We used wooden rings and rods to hang the draperies. ■

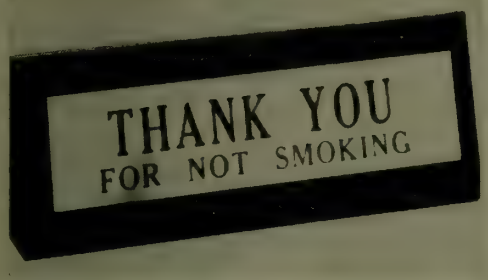
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by Ann Lively



Country curtains, pom pom trim
50% cotton/50% permanent press in Nat. edged with grn. or gold (specify) pom pom braid. 90" W pr. 20", 25", $7.50 pr.; 30", 36", 40", $8.25 pr.; 45", 54", 63, $11.50. Val. 10"x80", $4.75; $2 post. Cat. free. Country Curtains, BHG1, Stockbridge, MA 01262.



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To get your message across. Tastefully asks visitors to refrain from smoking. Engraved black lettering on aluminum plate. Mounted on a walnut base, 4½" x 2". Order style DEA-2, $3.95. Spear Eng., Dept. 3095, Box 7025, Colorado Springs, CO 80933.

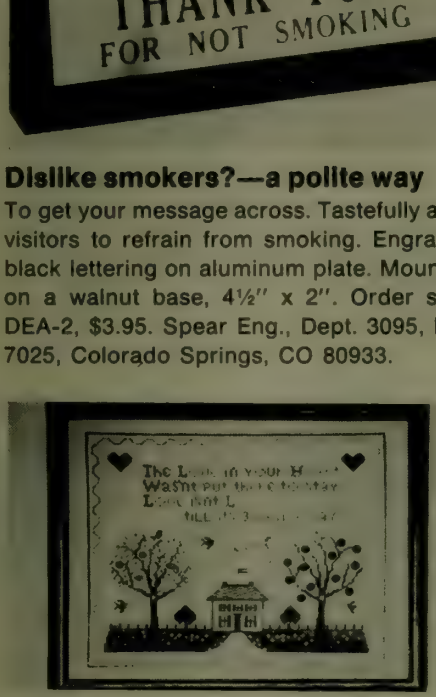


Molybdenum vanadium steel knives
With rosewood handles, sharp, tough & long lasting. Carver 14¼", cleaver 12¾", cook's knife 10¾", parer 8". Set of 4, $9.98, two sets; $18.96 plus $1 postage. (PA res. 6% tax) American Consumer, Dept. VM-337, Caroline Rd., Philadelphia, PA 19176.



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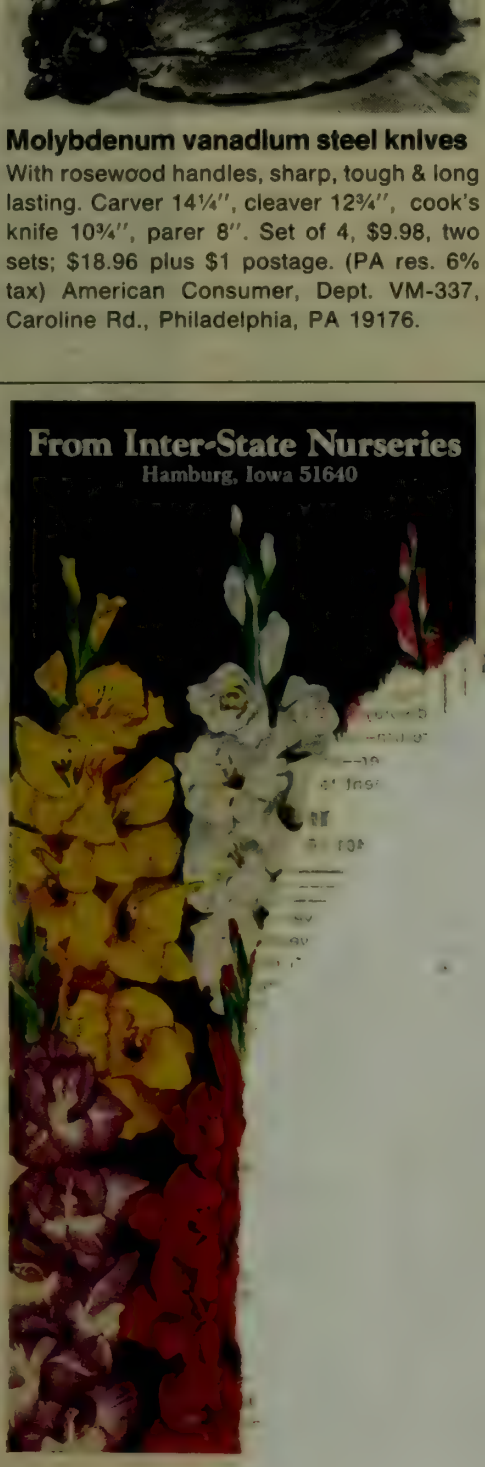
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Kit to make this nostalgic cross stitch sampler includes design on 24½" x 22½" oyster polyester blend fabric, crewel yarns in red, orange, yellow, blue, gray & pink. Fin. 19½" x 17½", $7.95 + 75¢ post. The Stitchery, Dept. BHG1, Wellesley Hills, MA 02181.



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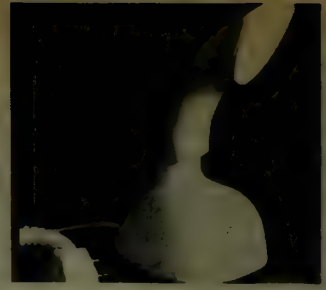
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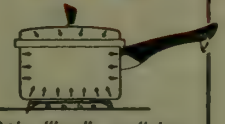
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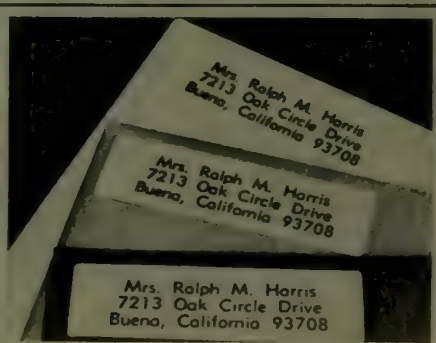
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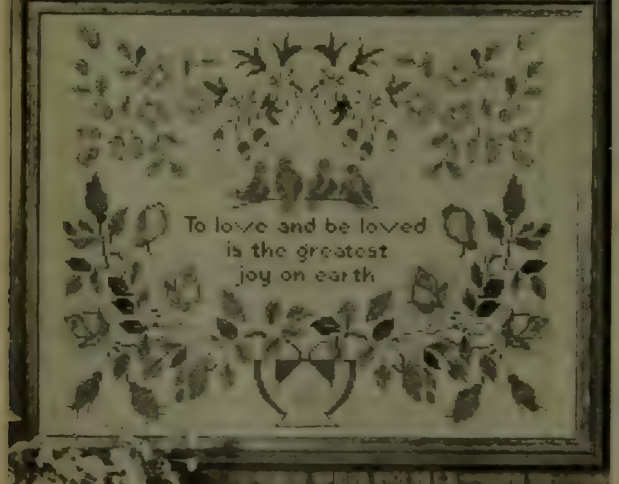
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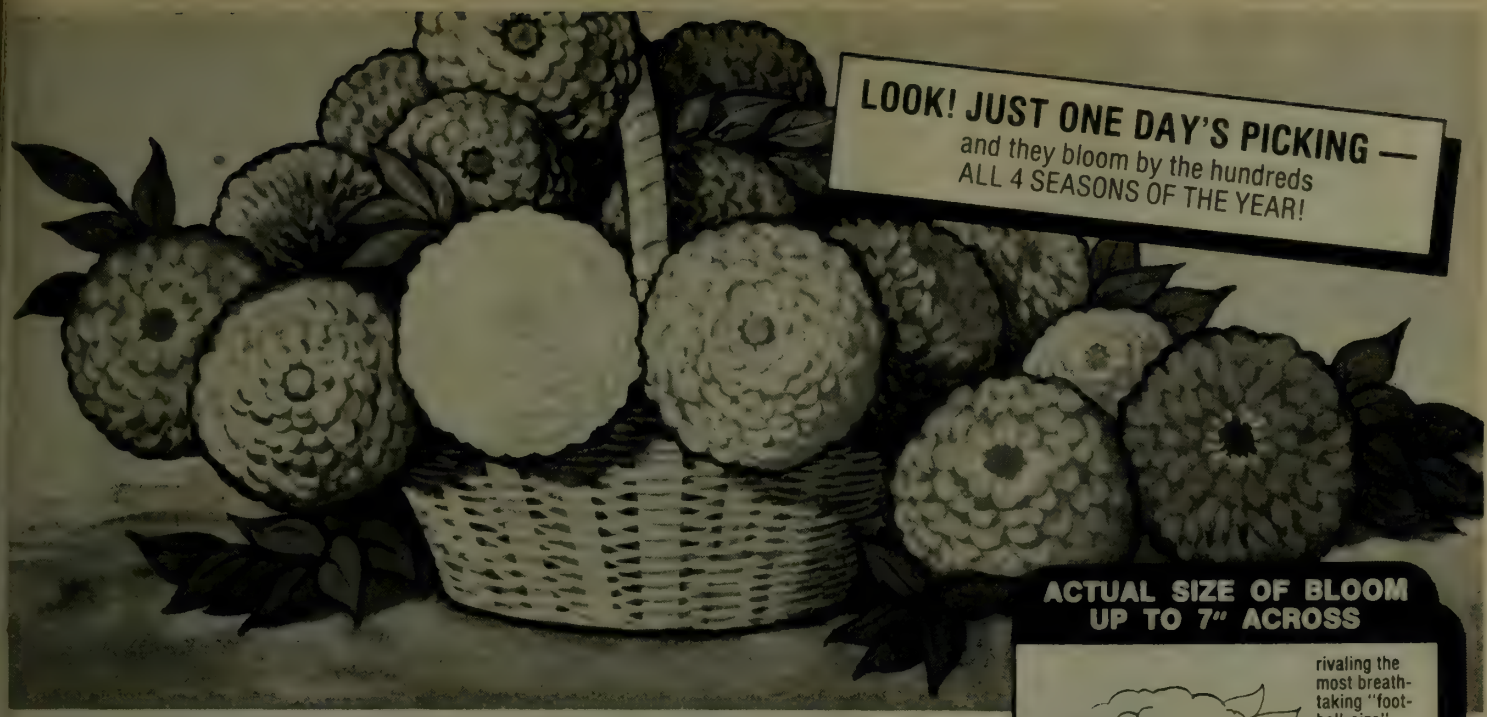
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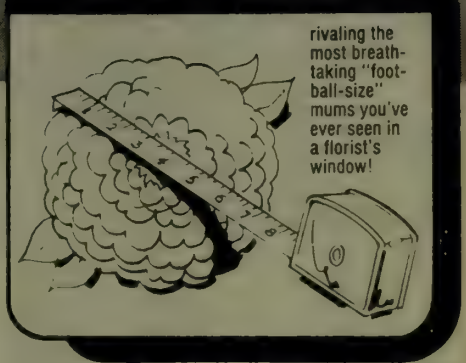
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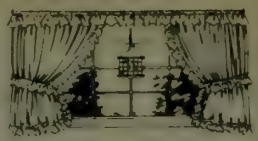
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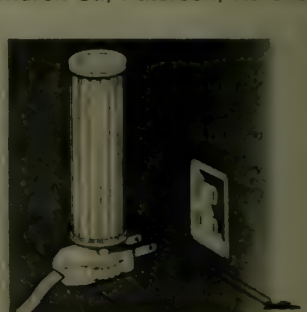
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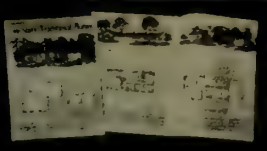


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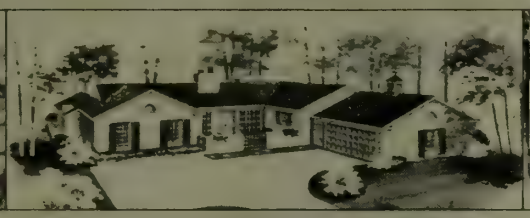




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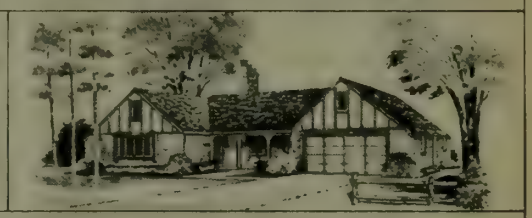




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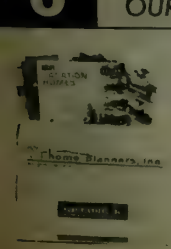
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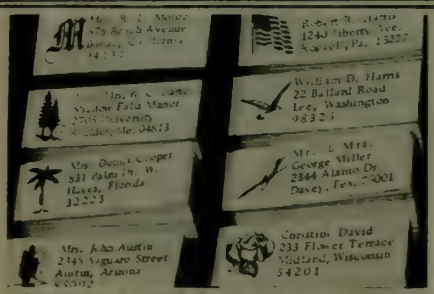
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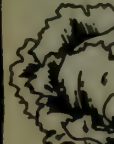
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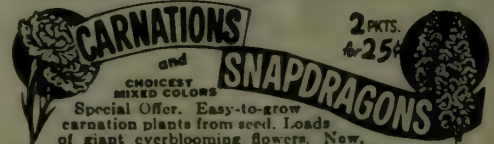
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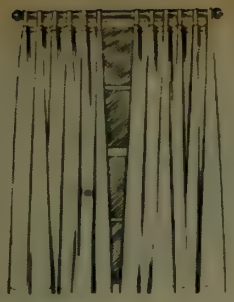
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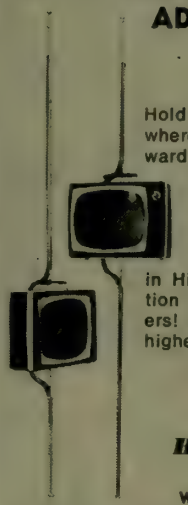
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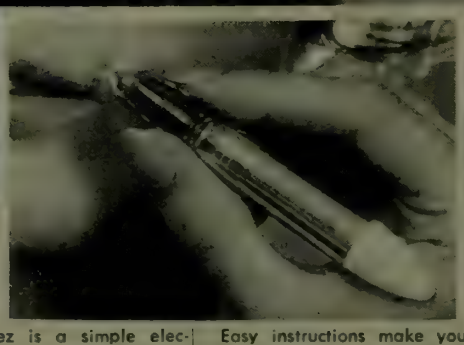
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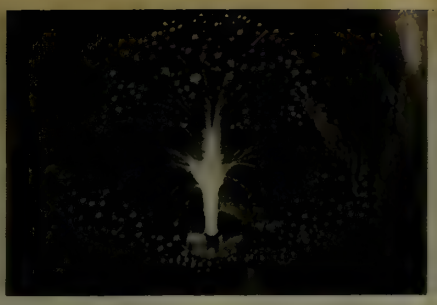
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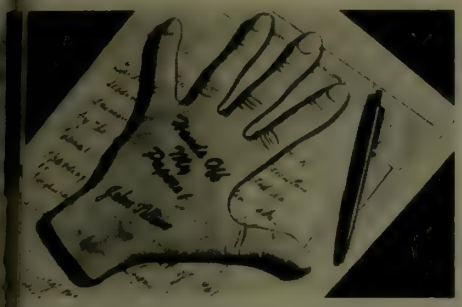
A full-color rose catalog

Features the latest award-winning varieties & familiar favorites. Also, a selection of top quality bulbs, fruit trees and vegetables. Jackson & Perkins fully guarantees uality and performance of all their products. Write for free catalog. s '77, 33-G Rose Lane, Medford, Oregon 97501.



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Life-size hand, cleverly crafted from natural wood! Your name hand-lettered in matching black script. Outspread fingers hold down bills, memos, etc. 9½" x 8¾" x ½" k," with clear protective varnish. Please Print. $2.99 ppd. Walter ke, BH95, Drake Bldg., Colorado Springs, Colorado 80940.



The Porch-Lift system

Meets lifting needs up to 53", 72", 84" & 96. All key-operated, uses standard 110-volt electrical current, Maximum lifting capacity 400 lbs. Write for free brochure: American Stair-Glide Corp., Dept. EBHG-17, 4001 E. 138th., Grandview, Missouri 64030 (816-763-3100)



Pencils & pens with name

Personalized with name imprinted. Made with smooth No. 2 lead and erasers; set of 14 pencils $1. Also, quality Stick Pens with blue ink, set of 10, $1.25. Please add 20¢ post- each set. Order from Atlas Pencil Co., Dept. BHG, Hallandale, rida 33009.



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A must for every home and barber shop. Made of soft plastic, wipes clean easily. Keeps itchy hair from falling down back or on the floor. Ideal when giving home permanents, no spots & stains. $1.59 + 35¢ postage. Order from Holiday Gifts, Dept. 401-7K, Wheat Ridge, Colorado 80036.

continued

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You'll learn how it was to cook in early America, even how to have your own walk-in fireplace, in the pages of

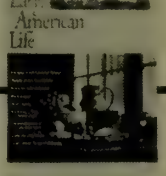


Early American Life

Readers of *Early American Life,* our bi-monthly magazine, are concerned with bringing the warmth and beauty of the 18th century into their homes today. They find out about places to visit to see things done the old way, and learn new ways to build and restore the furnishings and houses of young America. If you yearn to stencil a wall, cane a chair, lay a wide board floor, or collect authentic recipes for fireplace cooking, *Early American Life* may become your favorite source. We'll tell you how it was to live then, and how to do a little of that kind of living now! Each subscriber becomes a member of the Early American Society with full privileges, including buying books at discount, and traveling at special rates with fellow members.

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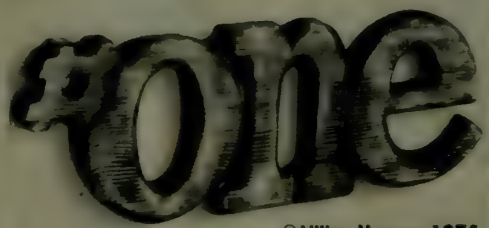
Foam preshaped cradle pillow with side wing and "neck roll" designed to support neck in alignment whether sleeping on back, side or stomach. 26" x 11". $11.95. Satin zipper cover $3.29 extra. Better Sleep, Inc., Dept. BH1, New Providence, NJ 07974.



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HOLIDAY GIFTS
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8913 #One (Was $3.98) $2.98

Add 60¢ post. & hdlg. NY res. add taxes

LILLIAN VERNON Dept. H13, 510 S. Fulton Ave., Mt. Vernon, NY 10550

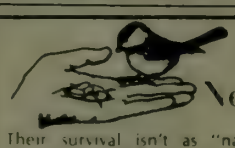


Jack Daniel's low-ball glasses

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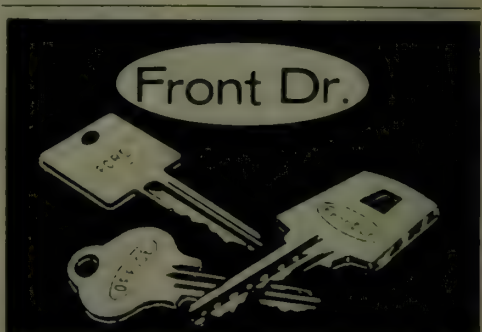
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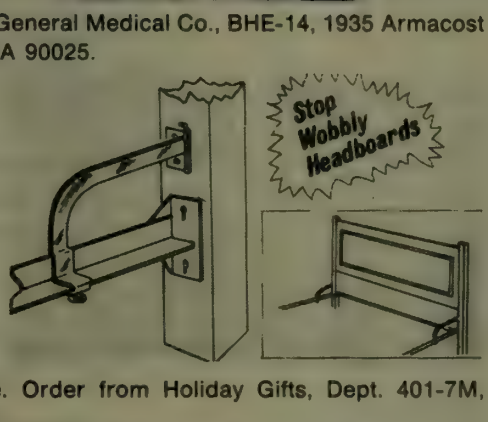
From Italy, hand painted with genuine Gold Leaf. Elegant Gold kiln-fired initials added. A heavenly heart box that will please collectors. 2⅞" across, #2245 $6.98 + 50¢ post. (Print 2 initials) Lillian Vernon, Dept. H1E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.

Hair today—gone tomorrow



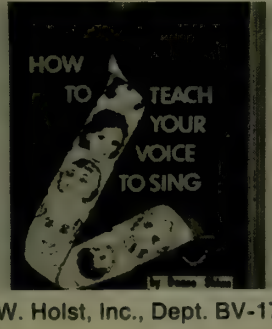
Electrolysis a permanent method; Perma Tweez removes hair from face, legs, body in the privacy of your home. U.S. patented satety feature destroys hair root without puncturing skin. $19.95 ppd. General Medical Co., BHE-14, 1935 Armacost Ave.. W. Los Angeles. CA 90025.

Stop wobbly headboards



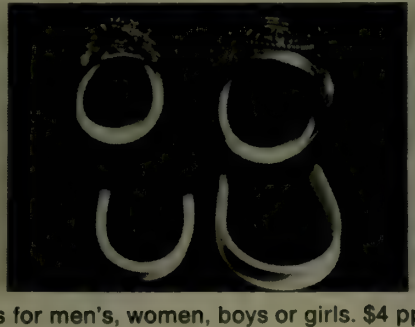
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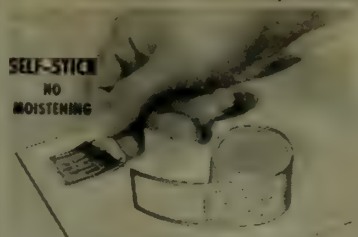


Versatile, comes in natural rattan, holds books, knick-knacks, beauty aids on two sturdy wood shelves. 15" x 7" x 18" high. $13.95 + $2 postage. Painted in white, yellow or green add $3. Catalog 25¢. Fran's Basket House, Dept. BH-1, Route 10, Succasunna, New Jersey 07876.

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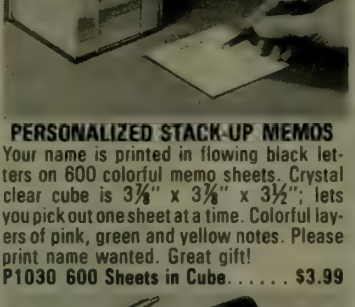
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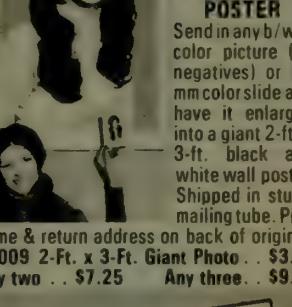
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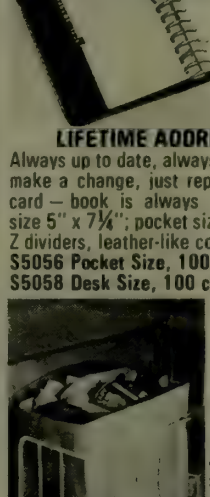
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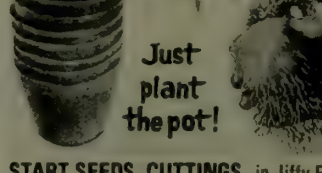
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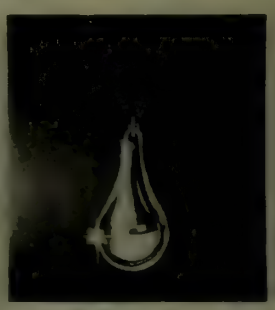
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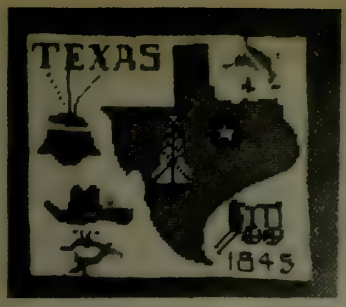
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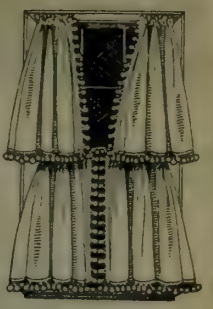
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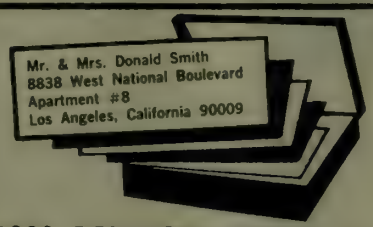
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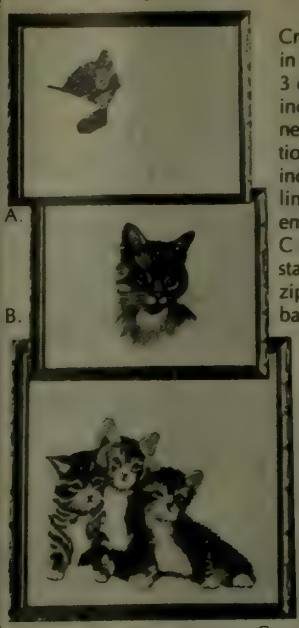
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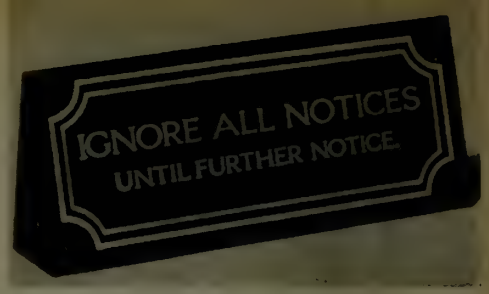
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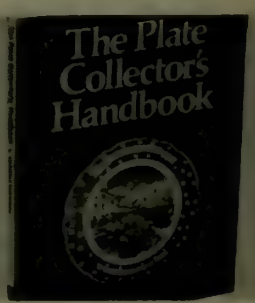


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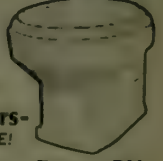
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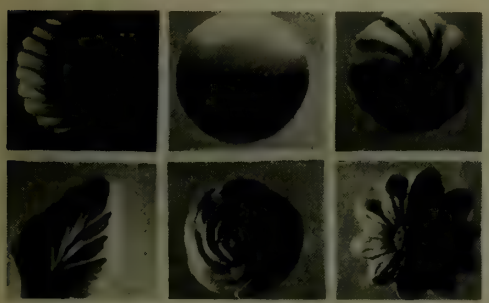
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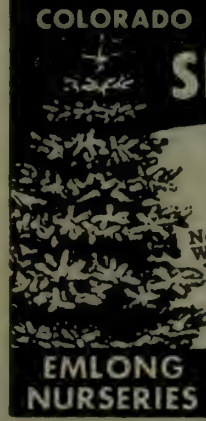
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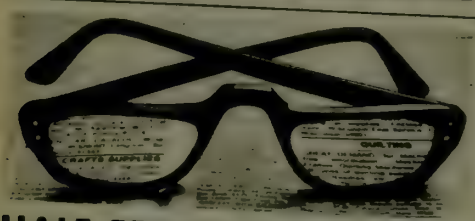
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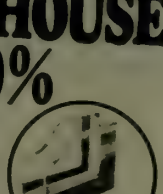
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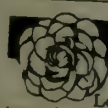
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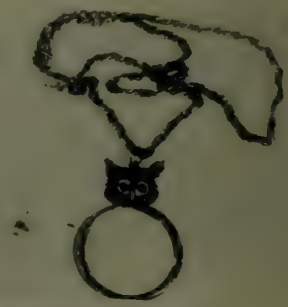
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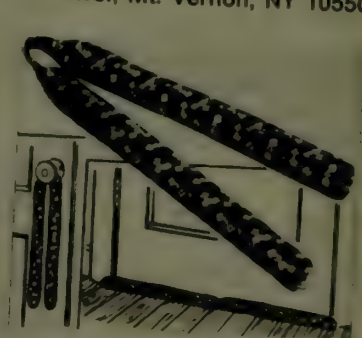
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Stop cold air—Draft Stopper

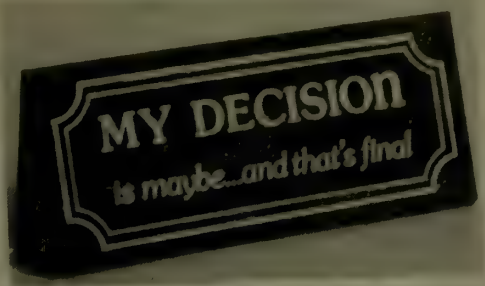
Saves on heating costs; stopper is filled with thermal insulation, sand covered with sturdy floral fabric. Adjusts from 18" to 40". Hangs over the door for storage. $4.98; 2 for $9.50; 4 for $18. Add $1 post. Ferry House, Dept. BH-1, Briarcliff Manor, NY 10510.

...tha Ann's ...uilt rack



Copy of an antique bought from an 1850 homestead. Curving lyre feet & top; 3 rods display your quilt, comforter, afghan etc. 30" H, 23½"W, 15½"D. Shipped K.D. Easily assembled. Unfin, $19.95; Fin. in antique, $29.95; $2.50 post. ea. Yield House, Dept. D71W, North Conway, New Hampshire 03860.

My decision is maybe—plaque



Your favorite executive will love this one! A way out of all those difficult decisions. Silver lettering on rubbed walnut; 24-K gold border frames the wording. 4½"L x 1¾"H. PF-20, $2.95 ppd. Spear Engineering Company, Dept. 3092, Box 7025, Colorado Springs, Colorado 80933.

Piggy-back thread & bobbin holder



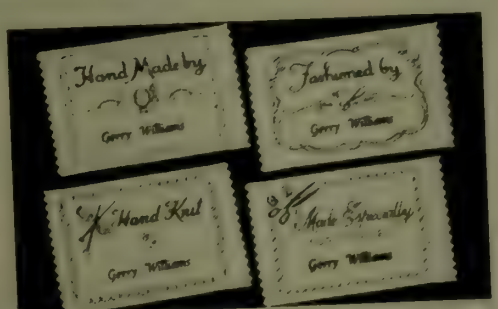
See at a glance the colors of your thread and round bobbins. Hang on the wall or place in a 3" deep drawer. Made of white plastic, holds 20 spools & bobbins. 9½" x 10½" x 3". $3 ppd. (CA res. add tax). MTH Enterprises, Dept. BH-1, 10191 E1 Corazon Avenue, Fountain Valley, California 92708.

Genuine red coral —so versatile



The lovely Red-Orange colors are simply beautiful. Necklace is 18" long and totally handmade. $12.50 each plus $1.25 postage (limit five necklaces per person). Order from Rarities, Dept. BH-1, 256 South Robertson, Beverly Hills, California 90211.

Personalize your stitchery with labels



Made of rayon taffeta; give your handmade garments that "special touch." Sew them into dresses, knitted items, etc. Eggshell with red & brown trim. Name imprinted to match. Specify choice of label, print name. 15/$1.50; 45/$2.50; 60/$3. Holiday Gifts, Dept. 401-7N, Wheat Ridge, CO 80036.

The ascot with a difference



Shapes to the neck, adjusts to size and stays comfortably in place with Velcro closure. Polyester plain shades Navy, Wine, Brown, Rust, Red, Yellow, Green, White, Black. Dots & Paisleys in Estron; Navy, Wine, Brown, Green. $5.95 + 50¢ post. ea. Ost Cravates, Dept. C12, Champlain, NY 12919.



Skiing Fever Sale!

on name markers for mailboxes, lamp posts & lawns

HURRY UP—ORDER BEFORE FEBRUARY 28TH

SAVE $2.00

OR WAIT—ORDER BEFORE MARCH 31ST

SAVE $1.00

we ship in 48 hours/satisfaction guaranteed or your money back

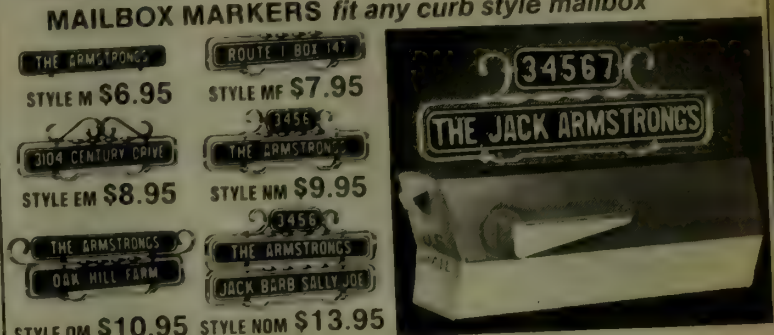
Spear DAY-n-NIGHT MARKERS

LAMP POST & WALL MARKERS *for home or office*



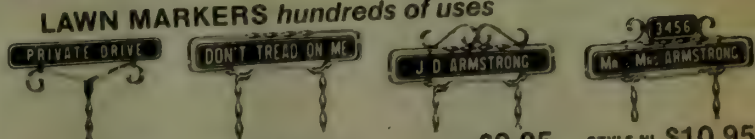
STYLE BR $7.95 STYLE EB $9.95 STYLE NB $10.95 STYLE OB $12.95

MAILBOX MARKERS *fit any curb style mailbox*



STYLE M $6.95 STYLE MF $7.95
STYLE EM $8.95 STYLE NM $9.95
STYLE OM $10.95 STYLE NOM $13.95

LAWN MARKERS *hundreds of uses*



STYLE L $7.95 STYLE LF $8.95 STYLE EL $9.95 STYLE NL $10.95

Along about this time of the year, people get skiing fever, so we're having a skiing fever sale! Order before February 28 & deduct $2.00 per marker! Or go skiing for awhile—order before March 31 and deduct $1.00 per marker. Hurry & save more but either way you'll save money!

- Any wording you want—same both sides.
- Room for 17 letters or numbers on long (18" x 2½") plate; 6 on short (7" x 2½") plate.
- Your wording custom-formed in rustproof aluminum plates; tough black baked enamel coating with raised white reflecting letters.
- Solid aluminum frames in natural satin-finish complete the beauty of these fine nameplates!

Thoughtful personalized gifts for all occasions!



CALL US! To place Bank Americard or Master Charg orders only, call Pam at: (303) 471-9850 between 8 AM and 4 PM MST, Mon. thru Fri. (no collect calls, please

THE SOONER YOU ORDER—THE MORE YOU'LL SAVE!

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Box 7025, Dept. 4971, Colorado Springs, Colo. 80933

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STYLE →	ANY WORDING YOU WANT

Ordered by
Address
City, State, Zip

PRICE $
ADD POSTAGE & HANDLI
☐ REGULAR $ .95
☐ FASTEST $1.60

IMPORTANT – Deduct $2.00 if ordered before Feb. 28, 1977; deduct $1.00 if ordered after Feb. 28 but before Mar. 31, 1977. No limit – list extra orders separately! $

EARN MONEY SELLING OUR MARKERS – Write us soon! TOTAL $

SKIING FEVER SALE!

The Man Next Door®

The main problem with this post-holiday period is that you no longer can put off until after the holidays all the things you were supposed to do a month ago.

Grandmother Hillis has turned into a CB radio fanatic. She says, "There hasn't been anything like it since the old-time rural telephone party lines."

They had to abandon the poor man's party as a church supper idea. The poor man's fare—pork and beans—turned out to be too expensive to make the party self-supporting.

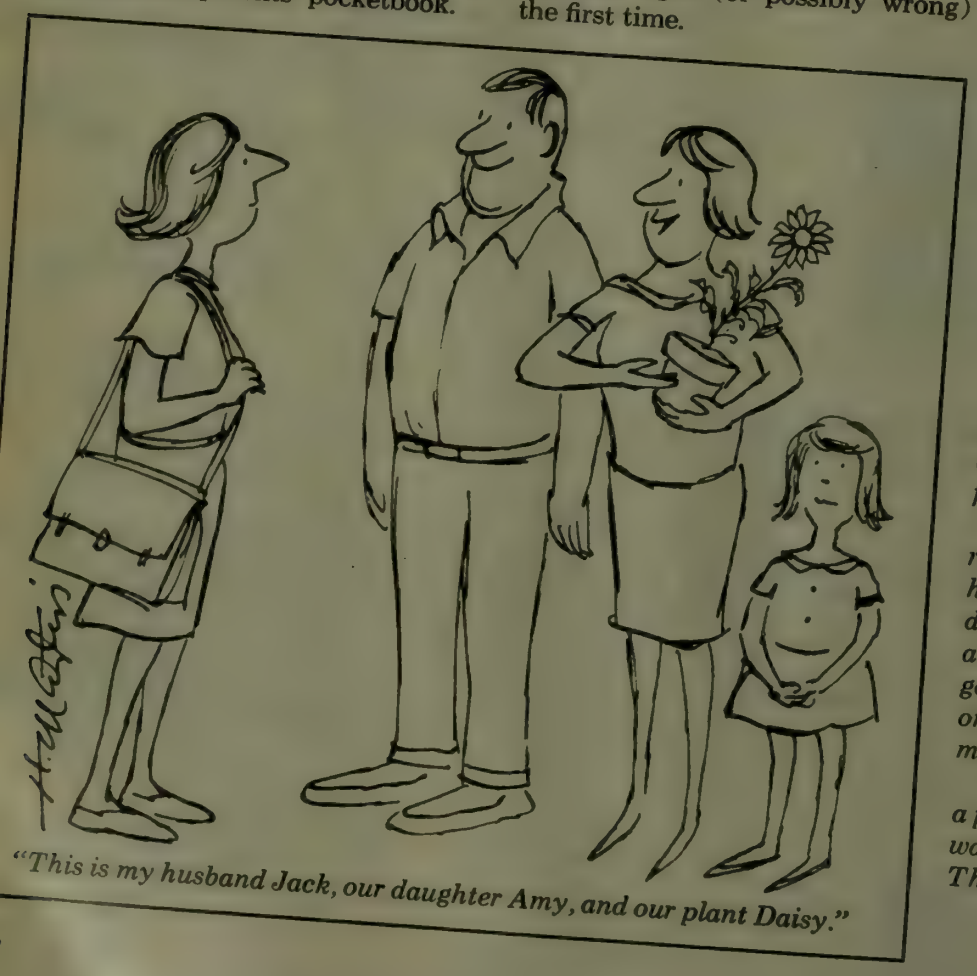
Ken Floyd really lived it up when his wife was out of town recently. For two nights in a row he had onions on his hamburgers.

A recent trip to the dentist proved that braces are still great for a child's teeth but they're getting worse and worse for the parents' pocketbook.



Fred Tompkins says he has loved this countryside so much over the years, despite its occasionally ornery weather, that he's glad his great-grandparents ran out of money before they got any farther west.

I've found that the trouble with most repairs around the house is that you do the same one so seldom that by the time it comes around again, you've forgotten exactly what it was you did right (or possibly wrong) the first time.



"This is my husband Jack, our daughter Amy, and our plant Daisy."

Elaine Cowan, heading for a winter vacation, has a packaging complaint. Why is it, she wonders, that what looks just right in a pantsuit looks overpacked in a bikini?

Christine laughed when I carefully closed the safety pin before throwing it into the wastebasket. "We don't have toddlers to watch out for anymore," she said.

It was then I realized I was hooked—once a parent, always a parent.

I still put certain medicine bottles out of a child's reach, still knot those plastic bags that can smother tots.

When I make a sudden stop in the car, I still throw my right arm over to the passenger seat—to protect the baby no longer there.

It's still a reflex to look for the toddler or the tricycle before I back the car from the garage—only now I look for bicycles, too.

On top of the safety precautions I've built in for infants and small children, those I've started for teenagers are probably unshakable, too. For example, I can never see 18-year-old Rosemary start off in the family car without saying, "Drive carefully."

Will it ever end? My experience leads me to think there's no cutoff date for parental concern.

I recall the first Christmas that Chris and I were married. We lived in a distant town, were broke, and were away from home at Christmas for the first time.

On Christmas Eve an envelope arrived from Dad Hillis, who didn't have much money himself in those days. The envelope contained just a brief note—"Son, you and Chris go out and have a holiday dinner on Mom and me"—and a check for more than he could afford.

That may not have been closing a pin or knotting plastic bags—but it was a lifesaver for Chris and me. That's concern.

Burton Hillis

ADDITIONAL RESPONSES TO THIS BOOK ARE ON PAGE B-1.

Better Homes and Gardens.

CIRCULATION 8,000,000
February 1977 • 75¢

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Wildflowers that bloom forever in needlework crafts
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How to decorate a "basic box" house

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A touch of Oriental mystique. Thomasville Tokaido in exotic woods.

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That Thomasville Look combines venerable designs of the past and adapts them to today. With Tokaido, the look is imported from the Orient and expressed in two distinctive finishes.

For the Tokaido dealer nearest you, call toll-free anytime: 800-243-6061 (in Conn., 1-800-882-6500).

Write for the 230-page idea-packed decorator's dream: "Homemaker's Guide." Send $3 to Thomasville Furniture, Dept. BH-177, Thomasville, N.C. 27360.

The luxurious Dreamspun carpet is also from The Indoor World® of Armstrong.

Thomasville®
FURNITURE

FROM THE IND[illegible] WORLD® OF Armstrong

How to keep your Armstrong carpet looking beautiful

Every Armstrong carpet is specially developed to provide the best combination of performance features for the price you pay. Careful selection of color, construction, and fibers . . . combined with up to 80 performance checks . . . is your assurance that you've made a good buy. But of course an important key to your carpet's enduring beauty is the care you take to keep it looking its best.

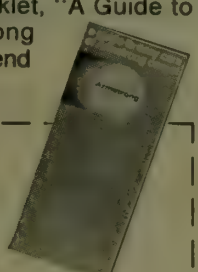
An ounce of prevention

. . . is worth a pound of cure—a saying that certainly applies to carpet care. Here are a few basic rules to follow:

- Use walk-off mats at all entrances to absorb soil and moisture.
- Use a good carpet pad, particularly on stairways; it will add considerably to the wear life of your carpet.
- Vacuum at least once a week to remove dirt before it can become embedded.
- Be careful with cleaning agents to be sure they won't remove the color. Test them by applying a few drops to the carpet and holding a white tissue against the area for 10 seconds. Check the tissue for color transfer; then let the carpet dry, and examine it for any change.

Free booklet

The ...nd many other useful tips (includin... ...noval of specific stains) are availab... ...n our booklet, "A Guide to Easy Care ...of Armstrong Carpet." ... ...ee! Just send us the cou... ...below.



Armst...
7702 ...ern Street
Lan... , PA 17604

Pleas... ...nd me your free "Guide to Eas... ...e of Armstrong Carpet."

Name _____

Street _____ Apt. _____

City _____

State _____ Zip _____



Armstrong gives you everything you expect in a carpet—but second thoughts.

With an Armstrong carpet, you won't have second thoughts about finding the right color or pattern. Not with our broad selection.

No second thoughts about performance, either. Because fibers, yarns, and backings must all meet rigid Armstrong standards. We perform as many as 26 quality-control inspections during manufacturing. And conduct up to 80 performance tests, including tests for resistance to stains, abrasion, crushing, and fading.

Pacesetting design. Total control over manufacturing. Extensive performance testing. Together they add the difference you expect from Armstrong. Reliable value.

Dreamspun (above) is a fine example. It's a lush Saxony plush, designed to retain its beauty, even under heavy wear. It's soft and luxurious, a durable combination of spun nylon and polyester, blended to resist static electricity, abrasion, soiling. Think of Dreamspun in your bedroom, living room, or dining room.

Thinking of new carpet? Think of Armstrong. Avoid having second thoughts.

For more Armstrong carpet information, write for free literature to Armstrong, 7702 Stern St., Lancaster, Pa. 17604.

Armstrong

CREATORS OF THE INDOOR WORLD®



Sunny Designer Solarian® by Armstrong.

The only no-wax floor with the richness of Inlaid Color.

What keeps Solarian shining so bright? The Mirabond™ wear surface. It keeps that sunny shine, without waxing or buffing, far longer than an ordinary vinyl floor. And the cleaner you keep it, the brighter it shines. Just sponge-mop with detergent and rinse thoroughly. Black heel marks come up easier, too.

What gives Designer Solarian such richness of color and depth of design? Inlaid Color. Beneath the Mirabond wear surface is a unique dimension we call Inlaid Color. You see, Armstrong makes Designer Solarian the same way we've always made our finest-quality floors: with a buildup of thousands of varicolored granules . . . in much the same way beautiful materials are created in nature.

Compare the depth and realism of Inlaid Color in Designer Solarian side by side with all the other no-wax sheet floors, with their "printed-on" designs. You can't miss the difference.

Even our best no-wax floors may eventually show some reduction in gloss where foot traffic is heaviest. So, if you ever need it, your retailer can supply a special Solarian Floor Finish, which can be applied occasionally to maintain the shine.

For complete color brochures and maintenance instructions, write Armstrong, 7702 Elm St., Lancaster, Pa. 17604. We'll also list your nearest Armstrong retailers. Or, find them in the Yellow Pages under "Floor Materials." Many are authorized "Floor Fashion Center®" retailers, offering the best in selection and service.

Armstrong

CREATORS OF THE INDOOR WORLD®

Armstrong Answers:

What keeps a Solarian® floor shining?

First of all, Solarian is born to shine. Its special Mirabond® wear surface keeps its high gloss without waxing or buffing . . . far longer than ordinary vinyl floors.

The cleaner you keep it, the brighter it shines! Instead of adding a shine with a wax or polish, you keep Solarian bright by cleaning it to keep its natural shine glowing. Dirt buildup or detergent film can make the floor appear to have lost some of its gloss when, in fact, the shine is just hidden. And when the Mirabond wear surface is kept free from film, most dirt, spills, even black heel marks, will come up more easily.

What's the best way to clean Solarian? Use a good sponge mop and a solution of general-purpose liquid detergent, pressing hard enough to loosen dirt in the embossing. Rinse each area with clean warm water, even though labels on most detergents say, "Don't bother." Rinsing is the most important step, since detergent film left on a floor will hold tracked-in dirt and dull the surface as well.

Protection is important, too. Unusual abrasion such as gritty dirt, and sliding furniture without proper floor protectors, can cause wear that will dull the shine. So between moppings, it's a good idea to sweep or vacuum your floor regularly. Place a doormat at every outside door to reduce tracked-in dirt. And it's best to put floor protectors on the feet of sliding chairs.

Will a Solarian floor ever lose its natural shine? Depending on how busy your home is, in time, normal foot traffic may begin to reduce the gloss of the surface. This will happen so gradually, you may not find it objectionable. But if you wish, the retailer who sold you the floor can supply Solarian Floor Finish, which can be applied from time to time to maintain the shine the way you like it. If you decide to use Solarian Floor Finish, be sure the floor is first thoroughly vacuumed, washed, rinsed, and dried, or dulling dirt will be trapped under the layer of floor finish.

Armstrong
7702-A Elm St.
Lancaster, PA 17604

Please send me the booklet *How to Keep Your Armstrong Floor Looking Its Best* and color brochures of all the "sunny floors that shine without waxing."

Name_____

Street_____

City_____

State_____ **Zip**_____

...one good Armstrong deserves another.

Cozy up your kitchen with Olde Hickory, a new Armstrong ceiling.



Notice the sunny Solarian® kitchen floor (opposite page). It really makes the kitchen bright and cheerful. But don't stop there. You can have a great look overhead, too. With charming Olde Hickory ceiling. Olde Hickory adds the look and feel of rustic, weathered boards and planks to your kitchen . . . or any room. But Olde Hickory doesn't stop there. It's washable *and* fire-retardant. And, of course, you can install it yourself. Whether you're fixing up an old ceiling or adding the finishing touch to a new room, Armstrong has more than 30 beautiful tile and suspended ceilings you can put up. See them this weekend at your retailer. He's in the Yellow Pages under "Ceilings."

For more information, write to Armstrong, 7702 Sun Street, Lancaster, Pa. 17604. We'll send you names of retailers near you and free color brochures showing our complete ceiling selection.

Armstrong

CREATORS OF THE INDOOR WORLD®

KitchenAid disposers. When you're tired of being in a jam.



With a KitchenAid disposer, you don't have to use a broom handle to break up jams.

The KitchenAid unjams itself. A touch of a button activates our exclusive Wham Jam Breaker which breaks the jam with 120 jolts a second.

Of course, a KitchenAid disposer is built not to jam. It has a big 1/2 HP motor that grinds up all kinds of garbage, even tough stuff like steak bones and corn husks.



In fact, KitchenAid stainless steel disposers are so well built we offer a five year limited warranty. Stainless steel grind chambers and cast iron drain chambers fight corrosion, the major cause of disposer failure.

See your KitchenAid dealer. Or send us the coupon.

KitchenAid®
Disposers.
You'll say they're the best.

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Hobart Corporation
Troy, Ohio 45374

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THE IDEA MAGAZINE FOR BETTER HOMES AND GARDENS
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Right now at Sears! Your Choice Sofa Sale

SALE! OUR LOWEST PRICES EVER! Jan. 24 through Feb. 20, 1977

A toast to Sears Champagne Sofa Collection! A toast to the lowest prices ever on these selected groupings!

Your choice of pieces

The possibilities are endless. At least one is waiting to dress up your room. In addition to these three suggested sale groupings (Sears lowest prices ever!), you can save at least 20% on every other piece in Sears Champagne Collection.

Your choice of fabrics

Choose from 19 popular, versatile and very durable fabrics. All at least 20% off. (Fabrics pictured are included in the sale price.)

Durable construction, too

Kiln-dried, all wood frame construction. Doweled and double-doweled joints. Corner bracing. No-sag base construction. Padded arms. Seat cushions made from 5" of polyurethane foam. Loose back cushions.

Sale ends February 20, 1977

Don't miss it! Sears Champagne Sofa Collection is on sale Jan. 24, through Feb. 20, 1977 at most Sears larger stores as part of Sears Great Indoors Sale!



Save 20% on these other pieces.



Sofa Sale $369.88* – reg. $489.95
Demi-Sofa Sale $299.88* – reg. $409.95



Sale $697.88* – reg. $1019.95
Three-piece sectional including sofa-sleeper and ottoman

Only at Sears

© Sears, Roebuck and Co. 1977
*Prices higher in Alaska and Hawaii

Sale $597.88*
reg. $899.95
Three-piece sectional including ottoman





Kitchen Bouquet makes the difference.

We brushed only the right side of this steak with Kitchen Bouquet® and left the other side plain. After cooking, you can see the Kitchen Bouquet side has the richer browner crust. Kitchen Bouquet also helps bring out the meat's own natural, juicy flavor. (It makes great homemade gravy, too.)

So judge for yourself. Side by side, Kitchen Bouquet makes a difference.

Kitchen Bouquet. No kitchen should be without it.



Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
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New tax laws: how they affect you

The massive tax bill passed last fall not only continued the 1975 tax cuts and plugged up a few loopholes; it also brought a number of specific changes that will benefit the average family—for example, changes concerning child care costs, alimony payments, and do-it-yourself pensions. At the same time, the law tightened the rules in such matters as the use of your home for business, rental of a second home, and sick pay allowances.

Three tax terms to remember

As you review the new tax rules, keep in mind the differences among three basic terms:

- **Deduction.** A sum that you can subtract from your income before you figure your tax. Deductions can be *"itemized"* for certain expenses, such as mortgage interest or charitable contributions. Or, you can take a *"standard"* deduction—a fixed percentage of your income up to a specific ceiling.
- **Personal exemption.** Generally, a sum (currently $750 for each individual you support, including yourself) that you can subtract from your income before figuring the taxes. The exemption is doubled for people who are over age 65 or who are blind.
- **Tax credit.** A sum that can be subtracted directly from the amount of taxes you owe or have paid.

The new rules

- **Tax cuts.** Several tax cuts that Congress passed in 1975 were extended or slightly expanded by the new law:

1. In addition to taking the $750 *exemption* for each dependent, you have two choices: First, you can take a $35 *tax credit* for each personal dependency exemption you claim—up from $30 last year. Only one credit per person is allowed; you cannot double the $35 when age or blindness allows you a double exemption.

Or, second, as an alternative to taking the $35 credit, you can take a credit of two percent of the first $9,000 of your taxable income. Do the math both ways; numbers of dependents and actual income can make a difference.

2. The *low-income allowance*—the amount you can earn without having to pay any federal tax—is $1,700 for single people and $2,100 for couples filing a joint return. Adding in the $750 exemption, here's how much you can earn altogether without paying federal taxes:

Single	**$2,450**
Joint return	**$3,600**
Single/over 65	**$3,200**
Joint/over 65	**$5,100**

3. The *standard deduction* is 16 percent of your adjusted gross income, up to $2,400 if you are single, $2,800 if you are filing a joint return.

4. Low-income families with dependent children will continue to be entitled to the *earned-income credit*—a payment from the government of ten percent of the first $4,000 of earnings. The percentage of earnings diminishes above $4,000 a year, and there is no earned-income credit for an income above $8,000.

- **Retirement income credit.** The rules are more beneficial now, but they're complex. Check the IRS or your tax preparer if you think you'll be affected.
- **Child care expenses.** Beginning with the 1976 tax year, you get a better tax break for the cost of having someone care for your children under age 15 (or, under certain conditions, a physically or mentally disabled adult in your care) while you go to work.

Formerly, there was a limit on your tax deduction of $4,800 a year, with certain restrictions per month as well. Payments to relatives for child care were ineligible. You and your spouse both had to be working substantially full time. If your family income exceeded a certain level, you got no deductions at all. And you could not take the deduction if you did not itemize on your return.

The new bill changes the child care deduction to a *tax credit* of 20 percent of eligible expenses, up to a limit of $400 credit for one child, $800 for two or more. That way, you get a break even if you use the standard deduction, and generally there is no limit on family income.

Eligibility has become more realistic, too. Married couples can qualify even when one spouse is working only part time, is in school full time, or is disabled. So can divorced or separated parents who have custody of the children. And the credit now is available even for payments to relatives for child care services—provided certain tests are met.

- **Job-related moving expenses.** As of January 1, 1977, when you move more than 35 miles from your present home because of a job change, you may deduct all your actual travel and moving expenses, plus up to $3,000 for house-hunting and selling costs. The 1976 limits were 50 miles and a $2,500 ceiling.
- **Alimony.** Starting with the 1977 tax year, payments for alimony may be claimed as a deduction even though you don't itemize.
- **Do-it-yourself pensions.** Thanks to the pension law of 1974, someone not covered by company pension or profit-sharing plans is allowed to get in on some similar tax breaks by setting up an Individual Retirement Account (IRA). Yearly contributions of $1,500 or 15 percent of earnings (whichever is less) can be taken as a tax deduction whether or not

continued

3 good reasons to buy a new Montgomery Ward dryer.





1. Wrinkle-out dry system.

Continues no-heat tumble after drying cycle is completed to prevent wrinkles from forming.

2. Lint reminder light.

Special light goes on to remind you to remove and clean lint filter.



3. Montgomery Ward dryers come with Bounce.*

Bounce is the fabric softener that works in the dryer to make your cottons really soft. Controls static so synthetics don't cling. And leaves your clothes smelling clean and fresh. No liquids to pour and no rinse cycle to catch.



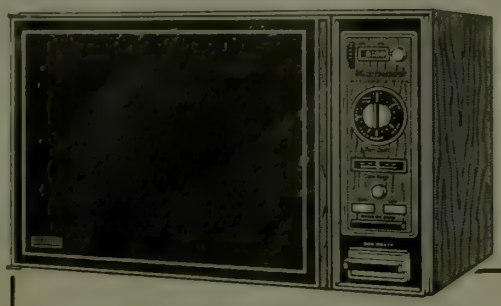
Bounce makes clothes really soft.
Bounce controls static so synthetics don't cling.
Bounce leaves things smelling clean and fresh.

*Bounce has agreed with dryer makers to supply Bounce samples and to feature their dryers in Bounce advertising.

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Quality is No. 1 at Litton!

76% of the independent microwave oven service technicians surveyed* recommend Litton.



Litton Model 419 microwave oven.

Litton leads all brands.

PREFERENCE FOR SPECIFIC BRANDS AMONG TECHNICIANS SERVICING THOSE BRANDS

Brand To Brand	Litton vs. G.E.	Litton vs. Amana	Litton vs. Magic Chef	AVERAGE PREFERENCE FOR LITTON VS. ALL COMPETITION – (weighted average)
Which Microwave Oven Brand would you recommend to a friend?	59% vs. 23%	66% vs. 18%	81% vs. 1%	76% vs. 8%
Which Microwave Oven Brand is easiest to repair?	68% vs. 5%	65% vs. 8%	71% vs. 0%	72% vs. 4%
Which Microwave Oven Brand is the best quality?	48% vs. 16%	50% vs. 26%	69% vs. 1%	63% vs. 9%
Which Microwave Oven Brand requires fewest repairs?	38% vs. 22%	42% vs. 24%	59% vs. 3%	53% vs. 12%
Which Microwave Oven Brand do you have in your home?	48% vs. 19%	59% vs. 18%	70% vs. 5%	67% vs. 10%

Among independent technicians servicing Litton and competitive microwave ovens, an average of 76% of those surveyed said they would recommend Litton to a friend. And an average of 63% identified Litton brand ovens as having the best quality.

You'll find it in our full line of advanced countertop microwave ovens, double-oven and combination microwave ranges.

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Need any more reasons to buy Litton? Ask your Litton dealer for a microwave cooking demonstration. For his name and number, call us right now, toll free **800-328-7777.**

Respondents represent independent microwave oven service agencies who service at least two brands of microwave ovens, (one of them Litton) and do not represent a factory owned service agency. Percentages add to less than 100% due to other responses (other brands and no preference).

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*Survey conducted by Custom Research, Inc. Complete survey results available on request.

LITTON
Microwave Cooking
1405 Xenium Lane No. Minneapolis, Minnesota 55440

Litton... changing the way America Cooks.

continued

New tax laws

you itemize, and any earnings on the fund are tax-free until the money is withdrawn. (There are costly penalties for premature withdrawal.)

Beginning in 1977, the new law raises the amount you can contribute tax-free if you have a spouse who does not earn money: Limits for a jointly held IRA under those circumstances are up to $1,750 a year. Or you may be able to set up two accounts, individually owned, and contribute up to $875 apiece.

● **Vacation home rentals.** Uncle Sam has tightened the noose on business deductions for depreciation, utilities, maintenance, and other such costs associated with vacation home rentals. As of the 1976 tax year, when you use the home for yourself for more than two weeks a year, or more than ten percent of the annual rental time, your business deductions cannot exceed the income you get from rentals. On the other hand, you don't have to report rental income at all when you rent the home out for less than 15 days a year. You're not allowed any business deduction then, of course.

● **Using your home for business.** These rules are more restrictive now, too—beginning with the 1976 tax year. The new law still allows you to take deductions for the portion of your rent or mortgage, utilities, and other expenses attributable to your home office—but only when that area in your house is used exclusively and regularly as your place of business, or when you use that spot on a regular basis to meet with customers, clients, or patients. Furthermore, your deductions cannot be greater than the income you produce in that office.

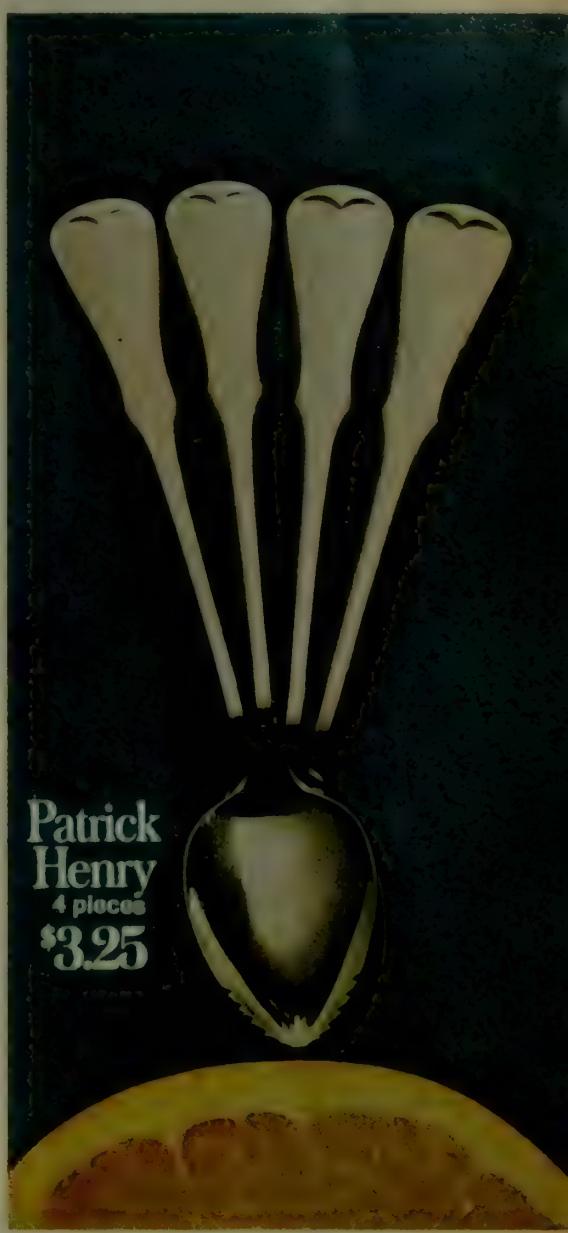
● **Sick pay.** No longer can you take a $100 exclusion each week from any income you receive as sick pay, and that restriction starts with the 1976 tax year. Retired people under age 65 who are permanently and totally disabled can exclude up to $5,200 a year of sick pay, but the exclusion is reduced dollar for dollar of adjusted gross income above $15,000 a year. ■

Hostess Helpers Special Offer!

Handsome special pieces in Oneida Community Stainless to match your favorite pattern from the Betty Crocker Coupon Catalog.









Add a distinctive touch to special meals with these elegant Hostess Helpers. Try lightly broiled grapefruit with a brown sugar topping, served with specially serrated fruit spoons. Graceful seafood forks complement shrimp and lobster entrees. And iced tea is a special treat with elegant iced drink spoons.

Special savings make this a wonderful time to order all three four-piece sets.

Betty Crocker



These Hostess Helpers sets are available in seven exclusive patterns.

Each four-piece set is only $3.25 except in Brahms and Voilà patterns $3.50. Save by ordering any combination of three sets for $9.25. Brahms and Voilà $10.00.

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Add to your set from time to time with individual pieces from open stock at big savings with Betty Crocker coupons found on more than 175 General Mills products.

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All patterns *except BRAHMS & VOILÀ*

☐ I enclose $3.25 for each set.
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	Isabella	P. Henry	Vinland	Chatelaine	Via Roma	Brahms	Voilà
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4 Iced Drink Spoons							
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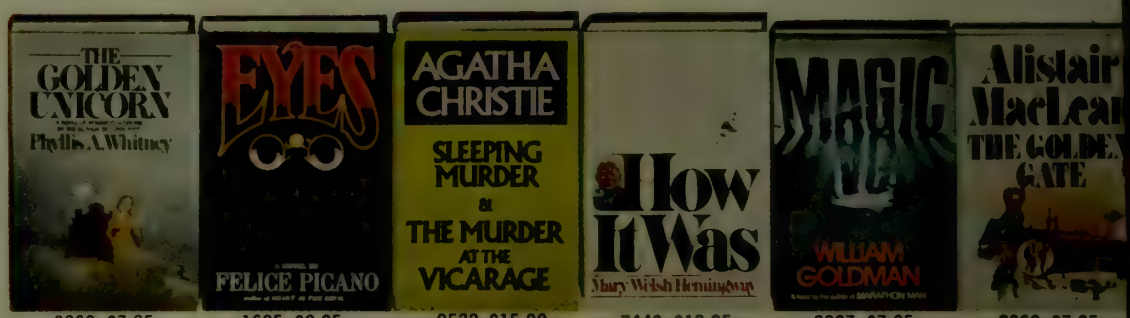
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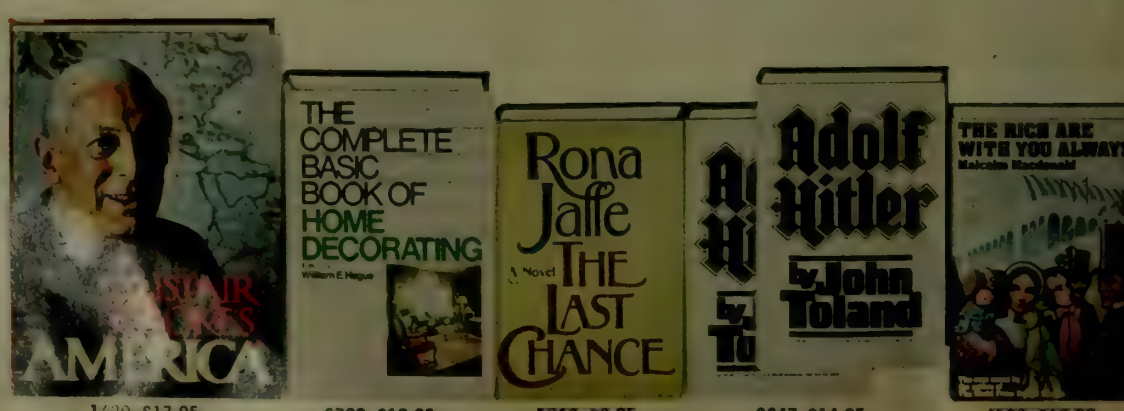


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TAXES

Could income averaging save you a bundle?

It could be just the right technique to use when your income has taken a big upward jump—because of a sizable raise, say, or capital gain, or the fact that you've suddenly become a two-income household.

The purpose of income averaging is to spread your taxable income more evenly over several years so you won't be socked too heavily for a big earnings hike. Though income averaging applies only to your current taxes, your earnings for previous years are used to help figure the fair tax on an overall average. Here's how to determine whether income averaging makes sense for your 1976 return.

How do you qualify?

First, your combined incomes for the current tax year must be at least 20 percent greater than your average income for the four preceding years —your "average base period income." Second, only the amount of your 1976 income that exceeds 120 percent of your average base income is eligible. That excess amount above 120 percent is called your "averageable income." Third, the averageable income amount must be at least $3,000 for you to qualify for income averaging.

Most kinds of income can be considered in these calculations, but

continued on page 20

How can you file late without penalty?

One thing's for sure: If you cannot file your income tax return on time, but do nothing about it, not only are you exposing yourself to monetary penalties; you might even be subjected to heavy civil and even criminal repercussions.

Fortunately, there's a simple procedure you can use to delay the government's tax-filing deadline, at least for a while. Just get Form 4868 ("Application for Automatic Extension of Time to File U.S. Individual Income Tax Return") from the IRS, fill it out properly (it's easy), and file it on or before the return filing due date. That way, you'll *automatically* be granted a two-month time extension.

Note: You cannot get an automatic time extension if the IRS is computing your tax. See the IRS instructions attached to Form 4868 for other limitations, too.

Be sure to prepare Form 4868 in duplicate. File one copy with the IRS Service Center where you normally file. The duplicate copy must be attached to your return when you actually file.

Who can prepare the request?

You can, but if for any reason you are not available at the right time, you may authorize your attorney, CPA, or certain other tax preparers

continued on page 20

How can you change your return after filing?

Suppose you discover your original tax return was wrong. Does it pay to file an amended return, or are you asking for trouble? According to informed sources in the IRS, filing an amended return will not automatically result in an audit. However, the IRS does stress that amended returns are more closely scrutinized, and a decision to audit will be based on the facts involved in each individual amended return.

When should you file an amended return?

You should file one at the time you learn that your original return was in error. Here are some sample situations:

- Unreported income. Say you discover that you forgot to include some interest income received on a savings account (it would have been submitted to IRS on Form 1099 by the bank or other savings institution). You should file an amended return reporting the omitted income.

The action probably will not receive audit attention unless there are other items on your original return that would raise IRS eyebrows anyway. However, any amended return that reports income substantially in excess of the income originally reported will undoubtedly receive close attention.

continued on page 22

Finally, Vantage Longs.



The first long cigarette to bring good taste to low-tar smoking.

Like a lot of smokers you may like the idea of a longer cigarette. You may also want low tar.

But longer cigarettes usually have more tar.

Well, Vantage just wouldn't go along with that.

So we worked. Until we could perfect a longer cigarette with the famous Vantage combination of full flavor and low tar.

Not the lowest long cigarette you can find. But very possibly the lowest that you will enjoy.

New Vantage Longs. A blend of flavor-rich tobaccos with tar levels held down to the point where good taste still comes through.

That's the Vantage point. And that's the point of Vantage Longs. Never before has there been a long cigarette quite like it.

Try a pack today and see if you go along with us.

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Sears says buy a mattress like you would a car... find out what's underneath the hood.

The Sears-O-Pedic Imperial Innerspring Model



Individually pocketed coils engineered to carefully cushion every inch of your body weight with the proper degree of support.

Sears Exclusive Mattress-Within-A-Mattress Construction. Surrounding the bed of individually pocketed coils are heavy-gauge steel border coils supported by double wire edge construction. No matter how much abuse the edge of your mattress gets, it resists sagging.

Six plush layers of comfort. Each luxurious layer specially designed to give you sleeping comfort on top of firm support.

Lustrous, deeply quilted cover. The elegant floral design is woven in for optimum luxury.

Reinforced cord handles backed by tempered steel plates for durability. Makes turning smooth and easy.

Air freshener vents. Eight vents to help prevent dust, mildew and odors.

Built-to-match boxspring designed expressly to enhance the firm support and comfort of your Sears-O-Pedic Imperial Mattress.

$129.95*

Twin size mattress or boxspring.
(Queen size shown.)

*Prices higher in Alaska and Hawaii.

When it comes to firmness and comfort features, no mattresses in the world are built quite like the Sears-O-Pedic Imperials.

Prove it to yourself. Inspect the Innerspring *and* the Polymeric Foam Models, feature by feature. Each offers you just about the smoothest, most comfortable sleep possible. First-class luxury. Plus the durability and mileage you'd expect from a Sears Best—backed by Sears warranty.

Is innerspring or foam right for you? To find out, come to Sears and take The Mattress Test. Lie down with your eyes closed and turn as you would in your sleep. Your body will tell you in no uncertain terms which model feels best.

The extraordinary Sears-O-Pedic Imperial Mattresses. Available in twin, full, queen or king sizes at most Sears larger stores and through the catalog.

WARRANTY

The warranty statement below is printed on a label attached to Sears-O-Pedic bedding. (Mattress or boxspring).

FULL ONE-YEAR WARRANTY ON SEARS-O-PEDIC ADULT BEDDING

For one year from the date of purchase, Sears will, at our option, repair or replace this bedding, free of charge, if defective in material or workmanship.

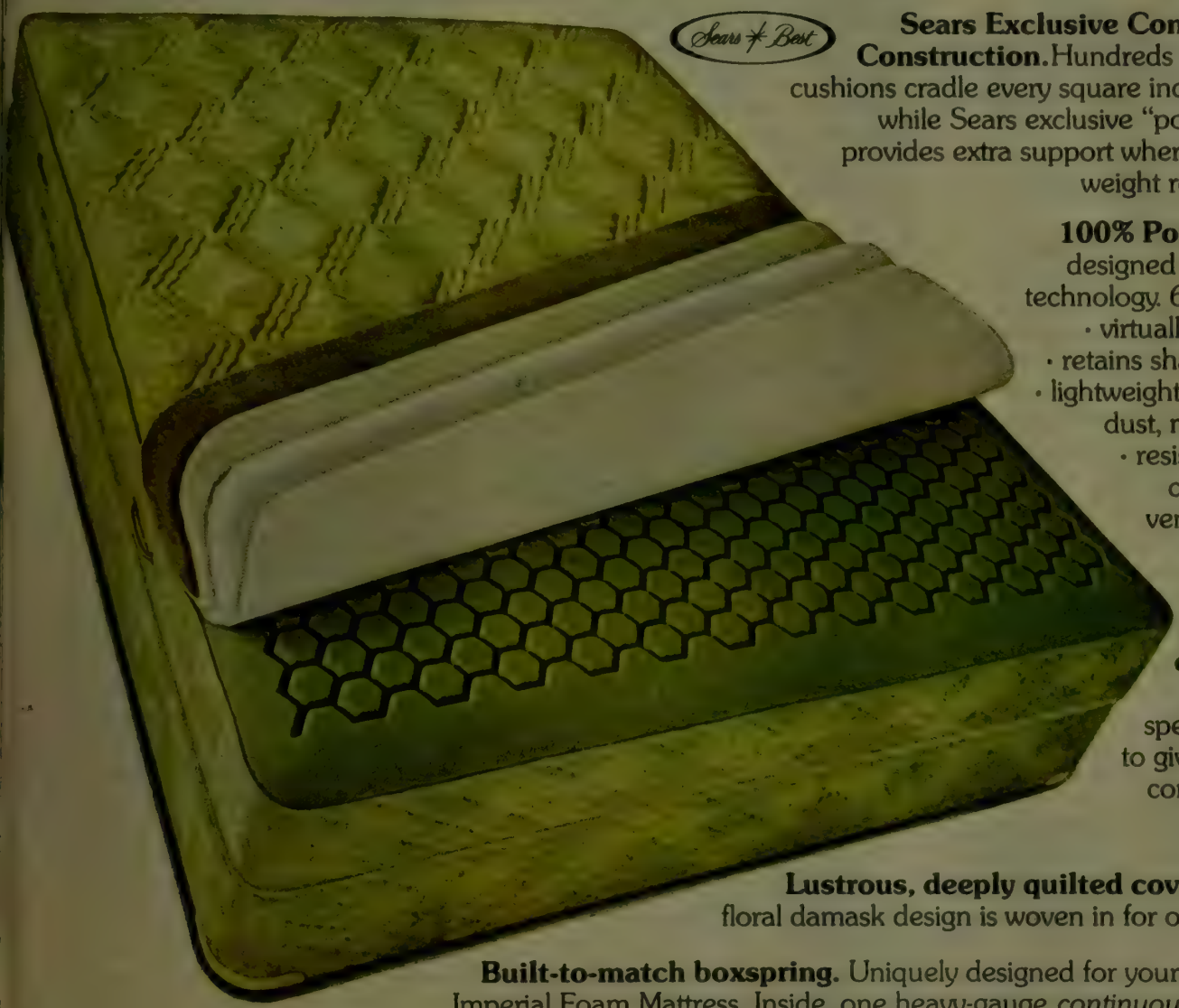
LIMITED WARRANTY

After one year from the date of purchase until 15 years from date of purchase, if this bedding is defective in material or workmanship, Sears will, at our option, replace or repair this bedding, charging you 1/15 of your purchase price times the total number of years owned.

Contact your nearest U.S. Sears store for warranty service.

If bedding is queen size (60 inch width), these warranties only apply when the bedding is used with center support frame or bed rails that provide rigid center support.

The Sears-O-Pedic Imperial Polymeric Foam Model



Sears ✱ Best

Sears Exclusive Contour Support Construction. Hundreds of firm support cushions cradle every square inch of your body while Sears exclusive "posturized" foam provides extra support wherever your body weight requires it most.

100% Polymeric foam designed with space-age technology. 6½ inches deep · virtually indestructible · retains shape indefinitely · lightweight · resists odors, dust, mildew, bacteria · resists sagging and crumbling · self-ventilating · never needs turning.

Five plush layers of comfort. Each luxurious layer specially designed to give you sleeping comfort on top of firm support.

Lustrous, deeply quilted cover. The elegant floral damask design is woven in for optimum luxury.

Built-to-match boxspring. Uniquely designed for your Sears-O-Pedic Imperial Foam Mattress. Inside, one heavy-gauge *continuous coil* gives you more comfort and uniform support than conventional foam boxsprings.

$129.95*
Twin size mattress or boxspring.
(Queen size shown.)
*Prices higher in Alaska and Hawaii.

The place to shop for mattresses Sears

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begins on page 16

Income averaging

there are exceptions. To find out if you're eligible, get a copy of IRS Publication 506, "Computing Your Tax Under the Income Averaging Method," from your local IRS office.

Here's an example to show you how to figure whether or not your earnings amounts meet the requirements. Suppose you were a one-income family from 1972 through 1975, and your taxable income (that's gross income less deductions and exemptions) went like this: 1972, $12,000; 1973, $13,000; 1974, $14,300; 1975, $15,000. Then, your spouse took a job and your family's taxable income jumped to $25,300 in 1976.

Do the math this way:

First, add up the income figures for 1972 through 1975: $12,000 + $13,000 + $14,300 + $15,000 = $54,300.

Second, find the average for those four years: $54,300 divided by four = $13,575.

Third, multiply that figure by 120 percent: $13,575 x 120% = $16,290. (A mathematical shortcut to this figure is to take 30 percent of the four-year total: $54,300 x 30% = $16,290.)

Fourth, subtract 120 percent of your four-year average from your 1976 income: $25,300 − $16,290 = $9,010. That figure is well over $3,000, so you meet the test for being allowed to income average.

How do you compute the tax?

Just complete Schedule G, available from your local IRS office. You'll need your returns for 1972 through 1975, so if you don't have copies, order some through the IRS for a nominal fee.

Schedule G is fairly complicated to fill out, but the line-by-line instructions will automatically guide you to a correct computation of your 1976 tax.

In the example above, let's presume you have two adults and two children in your household. Your taxes (before any tax credit) normally would be $6,128. Using income averaging, your pre-credit tax would be $5,866—a savings of $262.

Who is eligible?

You must have been a U.S. citizen or resident during 1976. Also, you and your spouse together (whether or not both of you were working) must have furnished over 50 percent of your support during the four "base period" years. (This rule prevents high school and college graduates from using income averaging during their early years of employment.)

Even if you cannot meet the 50-percent-support test, you may still income average when one of these exceptions applies:

1. You're at least 25 years old and you have not been a full-time student for any four or more years since you were 21. (This exception permits people who have been unemployed during "base period" years to qualify for income averaging.)

2. Over half your income for the current year results from work performed in two or more of the "base period" years.

3. If your spouse was a dependent of another person during any of the "base period" years, you can still use income averaging unless your spouse earned more than 25 percent of your total incomes during the current year.

Note: If you have difficulty computing the tax under income averaging, or you're not sure you qualify, seek competent tax help. The tax savings could well be worth the consultant's fee. ■

begins on page 16

Filing late

to file the request for extension on your behalf. Also, close personal or business friends can file for you if you are unable to sign the application due to illness or absence.

What if you'll owe taxes?

To avoid a penalty when you file late, you must cover at least 90 percent of the final tax due. You may have paid the government some or all of that amount already through withholding taxes at your job or through estimated quarterly tax payments. If you're not up to the 90-percent mark when you file for an extension for your income tax return deadline, you must send in the difference with your Form 4868.

The problem with the 90 percent guideline, of course, is that you won't know exactly what you'll owe until you compute your taxes—presumably not yet done, since you're delaying filing. Nevertheless, you must estimate your final tax bill and pay accordingly. Even though it hurts, keep the estimate on the high side to avoid penalty.

Are there penalties?

There are, if you fail to pay at least 90 percent of the tax due when you file Form 4868, or if you fail to pay the remaining ten percent with your return when you finally file. In that case, you'll owe a so-called "late payment penalty," figured at one-half percent per month (or fractional part of a month) of the unpaid tax. This penalty won't apply, however, if you can show "reasonable cause" for your failure to pay on time.

When you owe a "late payment penalty," report it in the bottom margin on page one of your Form 1040 and include the amount in the "tax due" shown on page one.

What about interest?

You'll owe interest computed (currently) at a seven percent annual rate on the balance of tax due—whether or not you owe a "late payment penalty." The interest also should be shown at the bottom of Form 1040 and included in the "balance due" shown on page one.

What if you need even more time?

Then file IRS Form 2688 with your IRS Service Center. However, you must have valid reasons (on Form 4868 you need not state a reason for delay); further extensions are not automatically granted. If you're eligible, you can obtain up to four more months within which to file (Form 2688 lists limitations).

If IRS refuses to grant you this further time extension, you must file your return within ten days from the date of denial of your extension request. And if IRS feels your request was made only to gain extra time, it may disallow the ten-day grace period and possibly sock you with some penalties as well. ■

"Dear General Foods, I'm 11. How long before I can stop eating food that's good for me?"



A lot of 11-year-olds eat nutritious meals for a very good reason: their mothers make them. But who makes you eat well when *you're* the mother?

The truth is, you *never* outgrow your need for good nutrition. All that good advice your mother gave you still applies. You *need* to eat a balanced variety of foods. You *need* to eat in moderation. You *need* to adjust your diet to your lifestyle (active people like ballet dancers may need more food energy than office workers, and so should eat accordingly).

This good advice may seem a bit obvious, but, as U.S. Department of Health, Education & Welfare studies indicate, a lot of us grown-ups are ignoring it. Many grown-ups simply aren't getting all the nutrients they need.

So we'd like to point out what some of these nutritional deficiencies are—and suggest a few ways to correct them.

The single greatest nutritional deficiency in your diet.

Iron is an essential nutrient for children since it helps the blood carry oxygen. Yet for the same reason, it's also essential for grown-ups—and many grown-ups aren't getting enough of it.

Recent studies by the Department of Health, Education & Welfare show that iron is the leading nutrient deficiency in all segments of the population.

One obvious way to correct this is to eat more of iron-rich foods. Beef liver, hamburger, prunes and pork chops are good sources. However, most nutritionists believe it's difficult to get enough iron in the usual American diet without regularly including some iron-fortified foods. That's where our Post® cereals—such as Fortified Oat Flakes, 40% Bran Flakes, and Raisin Bran—can help.

Calcium, vitamin C, and other nutrients grown-ups don't get enough of.

Most people know that growing children need calcium to build bones. But grown-ups need it, too. Yet many women over 18 were found to have up to 30% less in their diets than they should. One pint of milk each day will give you most of the calcium you need.

Studies also show moderate shortages of vitamin C in 50% of U. S. families. That's why orange juice or Tang™ instant breakfast drink is important at breakfast.

Vitamin A is another nutrient which many of us don't get enough of. Good sources of vitamin A include broccoli, carrots, spinach, squash and collard greens, whether fresh or frozen, as in our Birds Eye® frozen vegetables.

It's because of shortages like this that our Post cereals are fortified with a number of essential vitamins.

Why grown-up diets need grown-up supervision.

One big reason for nutritional shortages is our national obsession with slimming down—causing people to eat less than they should, so that they may not get enough of the essential nutrients. Actually, no balanced diet, followed in moderation, will cause fatness.

Then there's the misconception that the older and less active you get, the less food you need. In fact, your food intake may go down; but the truth is, your need for most nutrients remains the same. So that, nutritionally speaking, you may actually have to work harder to balance your diet than when you were a child.

Finally, there's the belief that nutrition is no fun. With grown-ups, as with children, it's easier to get people to eat good foods if the foods taste good. So it's no accident that our Tang instant breakfast drink, Birds Eye vegetables, and our Post cereals taste as good as they do. Our nutritionists, many of whom are also parents, insist upon it.

For more information.

This sketchy discussion of nutrition for grown-ups obviously can't tell the whole story. So we have acquired and are offering, at cost, a $2.00 booklet that deals with the subject in greater detail. It's called *Nutrition Labeling: How It Can Work For You*, and it was prepared by the National Nutrition Consortium Inc., an organization of the leading nutritionists in America. For your copy, send 50¢ to General Foods, Box 2030, Kankakee, Ill. 60901.

Our reasons for telling you all this are a mixture of helpfulness and pride in our products. The more you understand about food, the better off you'll be. And the more you understand about our foods, the better off we'll be.

GF
GENERAL FOODS

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Coffee gone to pot? De-stain with Dip-it.®

A secret to better-tasting coffee?... Simple. Use Dip-it once a week. Dip-it removes rancid oils and de-stains coffee pots. No stains. No stale pot. Just better-tasting coffee.

And a big plus for you... Dip-it also de-stains non-stick cookware, plastic dishware, and slow cookers.



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Five flower seed packets—a $2.75 value—now only $1.00 to introduce you to Burpee's fabulous flowers

Burpeeana Giant Zinnia. 5" to 5½" early blooms. All colors. (Reg.—75¢ Pkt.)

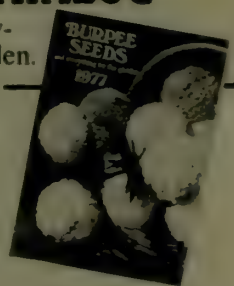
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begins on page 16

Changing your return

What if you omitted just a small amount—say, $100 of interest income—from last year's return? Can't you just include the overlooked amount in next year's return and avoid the trouble and expense of preparing an amended return?

The IRS frowns on this "frontier justice" approach and says you should report the income on a Form 1099 for the proper year. However, it's questionable whether or not an audit would result if you chose instead to include the amount in next year's return. When you take that route, though, chances are you'll have to pay more tax since your top bracket of the current year probably is higher than last year's. Also, you will owe interest to the IRS for the period your tax was underpaid.

● Unclaimed deductions. Say you discover that you failed to claim your real estate taxes as a deduction. Naturally, you want to file an amended return so you can get a refund. Presuming your original return contains no questionable items, this type of amended return probably won't be audited and you'll get your refund claim automatically.

On the other hand, suppose the foundation and walls of your home were extensively cracked in a prior year. The damage was apparently caused by excessively heavy rainfall in your area. This type of damage may well constitute a tax-deductible casualty loss and should be claimed on an amended return if you didn't claim it on your original return. However, such a deduction is likely to be scrutinized sharply, so you should be prepared for an audit.

A special caution: If you claimed substantial amounts of travel and entertainment expense on your originally filed return and you're concerned about how well your deductions can be substantiated, you'd better think twice before amending your return to claim any further deductions. The IRS not only will audit the additional deduction, but also will very likely audit your entire original return.

continued

Six reasons why even the cleanest homes need Lysol® Spray.



Even the cleanest homes have germs and odors. That's why it's so important to keep Lysol Spray on hand.

Lysol Spray kills household germs, including germs that cause odors. Make Lysol Spray the important final step in cleaning—every day.

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6. Kill mold and mildew and their odors on the shower curtain.













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Rich, full-flavored Saratoga 120's give you extra smoking time and extra smoking pleasure. And they cost no more than 100's.



Saratoga 120's

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18 mg."tar," 1.1 mg. nicotine av. per cigarette, FTC Report Apr.'76

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

Changing your return

What if the IRS balks?

Suppose the IRS disallows your refund claim or now seeks additional tax based on items in your original return. You have the same administrative appeal rights available in any contested IRS audit. (See "What are your rights with the IRS?" elsewhere in this issue.) If there is a need for appeal, consider seeking competent tax assistance.

How do you file an amended return?

Get IRS Form 1040X and the related instructions from your local IRS office. Preparing 1040X is usually not difficult when you follow IRS instructions. However, if you have problems or are unsure if you should file an amended tax return, you had better get help.

It's not necessary to redo your entire original return in order to complete Form 1040X. Basically, the form requires only the reporting of your *total* income, deductions, and exemptions as originally reported, plus any increases or decreases which prompted the filing of an amended return.

Although you don't need to completely redo your original return, it's advisable to update any schedules (attachments backing up the claim) that are directly affected by the amended return. For example, you may be claiming additional medical expense deductions; prepare a revised Schedule A showing your corrected deductions. Also, if your amended return changes your "adjusted gross income," you may find that your medical expense deductions and your sales tax deduction require changing as well, since both are figured in terms of your "adjusted gross income."

When your amended return claims a refund, the IRS Service Center will send a check once the request is approved. If you owe additional tax instead, attach a check for the correct amount. In addition (though IRS instructions don't tell you to), it may be simpler for you to compute the interest you'll owe (computed at seven percent per year) and add it in to the balance due. (State the amount of interest in the margin at the bottom of Form 1040X.) If you exclude interest, the IRS will bill you for whatever you owe.

Note: When you file an amended return with the IRS, don't forget that you must also send the amended data to state and local tax departments, if any. Check appropriate tax offices for details about how to submit the new information and what to expect. Although local tax offices may take awhile to process the paper, eventually the effects of your return will emerge and you will either owe more taxes or be owed a rebate.

What's the deadline?

When you're seeking a refund, you generally have three years from the due date of your original return, or two years from the date of your last tax payment (if you were audited and had to pay extra, for example). Whichever time period expires later defines your deadline. ■

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5 exquisite pieces in all for your living, dining, and family rooms, master and guest bedrooms!

There's more! All five first-prize winners receive luxurious Thomasville furniture for the family room or den. Second-prize winners, 300 of them, get to relax in the indoor-outdoor "Anywhere" chair from **Extraordinary Usuals of Aspen, Colorado.** To all 500 third-prize winners, lustrous wooden plant hangers to beautify any room. And, to, 1,000 fourth-place finishers, copies of Better Homes and Gardens "Decorating Ideas for Under $100."

So many prizes to win and easy-to-use Pledge makes it so easy to enter. See entry form and rules below for details. Enter as often as you wish, but no later than June 15, 1977. Extra entry forms available wherever Johnson's Pledge is sold.



A. First Prizes!
Thomasville Den Furniture, 9 pieces, to 5 winners!

B. Second Prizes!
300 "Anywhere" Chairs with oiled oak arms, heavy canvas sling!

C. Third Prizes!
500 "use-anywhere" wooden plant hangers!

Fourth Prizes!
1,000 "Decorating Ideas Book" by Better Homes and Gardens.

HERE ARE YOUR PLEDGE FURNITURE SWEEPSTAKES OFFICIAL RULES:

1 On an official entry blank or a 3" x 5" piece of paper, hand print your name, address and zip code.

2 With each entry, send a cash register tape with the purchase price of Pledge circled or, the word "PLEDGE" hand printed in block letters on a plain 3" x 5" piece of paper. No purchase required. Enter as often as you wish, but each entry must be mailed in a separate envelope. Mail to: **Pledge Furniture Sweepstakes, P.O. Box 8208, St. Paul, MN 55182.**
Entries must be postmarked by June 15, 1977, and received by June 30, 1977.

3 Winners will be determined in random drawings conducted by Spotts International, an independent judging organization whose decisions are final.

4 The Grand Prize Winner will receive five rooms of furniture—Living room, Dining room, Family room, Master bedroom and second bedroom (no style/color choice).

5 First Prize Winners will receive furniture for the Family room (no style/color choice).
300 Second Prize Winners will receive an "Anywhere" Chair (wood and canvas chair).
500 Third Prize Winners will receive a wooden hanging plant holder (plant not included).
1,000 Fourth Prize Winners will receive a "Decorating Ideas Book" by Better Homes and Gardens.

6 Prizes are non-transferable and non-redeemable for cash. No substitutes for prizes are offered. Only one prize per family. The odds of winning will be determined by the number of entries received.
All 1,806 prizes will be awarded.

7 Local, state and federal taxes, if any, are the responsibility of the winners.

8 Sweepstakes open to residents of the United States. Employees and their families of S. C. Johnson Company, its advertising and promotional agencies, the judging organization, are not eligible. Void in Missouri and wherever else prohibited by law. All federal, state and local laws and regulations apply.

9 To obtain a list of the Grand and First Prize Winners, send a postage paid, self-addressed envelope to: **Pledge Furniture Sweepstakes, P.O. Box 8209, St. Paul, MN 55182.**
Do not include request for winners list in sweepstakes entry.

Pledge Furniture Sweepstakes

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On this entry form or a 3" x 5" piece of paper print your name, address and zip code. With each entry include a cash register tape with the Pledge price circled or, the word "Pledge" hand printed in block letters on a plain 3" x 5" piece of paper. Mail entry to above address. **No purchase necessary.**

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Beautifully reproduced in stainless steel with the satin-finish look of antique pewter.

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Your home can reflect the candlelight appeal and gracious atmosphere of Early American Colonial elegance when you grace your table with this incredibly beautiful service. Through a special purchase, we can offer you the famous Pistol-Handled Flatware with all its stunning Colonial simplicity in magnificent, satin finish stainless steel at just a fraction of what you would pay for luxurious Sterling Silver. Each and every piece is a lovely replica of the graceful place settings that highlighted many a candlelit Colonial dinner. The knives are the genuine hollow pistol grip handles; the forks are the graceful 3-tined design. And the entire 50-Piece Set is made of modern stainless steel, to give you years of carefree service.

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Don't be disappointed! Take advantage of this amazing low price while our supplies last. Order now and we'll send you the complete service for 8 including 8 Pistol Grip Hollow Handle Knives; 8 Dinner Forks; 8 Salad Forks; 8 Soup Spoons; 16 Teaspoons PLUS a SPECIAL FREE GIFT of a matching Butter Knife and Sugar Spoon—50 pieces in all. The entire set is yours for just $22.95 on full money back guarantee if you are not absolutely delighted. But don't delay. Due to the rising cost of quality stainless steel, the price of this set will be increased in the very near future. Take advantage of our truly low price while current supplies last. Mail coupon today!

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Foliage House Plants will show you how to use scale, emphasis and repetition to solve key decorating problems. You'll learn how to divide a large room into intimate areas with plants; how to shorten a long, narrow room with plants; how to round out troublesome corners with plants. We've included full-color photographs and how-to drawings to show you exactly what we're talking about.

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Unlike flowering plants, whose blooms last only a week or two, foliage house plants provide pleasure and beauty year round, year after year. Provided they receive the proper attention. *Foliage House Plants* offers you advice from an expert—James Underwood Crockett, the eminent horticulturist. He'll show you how to start plants from stem cuttings, how to provide the proper light, how to use fertilizer properly.

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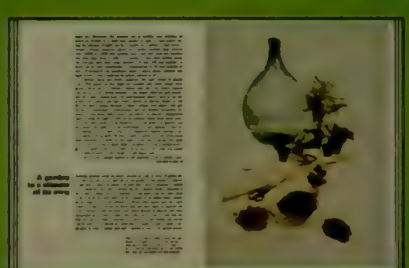
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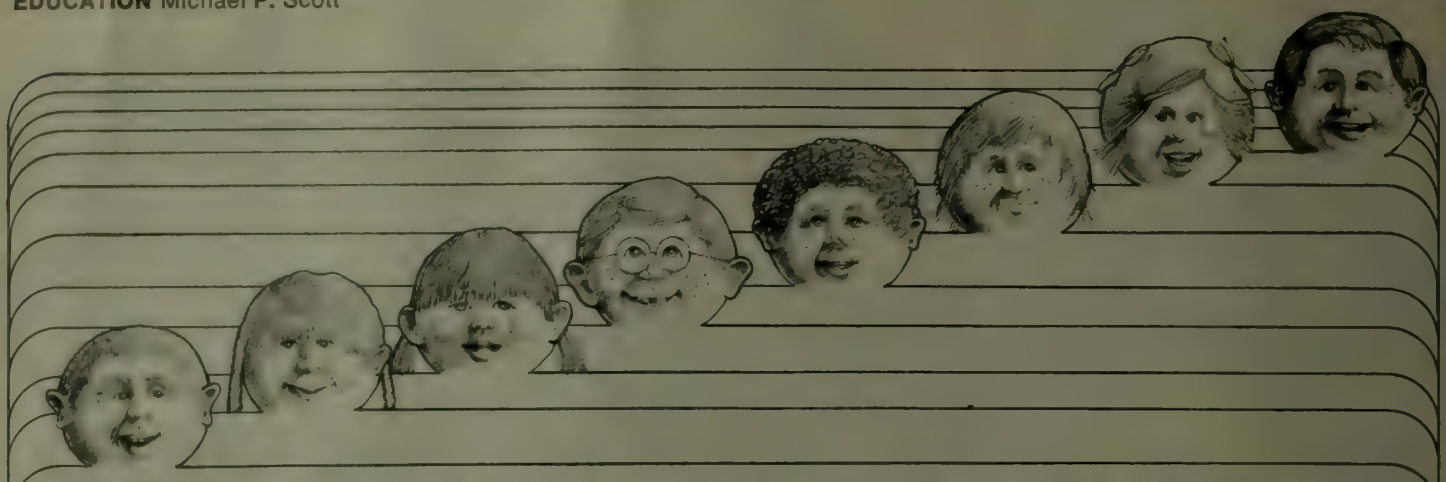
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How to protect your children's school records

A child's school record is an important history of his or her life. It is a legal document that can be used to verify age, school attendance, graduation, achievements, financial eligibility for scholarships, and college admission eligibility.

In the years after graduation, the school record continues to be useful. It is often requested by potential employers, and sometimes it is needed to prove family relationships and obtain retirement benefits.

Obviously, it's important that the information contained in this record is accurate and objective. To make sure it is, parents or guardians should carefully review their child's school record at regular intervals.

Fortunately, that's easier to do than it once was, thanks to the *Family Educational Rights and Privacy Act of 1974* (Public Law 93-380).

What are your rights?

This law gives the parents of a schoolchild the right to:

- see their child's school record
- prevent most others from seeing the record without parental consent, and
- request that inaccurate or misleading information or information that constitutes an invasion of privacy be removed from the record.

The law also specifies the penalty when these rights are denied to parents by school officials.

Parents may now challenge the inclusion in the school record of items that are irrelevant to education—such as religious affiliation, family income, or irresponsible or unsubstantiated opinions about behavior or life-style.

Schools must make the records available for your review (and your child's if he or she is 18 or older) within 45 days after you make a request. (Students, however, do not have access to parents' financial information data, some letters of recommendation, and psychiatric and psychological test results unless they are reviewed by a doctor acting in behalf of the student.) You can review most official records, files, and data directly related to your child. This includes attendance information, test scores, psychological reports, notes made by teachers, health records, ratings, evaluations, class rank, grade point average, reports made by counselors, family background items, notations of behavior problems, I.Q. test results, and other information collected by the school.

The law requires school districts to notify parents of their rights. Some school districts have placed advertisements in the community newspaper that explain the workings of the law. Others have prepared question-and-answer booklets to inform parents of their rights.

The divorced parents of schoolchildren have equal access to the records under the law, unless one parent or the other is prohibited from having any contact with the child by the court that granted the divorce. In the past, it was assumed that only the parent with custody was allowed to see the records.

All parental access to records ends when the child reaches 18.

The new law does *not* make available to parents personal notes that the teacher made solely for his own use.

Before releasing information in the file to any person, agency, or organization outside the school district, the school must obtain written consent from the parent. There are some exceptions: other officials in the same school, officials at another school to which the student has asked to transfer, some accrediting organizations, state educational officials, some financial aid organizations, and the courts.

School districts are required to establish written procedures that allow parents to review the record and object to items that violate the privacy or other rights of students.

What if you disagree?

You may challenge the contents of records in a hearing if you believe the information in them to be inaccurate, misleading, or otherwise inappropriate. But you may *not* alter the record to change a properly recorded grade, for instance.

If the school refuses to remove the objectionable material, you have the right to insert a written rebuttal in the record.

Federal education funds can be withdrawn from school districts that do not provide these rights to parents. Violations are determined by the Department of Health, Education and Welfare (HEW).

Drawing: Hellman Design Associates

continued



Save $80. **Sale** $379.88. Bunk ladder and guardrail included.



Save $40. **Sale** $84.88.



Save $80. **Sale** $299.76.
Bunk ladder and guardrail not included.



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Rush over to Sears Spectacular Bed Sale Now!

Your kids will love you for it!

Right now Sears is offering special savings on beds for boys and girls. There are 3 great styles to choose from. Pick your favorite and save $40 to $80.* And save 20% on lots of matching pieces, too.

Boys will love the Crew's Quarters Bunk Bed. An instant bedroom that comes with built-in extras from top to bottom; drawers, bookshelves, even a closet. Save $80 on this space-saving bed, now.

Or choose the sturdy Homestead Mate's Bed, and save $40. If you buy two and bunk them, you'll double your space and save $80.

And for the young lady around your house, Sears pretty Homestead Canopy Bed is the perfect choice. The canopy frame is included, and you save $40.

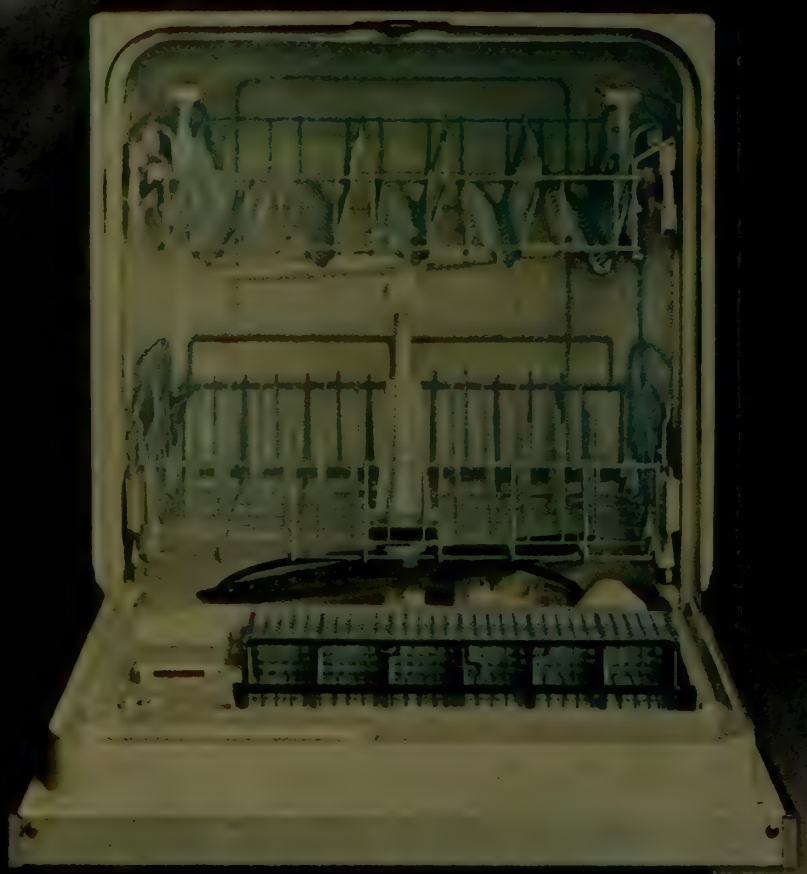
Come in and save $40 to $80 at most Sears larger stores. January 24 through February 20, 1977 as part of Sears Great Indoors Sale!

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*Prices higher in Alaska and Hawaii.
Bedding and accessories not included in sale.

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Nobody told us to make it better.



Why aren't we satisfied with merely building a dishwasher that washes dishes and making a comfortable living off selling it?

Because long ago we realized that to survive in this harsh competitive world, an appliance manufacturer, like the corner diner, has to deliver a better hamburger or die.

So we designed our dishwasher to wash dishes, of course. But then we put the silverware and cutlery baskets in the door.

Why? Not because you asked for it, but because we think it's a convenience that simplifies loading and saves your fingers from occasional nicks and jabs.

We included a super scour cycle should you dare entrust a pot to a dishwasher and expect it to come clean. Because we expect it to.

We designed the top rack to tilt easily so you can put in unusual loads.

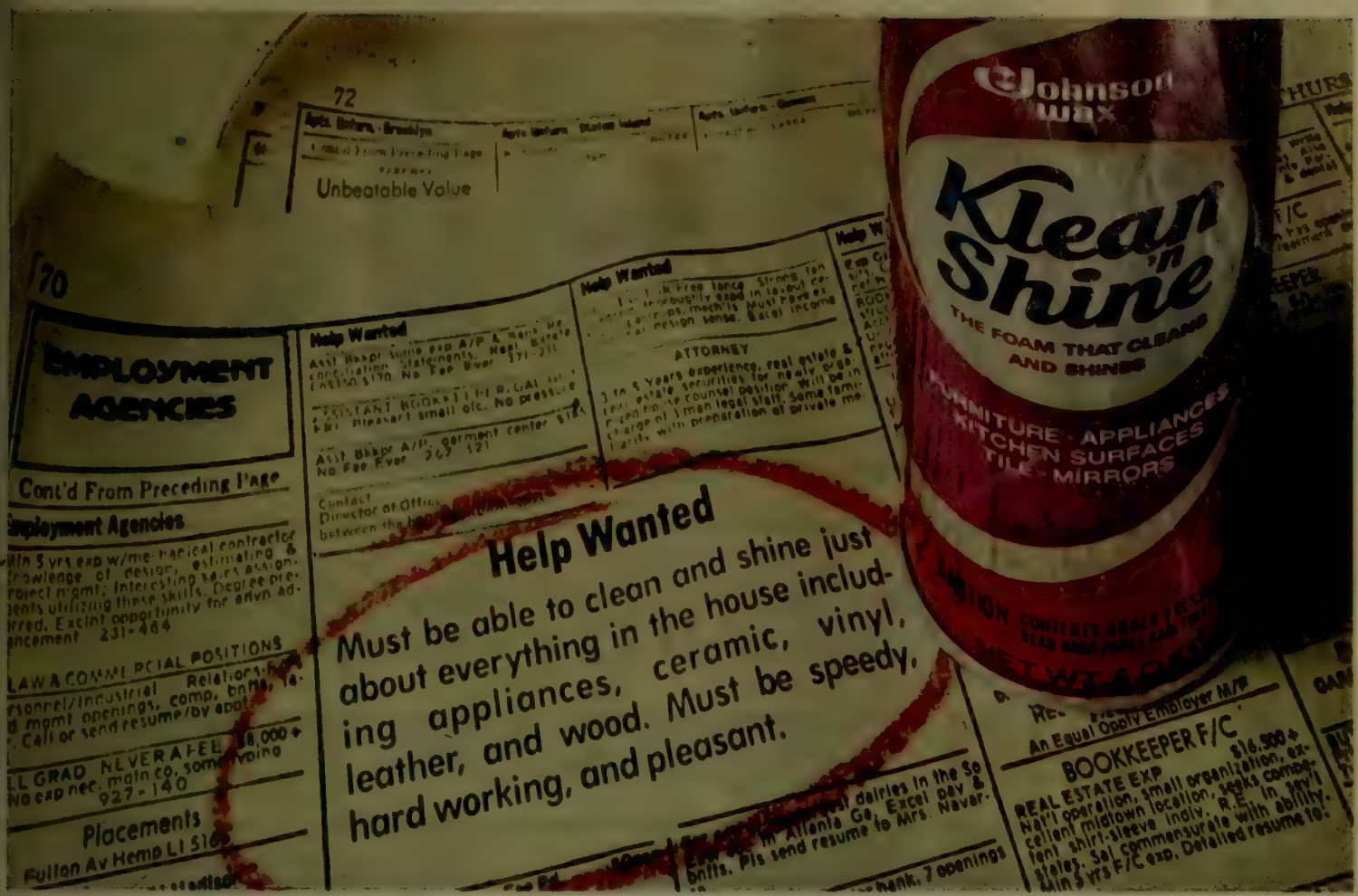
We included sound insulation so it runs quietly. And we even installed a switch that lets you save energy by air drying the dishes if you like.

We do all this because we believe everything we make, from dishwashers to washers and dryers, says a lot about us.

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We believe quality can be beautiful.



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Johnson Wax has created the kind of help everyone can use. Klean 'n Shine.™

It has a special blend of cleaners and polishes to do a wonderful job of cleaning and polishing in every room in your house.

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Klean 'n Shine. Put it to work. You'll see it's a big help.

© 1977, S.C. Johnson & Son, Inc.

begins on page 30

School records

Court proceedings may follow a decision by HEW but are not, under normal circumstances, required to establish violations of the law.

When should you review the record?

The school begins a file on every child at the kindergarten level. Achievement tests are usually given in the second or third grade. By the end of the third grade many children have been given psychological tests. Upon completing the third grade each child has developed a rather comprehensive school record containing family information, health data, test scores, grades, counseling reports, and other material.

The best time to examine pupil records is as early as possible, preferably no later than the end of the first grade. Examination at this time could prevent inaccuracies or misleading information from accumulating. It's especially important to check the accuracy of telephone numbers, birth dates, and spelling of names.

You should continue to examine the file periodically (every two or three years) as your child progresses through school. The last check (and in many ways the most important one) should be made when he or she is a junior in high school. From this point on, your child's school records may be seen by many people outside your local school district.

How do you check school records?

First of all, familiarize yourself with Public Law 93-380. You can obtain a copy from your school, a member of Congress, or from the Department of HEW, Washington,

continued on page 36

MERI

'Enriched Flavor'™ proces
100mm cigarette with st

Only MERIT has the 'Enriched Flavor' process. A way of packing tobacco with extra flavor without the usual boost in tar.

MERIT created a whole new taste standard in low tar smoking.

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s applied to new low tar riking success.



Test Data Conclusive

New 12 mg. tar MERIT 100's were taste-tested against a number of major 100mm brands ranging from 17 mg. to 19 mg. tar.

Thousands of smokers were tested. The results: overall, they liked the taste of MERIT 100's as much as the higher tar 100mm brands tested.

The taste barrier for low tar smoking has been broken again. MERIT and MERIT MENTHOL. King Size and new 100's.

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Tar-
d Flavor.'

continued from page 33

School records

D.C. 20201. Copies also may be available at the local public library or the board of education office.

The next step is to call the school principal. Identify yourself and your child and ask when the principal would be available to discuss the child's record with you. The principal has 45 days to comply with your request, but usually he'll see you within a few days.

When you arrive at the principal's office he should give you your child's file and provide a place where you can review it. You should feel free to talk about anything in the record that you object to and to ask questions about anything you don't understand.

What should you look for?

When you examine the record, you should look for accuracy and appropriateness. Does the record contain anything that constitutes an invasion of privacy or any information that may be detrimental to your child's progress in school?

Except in special circumstances, the school records should not contain items about family education, religion, national origin, vocation, or income. Health problems should be included only if they affect a child's performance in school.

Examine the record for potentially damaging subjective opinions like "This child is slow," "This child is always disruptive," or "This child is emotionally disturbed."

Such statements may not be entirely correct (or could be entirely wrong), and may unduly influence the opinion of teachers at higher grade levels. The comments in the report should be factual, direct, and pertinent to education. For example, rather than saying, "Mark has great difficulty in reading," the entry should state the problem more specifically: "Mark needs additional help in making the initial consonant sounds of b, p, and r." Also, this notation should be removed after the child has learned the skill.

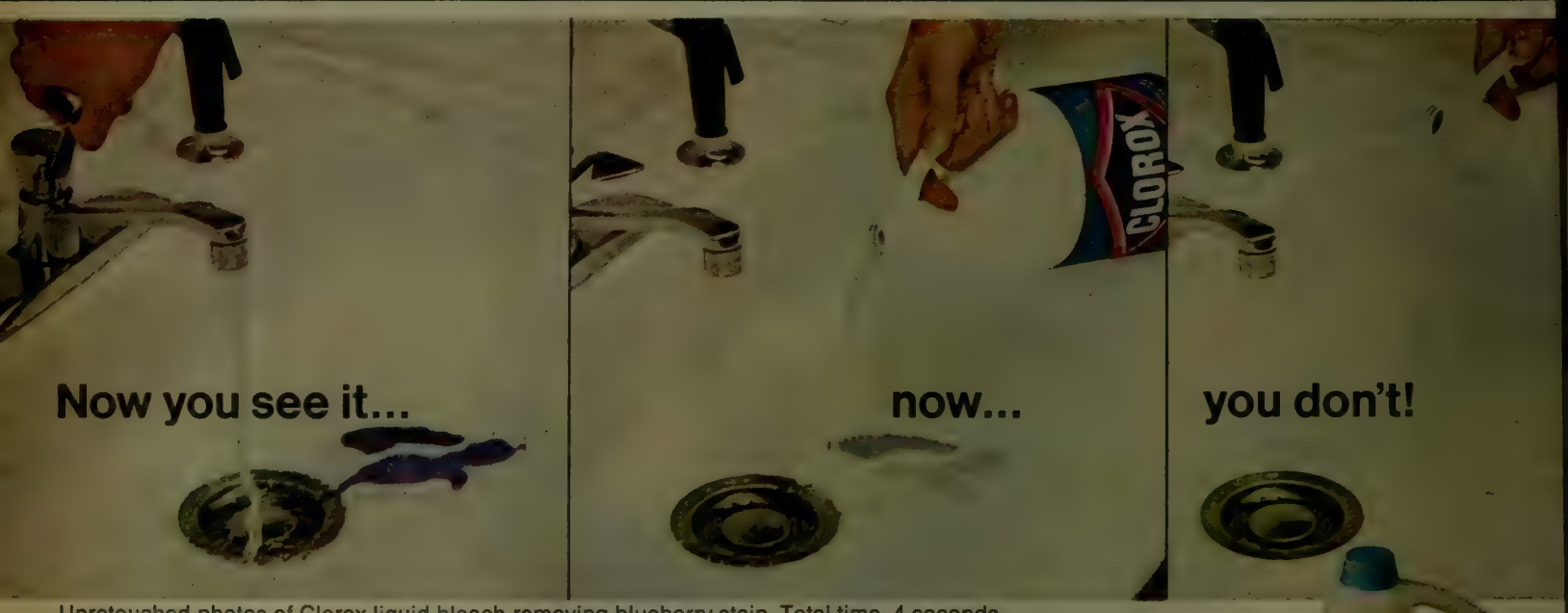
While the Family Educational Rights and Privacy Act does not require that schools provide copies of records, many schools will do so upon request and for a reasonable copying fee.

Parents may be asked to sign a consent form that allows transcripts of credits to be mailed to colleges or potential employers. But officials at the National Committee for Citizens in Education caution parents against signing blanket consent forms. Permission for others to see your child's records, they say, should be given for each individual request.

Schools must also keep a written record of who (person, agency, or organization) has seen, or requested to see, the student's folder. This record is to be kept with the folder so it can be reviewed by the parents.

Parents also have the right to know where school records are kept and which school official has the responsibility for their safekeeping. For instance, one set of the child's

continued on page 42



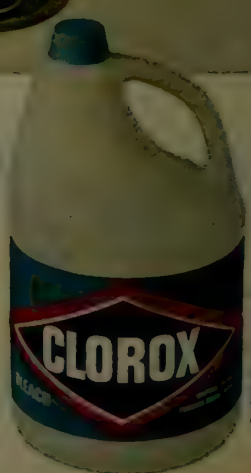
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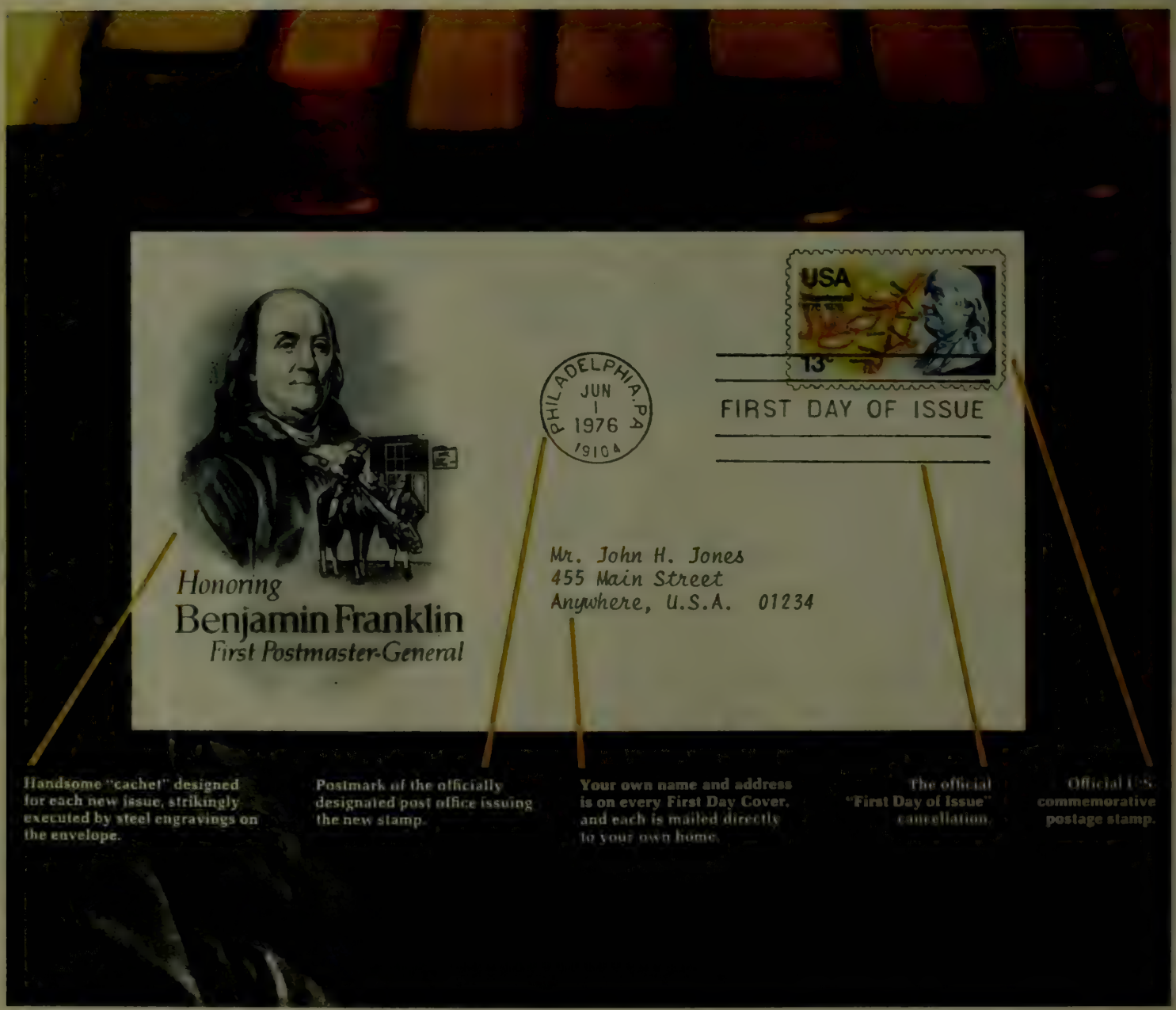
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STORE COUPON EXPIRES JULY 31, 1978 CF-402-027

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The United States regularly honors the important men, events and places in its history through the issuance of official U.S. commemorative postage stamps. When a new stamp is to be issued, one, and only one, post office is designated to provide the official "First Day" cancellation. The specially designed envelope bearing the new stamp, cancelled with the exact date of first issue of the officially designated post office, is a First Day Cover.

First Day Covers are fascinating collectors' items. As you can well imagine, the combination of an historic stamp, cancelled with the "First Day of Issue" postmark of the officially designated post office on a specially designed envelope, results in a collector's item of the first order. One that has been prized by collectors like Dwight D. Eisenhower, George C. Marshall and Franklin D. Roosevelt, plus others with the foresight to preserve yesterday and today for tomorrow.

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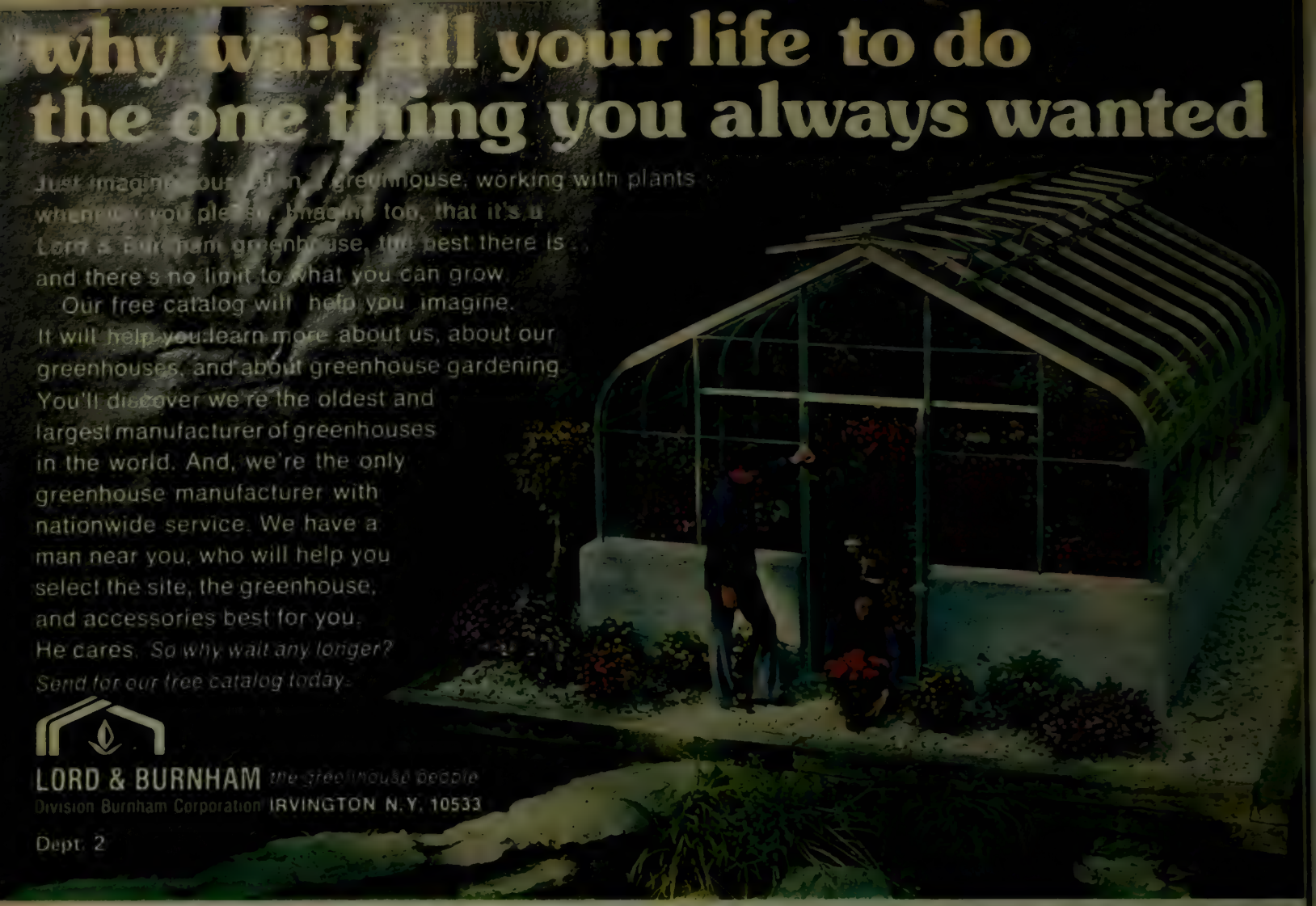
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continued from page 36

School records

records may be kept at the classroom location, and others may be at the pupil personnel office or attendance office.

What if you need help?

In most cases, you should work with the school principal and the school PTA or other parent-teacher groups. Cooperation and mutual assistance are better than confrontation and threats of legal action.

But what if the principal will not make the records available to you? You should immediately contact the local superintendent of schools. If you don't get satisfaction there, approach your board of education. Parents can speak at board meetings simply by asking the superintendent to place them on the agenda a few days before the meeting. Most school boards meet once or twice each month.

If the board of education is not responsive, or not informed about the law, you can file a complaint or get assistance from the federal office that is responsible for assuring compliance with the law. Write: Mr. Thomas S. McFee, Deputy Assistant Secretary for Management, FERPA (Family Educational Rights and Privacy Act), Room 514E, Department of Health, Education and Welfare, 200 Independence Avenue, SW, Washington, D.C. 20201, or call 202/245-7488. You may also want to contact the National Committee for Citizens in Education, Wilde Lake Village Green, Columbia, Maryland 21044 (toll-free telephone: 800/638-9675).

If you live near a state capital, you might also contact the state superintendent of public instruction. This office has some supervisory responsibility over all the schools in the state, and it usually can provide assistance.

In the unlikely event that all those avenues prove dead-end, you can take your case to court.

Officials at the National Committee for Citizens in Education say the publication of the final regulations last June set in motion a massive review of thousands and thousands of school records.

In fact, a number of instances have come to light where schools have improved upon the national law's minimum standards. Some states—Massachusetts, Delaware, and New Mexico, for instance—allow students access to their school records before the federally recommended age of 18. Other states are now in the process of changing existing laws to comply with the new national regulations.

The original intent of the new law was twofold: to ensure parents, and their children if over 18, access to education records and to protect the privacy of those records. But if used properly, the new law can have another important result. It can give interested parents an opportunity to become active participants in the planning and direction of their children's education. ■

(Produced in cooperation with Donald Thomas.)

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A. Do kids play tug o'war?



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We think once you try Tide, you'll be glad that coupon was there. Because Tide really does the job on the day-in, day-out dirt you see. Not only that ground-in, tug o'war dirt, but the ice cream and chocolate syrup you may find on top of it, too. For the tough dirt you see everyday, you can depend on Tide.

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Your doctor's prescription: Is it Greek to you?

When your doctor hands you a prescription order to be filled, it's easy to become confused. Few Americans are able to interpret the Latin abbreviations most doctors use to write a prescription, let alone decipher the notoriously bad handwriting.

Later, even seemingly "simple" instructions may be hard to interpret. For instance, does "Take three times a day" mean every eight hours or three times during your waking hours? Should the medication be taken with meals or before or after eating? Should you take the medication with water or another liquid or no liquid at all? Is it harmful to take more than one medicine at a time?

How and when a drug is taken determine its effectiveness. Most drugs can even be harmful if they aren't taken as prescribed.

Surprisingly, many patients never even have their prescription orders filled. And more than half the people who use prescription medicine make mistakes in taking it.

To follow prescription directions carefully and knowledgeably, patients must take an active role in their own care. We've put together some guidelines to help you benefit most from your doctor's prescription.

How drugs work

Drugs are used to diagnose, treat, or prevent illness, or to affect the functions or structures of the body. For example, drugs can relieve the distressing symptoms of a cough, treat a disease by killing specific forms of bacteria (antibiotics), prevent disease (vaccinations), or alter a bodily function—as oral contraceptives, for instance, stop ovulation. And drugs can replace substances the body needs but fails to manufacture—insulin, for example.

To perform their varied tasks, medicines first have to get inside the body. So we have drugs that are injected, inhaled, applied externally, implanted, used as suppositories, or, most commonly, taken by mouth.

Drugs can be absorbed in the mouth or swallowed and absorbed through the stomach and intestines. Some drugs are designed to be absorbed rapidly; others require processing by various organs or chemicals in the body before they can be turned into forms the body can use. The body stores drugs in different organs and tissues, releasing them at varying rates.

How you personally respond to a medication depends not just on the medicine and dose but on such factors as your weight, sex, age, heredity, state of health, contents of your stomach, and other drugs you may be taking.

What to tell the doctor

To prescribe appropriately for you, a doctor needs to be familiar with your medical history and physical condition. He may perform a physical examination, possibly including laboratory tests, X rays, and other diagnostic procedures. Make sure the doctor knows:

- If you've ever had an adverse reaction to any drug, no matter what the previous illness. If you're allergic to a drug—sulfa or penicillin, for instance—you're likely to have a problem whether it's given to you in tablets, cream, or eye drops. Some drugs have chemical cousins that also could produce an adverse reaction.
- If you're allergic to any foods. For example, persons with an allergy to eggs usually were not able to receive the swine flu inoculations last winter.
- If you're taking any other drugs, even if they have been prescribed by another physician. Certain combinations of drugs can be harmful: Alcohol, taken along with

continued

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This Valentine's Day give him Mon Triomphe. It's the fragrance that's different on every man who wears it. That's because Mon Triomphe mixes with a man's body chemistry to give every man his own individual scent. Cologne, After Shave, Musk Plus Cologne and other fine grooming aids, $3.00 to $11.00.





Feel secure about douching with Dismiss. The disposable douche meticulously designed to make sure you're gently and thoroughly cleansed, without overdoing it. Dismiss contains a special emollient to help protect and soothe delicate tissues, reducing the chances of overdrying or causing irritation.

Use Dismiss with confidence. To feel really clean. Really fresh. It lets you feel secure about douching.

Is constipation part of growing older?

It's true that as you get older, your body does slow down and regularity can become a problem. But it doesn't have to be.

You don't have to suffer from constipation... not when there's Serutan to help you.

Serutan is the laxative especially formulated to help a sluggish system back to regularity. That's because Serutan with its natural ingredients, adds the necessary moisture and bulk your system tends to lose as you get older.

Serutan gently nudges your slowed down system along, so you eliminate smoothly and comfortably. You no longer have to experience the discomfort of dry, hard stools.

Try Serutan. Because constipation doesn't have to be a part of growing older.



Read label for directions.

Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

continued

Prescriptions

other depressant drugs, such as sleeping pills and tranquilizers can have a "knockout" effect even if taken in relatively small amounts. Larger doses of the two could be fatal. Drug usage is so widespread that most people don't think about the effects of mixing such nonprescription drugs as aspirin, caffeine, antacids, laxatives, and vitamins with prescription drugs. If you have any questions or doubts, ask your doctor or pharmacist.

- If you have any medical condition other than the one for which you currently are seeing the doctor.

What to ask the doctor

To avoid later uncertainty, know the answers to the following questions before you leave the doctor's office:

- **What are you treating me for?** The back pain that brought you to the doctor a couple of years ago may have felt the same as your present problem, but the cause may be unrelated and the treatment entirely different.

- **What is the medication you are giving me and what is it supposed to do?** You're entitled to an answer that tells you more than "to make you feel better." In most states, pharmacists are required to write the name of the drug on the label unless the doctor directs otherwise.

Your doctor may write a prescription for a drug by its generic name, chemical name, or brand name. A prescription order for a generic name drug may save you money since the pharmacist is able to pass on the savings he realizes from competitive pricing. The price of a drug is not necessarily an indication of its quality, but your doctor may feel a brand name is necessary.

- **When should I take the drug?** The kind of information you're seeking might read like this: "Take one tablet at 8 a.m., 4 p.m., and midnight until the prescription runs out, which will be in seven days." If the doctor says, "Take one hour before meals" and you habitually skip a meal, be sure he knows so he can adjust the dosage schedule directions.

If the drug is prescribed in an amount to be taken for ten days, don't discard it after three days, even if you feel better. For some ailments, the last pill is as important as the first.

- **How should the drug be taken?** Medications are formulated in different ways. Some are designed for rapid absorption by blood vessels under the tongue; swallowing such medications would delay and reduce their effect.

When a drug is to be taken with water, for example, the purpose of the water may be to dissolve the medication. Eliminating the water or substituting another beverage such as milk might make the medicine useless or even harmful.

Some drugs are absorbed better when the stomach is empty; others irritate the lining of the stomach and should be taken when the stomach is full. *Make sure you know how to take the medicine.*

- **Does the drug require modification of activity or diet?** If the drug is likely to make you sleepy, decrease your alertness, or interfere with your coordination, you'll want to avoid driving or operating machinery. Even the alcohol in a pre-dinner cocktail or a glass of wine is enough to interfere with the action of many drugs; ask the doctor about this specific point.

- **How soon can I expect the medicine to work?** Some drugs, such as certain antibiotics, take 72 hours or more to begin to work. Antidepressants may not have a noticeable effect for two or three weeks. The patient who isn't aware of this may stop taking the medication after a few days, thinking it isn't working.

- **Are there any side effects I should be concerned about?** No drug is free from potential undesired effects. The beneficial effects of some drugs are so great that side effects are tolerated. While serious adverse reactions to most drugs are rare, some have side effects that may be discomforting. The most common problems are stomach upset, drowsiness, skin rashes, and headaches. Most patients would be justifiably upset if their doctor recited every

continued

HEALTHY DISCOUNTS DURING REXALL'S VITAMIN SALE.



Right now, your nearby Rexall Drug store is having a sale on Rexall vitamins.

For example, Rexall Vitamin C, 100 tablets, 500 mg., for only 99¢. Or Rexall Vitamin E, 100 capsules, 400 I.U., just $2.99.

And no matter which vitamins you choose, you'll be getting Rexall's guarantee of complete satisfaction or your money back.

Offer available at participating stores while supplies last.

Rexall's Vitamin Sale.
Your pocketbook will feel stronger fast.

(Advertisement)



WHAT DID YOUR MIRROR REVEAL THIS MORNING?

This morning started out like any other. You put on the coffee and set out the juice glasses. Then, as always, you went to freshen up to greet the day and your family pleasantly. Looking in the mirror as you brushed your hair, you suddenly realized that you looked older. Somehow you hadn't noticed before. But you couldn't help wondering if other people were aware of the change.

Now you and your mirror have come face-to-face with the truth, it's time you discovered a secret known to fortunate women from many parts of the world, the secret of a mysterious beauty fluid that can help you look younger. This skin-loving liquid is known in the United States as Oil of Olay beauty lotion.

Simply smooth Oil of Olay over your face and throat to let it begin to work so that it can help you look younger. Watch the precious fluid disappear into your skin. Oil of Olay penetrates remarkably quickly, bringing pure moisture, tropical oil and precious emollients to ease dryness. Dryness, of course, can so easily make you look older, as it makes little wrinkle lines more obvious. The very first day you use Oil of Olay, those lines are less noticeable. You'll be able to see the difference. And even though they may not comment, the change will be apparent to other people too.

The skin-cherishing beauty fluid works mysteriously as a partner with nature to maintain your skin's natural moisture balance and let your skin become softer and smoother. No wonder Oil of Olay can help you look younger.

Within moments after applying the beauty fluid, your face takes on a renewed lustre and radiance, a kind of marvelously dewy glow. Remember that look? Isn't it a joy to see it again?

When will you choose to use the precious beauty fluid? Exposure to wind and sun, some cosmetics, even sudden temperature changes can cause your skin to feel dry and look older, just as certainly as the passing years do. So whenever your skin feels dry, it may be telling you that it would welcome Oil of Olay.



If you're like most dedicated users, you will want Oil of Olay to be part of your morning and evening beauty ritual. Oil of Olay, faithfully every morning, either to let your skin live in its own moist climate or under your cosmetics. Because the beauty fluid penetrates so quickly and doesn't leave a greasy afterfeel, you'll find it marvelous under makeup. Again, faithfully every night, so that Oil of Olay can cherish and pamper your skin into quiet hours of night.

Remember what your mirror revealed this morning? How reassuring to know that with Oil of Olay® your mirror can soon reflect a younger look. What a lovely way to face the day.

continued

Prescriptions

possible reaction to the prescribed drug. But it can be reassuring if the doctor forewarns of well known side effects: "You may experience some nausea; be sure to call me if you start vomiting." Sometimes unpleasant side effects can be eliminated by a change in dosage or a switch to another drug; *don't suffer in silence.*

Particularly when taking a medication regularly—to prevent pregnancy, or to treat heart disease, hypertension or diabetes, for example—you should discuss with the doctor both short- and long-term side effects to help you decide whether the benefits outweigh annoying side effects and possible risks. Alternative treatments exist for most conditions.

● **Can this prescription be refilled? When should I call or come in for another appointment?** Many drugs should not be taken for an extended period without medical supervision. Don't save unused medicines unless you have the doctor's permission. Some medications lose strength over time; flush leftover medicines down the toilet to prevent children from accidentally taking them. *Don't share your prescription with anyone else.*

● **What should I do if I accidentally miss a dose?** It's only human to occasionally forget to take your medicine, and it's important to know how to compensate for the oversight. If you take the medication at intervals greater than prescribed—every six hours rather than every four hours, say—the blood level of the drug will drop, perhaps too low to do any good. With many drugs, doubling the next dose will result in an overdose, with possibly harmful effects. The instructions for some drugs, including oral contraceptives, call for taking the missed dose as soon as possible. If you're not sure, ask your doctor or pharmacist.

Get written instructions

Take a look at your prescription form. If your doctor hasn't already done so, ask him to include specific instructions instead of "Take as directed" or "Take as needed."

Some doctors and pharmacists de-

elop instruction sheets for drugs hey frequently prescribe that supplement rather than replace verbal istructions.

The label on your medication usally includes your name, your doctor's name, the date, the name, address, and phone number of the harmacy, a prescription number assigned by the pharmacy, name, trength, and quantity of the drug ispensed (unless the doctor has directed otherwise), how much medication to take, when and how to take t, an expiration date, and any special storage instructions. If you have ny doubts, ask the pharmacist to nterpret the instructions.

How your pharmacist can help

Registered pharmacists—graduates of an accredited college of pharmacy and certified by the state in which they practice—are an excellent resource for advice about medicines your doctor prescribes.

Recent action in a number of states has enhanced the pharmacist's role. The state of Washington, for example, requires that pharmacists label each new prescription with complete directions for use and then repeat the directions orally. California law requires a pharmacist to inform patients orally or in writing of the possible harmful affects of drugs that pose substantial risks if the patient drives, or if taken with alcoholic beverages.

Pharmacists and doctors in Minnesota and Kansas have developed drug instruction sheets to be given to patients when a prescription is filled. The instructions for penicillin, for instance, state, "Penicillin is most effective if it is taken on an empty stomach and should be taken one hour before meals or two to three hours after meals. You should take this drug with a full glass of water to increase the absorption."

Some pharmacists have a clock face printed on the prescription label and the correct times to take the medication are circled. Other instruction stickers are made to be posted on the refrigerator or family medicine cabinet.

Many pharmacists keep patient records or family "medication profiles" to avoid possible drug interactions or allergic reactions. The State of New Jersey requires all pharmacies to keep such records and to consult them before dispensing any medications.

What are patient package inserts?

It's debatable whether information patients get from doctors about drugs is adequate. Certainly it's true that failure to comply with a drug regimen often results from lack of understanding.

The Food and Drug Administration—the federal agency responsible for seeing to it that our drugs are safe, effective, and properly labeled—is exploring the idea of requiring written information about prescription drugs to supplement traditional physician-patient instructions.

Patient package labeling has been required by the FDA since 1970 for birth control pills. The written information includes a warning about

continued on page 56



"I trust the facts"

"But first I check them out. It's the only way to feel confident when you have important decisions to make!"

Once you've checked the facts, you'll trust Tampax tampons. To begin with, more women use them than all other tampons combined. That's because they trust Tampax tampons' protection.

There are no deodorants in Tampax tampons. When a tampon is in use, embarrassing odor doesn't form. What's more, a cover-up scent may be harmful or cause allergic reactions. And unlike plastic applicators, the Tampax tampon container-applicator is flushable.

Once you know the facts, Tampax tampons will be your choice, too.

TAMPAX® tampons

MADE ONLY BY TAMPAX INCORPORATED, PALMER, MASS.

The internal protection more women trust





Now Dial soap has a fresh new shape. It fits better in your hand. Feels smooth on your skin. Leaves your whole body feeling clean and refreshed.

And you still can't buy a better deodorant soap. Or one that lasts longer.

In gold, white, richer pink, deeper aqua. Each wrapped up in a fresh new package.

Aren't you glad you use Dial!

Now Dial soap looks as fresh as you feel.


Aren't you glad!

continued from page 51

Prescriptions

their most serious side effect, abnormal blood clotting. Such inserts are required for an aerosolized asthma drug and have been proposed for intrauterine devices (IUD's) and estrogenic drugs other than oral contraceptives.

About drug prices

If your doctor can prescribe your medication by its generic name, you may save money. You're wise to do comparison shopping; some pharmacies will quote prices over the phone. Pharmacists, however, would rather see the prescription order before quoting a price so they can verify the doctor's instructions.

Thirty-five states had laws prohibiting the advertising by drugstores of prescription-drug prices, until the U.S. Supreme Court ruled against such laws last year. Some states now require that all pharmacies post the prices of certain commonly prescribed drugs.

Cost is only one consideration in choosing a pharmacy. You may require 24-hour service, home deliveries, or a family pharmacist who knows your family, keeps a family medicine profile, and can advise you about both prescription and nonprescription medication.

In 1975 nearly 1.5 billion prescription orders were filled. One out of nine of these were generically written. More than 700 basic formulations were sold under 20,000 different names, but only 100 drugs accounted for more than half of all prescription orders. (Valium, a tranquilizer, is the nation's most prescribed drug.) The average price for a new prescription is about $5, and the typical family of four spends about $100 on prescription drugs in the course of a year.

Using drugs safely

Keep your medications out of sight and in safety containers if you have small children. Accidental ingestion of medications accounts for more than half of all childhood poisonings in this country. However, safety containers that are difficult to open are frustrating for elderly persons with arthritis or other handicaps. Ask your pharmacist to package your medication according to your needs.

Don't mix medications in the same container. Some drugs cause chemical decomposition in others. Also, your chances of taking the wrong medication are increased.

When using liquids, pour label side up, measure accurately, and never sip from the bottle.

Don't take medicines in the dark. You run the risk of taking the wrong drug or the wrong amount.

Finally, don't insist on having medicine prescribed every time you see a doctor. While today's medicines can prevent or alleviate many formerly incurable disorders, many illnesses are self-limiting. Taking medicines when you don't really need them may weaken their effect when illness strikes. ■

(Produced in cooperation with Lynne Lamberg.)



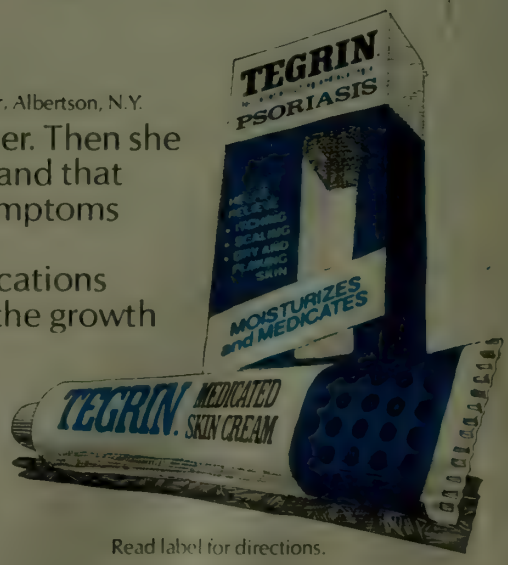
"I was always running out of dry-skin lotion. But I never seemed to get rid of my dry, itchy skin.

Then I found I had psoriasis." Doris Foster, Albertson, N.Y.

Mrs. Foster was heartbroken when her doctor told her. Then she learned that millions of Americans share her problem—and that moisturizing lotions alone can't help relieve psoriasis symptoms the way Tegrin® Medicated Cream can.

Tegrin does more than moisturize. It contains medications that help relieve the itching and flaking—actually help the growth of healthier skin.

"Once I stopped using dry-skin lotion and started using Tegrin, I started seeing results," says Mrs. Foster. "Tegrin helps me forget I have psoriasis... and that's just fine by me." **Tegrin moisturizes and medicates.**



Read label for directions.



Vitamin loss. Classic in flu.

When your body reacts to the stress of flu, it increases the rate at which it uses up many kinds of nutrients, including vitamins. From a balanced daily diet, your body can store up most nutrients for such emergency use. However, there are certain vitamins the body can't stockpile, no matter how much you take in. Here's why.

Water-soluble vs. fat-soluble vitamins. Your body absorbs two kinds of vitamins from the food you eat, fat-soluble and water-soluble. The fat-soluble vitamins are accumulated in substantial reserves in body tissues. But this is not true of the water-soluble vitamins, B complex and C, and daily replacement through proper diet is considered necessary even when you're well. When your vitamin needs are increased by the stress of infection, immediate supplementation of the water-soluble vitamins, B complex and C may be indicated.

Why many doctors recommend STRESSTABS® 600 High Potency Stress Formula Vitamins. When the diet is inadequate, STRESSTABS 600 can help you avoid a vitamin deficiency by replacing the B and C vitamins lost during stress conditions such as flu. STRESSTABS 600 can satisfy above-normal needs for these vitamins by providing above-normal amounts: 600 mg. of vitamin C plus a high potency formula of the B complex vitamins. STRESSTABS 600 also contains vitamin E. Also available: New STRESSTABS 600 with Iron.

Talk to the experts about STRESSTABS 600. Ask your doctor or pharmacist about this different brand of vitamin. Available at your drug store, in bottles of 30 or 60 tablets.

STRESSTABS 600 won't cure the flu, but it can help you maintain the good nutritional balance you need to fight back.

STRESSTABS 600 and **STRESSTABS 600** with **Iron** are products of Lederle Laboratories.

Stresstabs® 600

High Potency Stress Formula Vitamins 034-7R

For cold & flu relief nothing's changed.



In the fast-moving world of science, do you know anything else that couldn't be improved upon in 60 years? Bayer Aspirin, quite simply, was a miracle drug ahead of its time.

Rest, fluids, aspirin. Your doctor recommends it to relieve the aches and fever of colds and flu. He's your parents' doctor. And your grandparents' doctor. Bayer was the first brand of aspirin. And today, three generations later, it's still number 1.

Rest, Fluids, Bayer Aspirin.

Read and follow label directions on this and all medicines.



COLD WEATHER AND YOUR SKIN

Whether you're an ardent cross-country skier or the stay-at-home type, dry winter weather makes harsh demands on your skin. You're a potential victim of dry skin whenever humidity is low, as it usually is from November to April in most of this country and year-round in the Southwest.

Skin that's dry looks off-color and feels rough and taut. Other symptoms may include scaliness, cracks, rash, and redness. Dry skin can sting or itch. It can make existing skin conditions worse, or mimic other skin disorders. And it can make wrinkling more obvious.

How the skin works

Knowing how your skin works and taking a few simple precautions will enable you to get through the winter with minimum discomfort.

Think of your skin as a house in which you live. This amazing "house" offers protection from physical and chemical dangers. At the same time, it guards against excessive loss of essential body substances such as water.

You may be surprised to learn that water, not oil, is the key to keeping the skin soft and supple. Water is absorbed from the outside environment or released from the body through the outermost skin layer, the *stratum corneum,* which is thinner than this magazine page.

When environment temperature is high, sweat glands excrete fluid that flows up to the skin surface, and, by evaporation, cools you. In the summer when humidity is high, this fluid does not evaporate rapidly and appears as sweat. In the winter when the temperature is low, less sweat is produced and it evaporates rapidly, particularly when outside humidity is low. The outer surface of the skin literally dries out. Then, when the skin is stretched, it may crack.

Natural skin oils, composed of products of the sebaceous glands and fragments of dead skin cells, help keep the skin supple by forming a partial barrier to the evaporation of water. Studies have demonstrated that when these natural moisturizers are removed from the *stratum corneum,* the skin loses water three times faster than skin with the oils intact. The body's own production of natural oils peaks during adolescence, then tapers off. Since heredity plays a part in the production of skin oils, there are great individual differences. Contact with chemical solvents, or prolonged exposure to detergents and ordinary household cleansers can deplete the body's reservoir of skin oils.

How to winterize your skin

You can head off the problem of "winter skin" by altering your environment and certain daily habits.

Start by increasing the humidity of the air around you. Devices available range widely in price. For $100 you can buy a whole-house humidifier that attaches to the heating duct of a forced-air furnace. And for less than $30 you can get a portable humidifier designed to handle a single room. The latter may be a good choice for a bedroom or an office, if the steady hum of the motor doesn't bother you. The added humidity will benefit parched nasal and throat membranes, too. You should aim for enough humidity in the room to produce sweat on the windows but not enough to drip.

continued

SAVE ON THESE PRODUCTS FOR YOUR FAMILY

SAVE 10¢
on any size of
DISMISS DISPOSABLE DOUCHE
Notice to Dealer: You are authorized to redeem this coupon for 10¢ plus 5¢ per coupon for handling provided it is taken in payment on either 1 pack or 3 pack size of DISMISS Disposable Douche. Mail to: DISMISS P.O. Box 1336, Clinton, Iowa 52734. Coupon will not be honored and will be void when presented by outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption or when abused, prohibited, taxed or otherwise restricted. Non-transferable. Good only on items specified above. Invoices covering purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Customers must pay any sales tax. Cash value of 1/20 of 1 cent.
OFFER EXPIRES JUNE 30, 1977
DISMISS is Reg. U.S. Pat. Off.
Richardson-Merrell Inc., Wilton, Connecticut 06897
10¢ STORE COUPON
Dismiss DISPOSABLE DOUCHES
Uses only 3ozs. of water. Douche powder inside each syringe. Proven as effective as I quart douche. Easier and nicer.
3 DISPOSABLE DOUCHES
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10¢ BAYER ASPIRIN 10¢
SAVE 10¢
on any size of Bayer Adult Aspirin.
Mr. Dealer: You are authorized to accept this coupon for 10¢ on the purchase of Bayer Adult Aspirin. This coupon will be redeemable by Glenbrook Laboratories for the face value plus 5¢ handling charges provided you have complied with the terms of this offer. Void where prohibited, taxed or restricted by law. Cash value is 1/20 of 1¢. Invoices showing purchase of sufficient stock to cover all coupons must be shown on request. Offer expires Dec. 31, 1977. Coupon may not be transferred or assigned to third party. Mail all coupons to Glenbrook Laboratories, Box 9016, Miramar Station, Tallahassee, Florida 32311. Coupon valid on purchase of Bayer Adult Aspirin. Any other use constitutes fraud. Customer must pay any sales tax. Limit one coupon to a customer.
10¢ 10¢

STORE COUPON
20¢ 20¢
SAVE 20¢
on next purchase of any size
HERBAL TEGRIN® SHAMPOO (except .7 oz. size)
Mr. Retailer: As our agent redeem this and we will reimburse you for 20¢ plus 5¢ handling if you and consumer have complied with offer's terms. Presentation without redemption constitutes fraud. Good only on products specified and not tranferable. Invoices proving your purchase of sufficient stock to cover all coupons redeemed must be shown upon request, failure thereof voiding all excess coupons. Consumer must pay any sales tax. Coupon void if presented through outside agencies, brokers or retail distributors not so authorized. Void if prohibited, taxed or restricted. Valid only in U.S.A. and limited to one coupon per package. Cash value 1/20 of 1¢. For reimbursement, mail to The Block Drug Co., P.O. Box 3140, Chester, Pa. 19016. Offer expires February 1, 1978. TS-208HG-77
20¢ 20¢
STORE COUPON

continued

Skin

Drafts can dry skin, so be an artful dodger. Bundle up against the wind; protect your face with a muffler and your hands with warm gloves. Turn the blower on your car heater away from you.

When the weather is cold, use less soap. Confine soap cleansing to the skin folds, such as the underarms, genital areas, and between the toes; water alone is adequate elsewhere. Older people, or anyone with excessively dry skin, can use mineral oil in place of soap for routine hand "washing."

A daily sponge bath with a quick shower or tub bath in tepid water one to three times a week should prove adequate to keep the skin clean and odor free. Don't massage soap lather into the skin, and be sure to rinse the soap off thoroughly. Don't linger in the water; skin that is overly saturated seems prone to dry out faster later.

Bath oils may help to relieve after-bath dryness. Better yet, take that quick bath or shower, pat (never rub) skin just barely dry, then apply lubricating cream or lotion over the entire body. A daily once-over with a moisturizer and an extra application before you go outdoors are good precautions during the winter.

Why lubricating creams work

It's a misconception that lubricating creams can replace water and oils that the skin has lost. They can't. What they can do is set up an oily barrier that helps prevent further loss of water. In addition, the oily film makes the skin look and feel smoother by "cementing down" horny bits of surface skin. Some lubricating products contain chemicals that draw water from the deeper skin layers up to the surface or attract water from the air to the skin surface; this helps prevent the surface skin from cracking.

Of course, cosmetic products do not totally seal the skin. If they did, excessive water would eventually accumulate and cause swelling and inflammation.

To soothe severely chapped skin, use this effective home treatment. Thoroughly wet the affected area and then liberally apply a heavy lubricant such as petroleum jelly. The skin will feel "tacky" for a considerable time, but the net effect will be to force water into the dehydrated tissues.

If the chapped skin persists and becomes severe or painful, see your doctor. He, in turn, may direct you to a dermatologist if the problem warrants it.

HOW TO FEEL MORE ALIVE AT 5:00



Some days I used to feel really dragged out by five o'clock.

You probably know the feeling because you've had it yourself. And usually just when you were planning something really nice for the evening.



Then I found out about Vivarin.

Just one Vivarin tablet perks me up, makes me feel more alive.

You see Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

So for those times when five o'clock rolls around and you want to feel more lively, ready to enjoy the rest of the day, try Vivarin.

It really works.



WATCH OUT FOR FROSTBITE

Frostbite victims include the stranded motorist, the cross-country skier who breaks a ski and has to hike miles through snowdrifts, and the backpacker who travels without extra changes of dry clothing.

To protect against frostbite, dress appropriately and anticipate emergencies whenever you are going to be outdoors for long periods in cold weather.

But, even if you plan your cold-weather outdoor activities carefully and take special precautions, accidents can happen. Frostbite occurs when your body loses more heat than it produces. Water in the cells of the body actually freezes. The severity of the injury depends on the length of exposure and degree of coldness.

The first symptom of frostbite is likely to be a painfully cold feeling. The rim of the ear or tip of the nose may become numb.

The best treatment for frostbite is to warm the frostbitten area to body temperature or slightly above by immersing the area in water at a temperature of 100-105 degrees Fahrenheit. Do not rub the frostbitten area with snow or use excessive heat such as that from a campfire because you might char the skin. After warming the area a half hour or longer, be sure to protect it from the cold. If refreezing occurs, it could lead to greater injury. Get the injured person to medical care as soon as possible. Professional treatment is essential. ■

(Produced in cooperation with Lynne Lamberg.)



I don't let anything get in the way of my enjoyment.

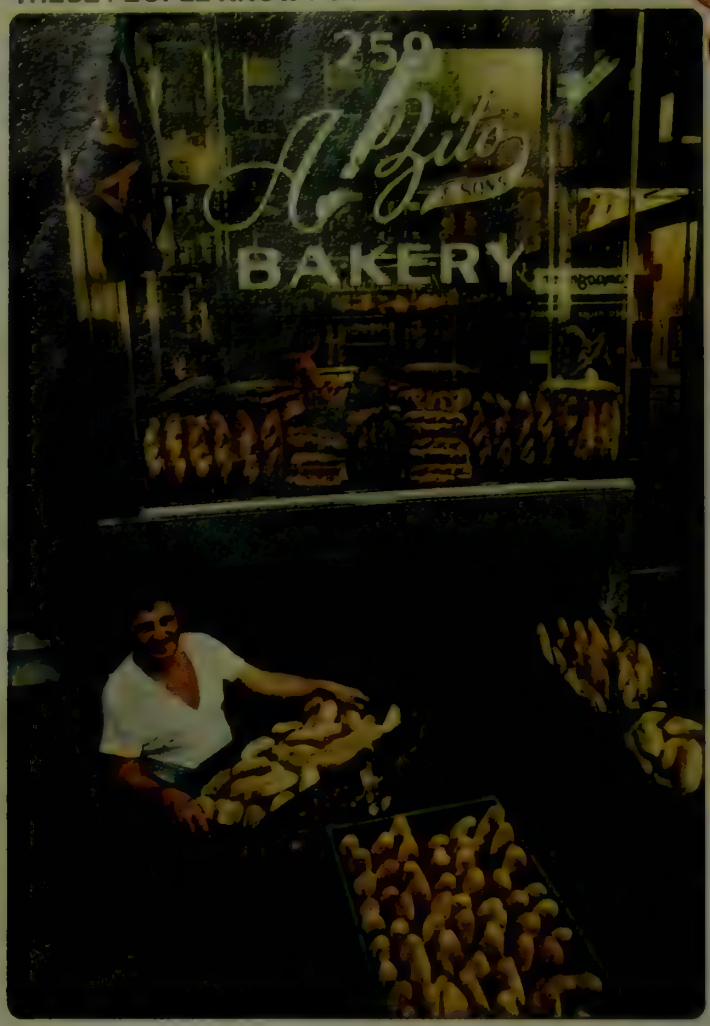
So when I'm smoking I head straight for Salem Longs. There's nothing halfway about it. I get extra length, smooth flavor and menthol. Salem's my enjoyment.

Salem Longs.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

19 mg. "tar", 1.2 mg. nicotine av. per cigarette, FTC Report APR. '76.

Great Italian Bread from a Real Bread Expert



By Sally P. Torpey

"In anybody's language—anybody's religion—bread has always been sacred." That's Julio Zito expressing his strong convictions about the product he's been selling most of his life. According to Julio, "Bread is something you don't fool around with." And he means it—his family has been baking bread the same at Zito's for 55 years. Julio, his two brothers, Charlie and Jim, and sister, Fran, share the family bakery operation. They still bake and sell entirely from the small Greenwich Village shop their Italian immigrant parents began.

"There's something special about my bread," says Julio. "You can pick it out without even tasting it." What makes Zito's bread unique? Every loaf is hand-shaped—all 5,000 loaves a day. And the bread is never hurried. A loaf takes about six hours from start to finish.

Six, sometimes eight bakers, working in two shifts, turn out the crusty loaves in the shop's basement bakery. The century-old brick ovens go almost constantly. Perhaps Julio could squeeze in another batch of bread each day, but he chooses not to try. "They say the ovens must rest, and I believe them. The bakers know these ovens."

"Bread is a necessity," says Julio, "always has been. Some people have to be doctors, some have to be lawyers, and somebody has to bake the bread. For me, it's been a good life, but not an easy one." And it's not one he wishes to push onto his son, Anthony, who is working part-time toward his graduate degree in biochemistry from New York University. Anthony helps his aunt, Fran, in the store and makes deliveries with his uncle to the 80 or so restaurants that receive fresh bread daily (some twice a day). He has not ruled out returning to the family business one day, but he has his own ideas about making the family business grow—and some of them reflect an understandably younger, more modern outlook. But he echoes his father's views on one basic business principle: Bigger is not always better. According to both father and son, Zito's will never modernize its baking methods. "The ovens, that's what makes the bread." Without the ovens? "It would be like any other bread," says Anthony with unmistakable family pride.

Recipes begin on page 134
Buying information, page 168



Sicilian loaves are a specialty, and each baker has a favorite design. (We'll show you how to make the S-shaped loaf pictured on the opposite page.) First the bakers roll the dough into 36-inch lengths.



Starting at the center and working toward one end, the men cut small slits, about one inch apart along one side of the length of dough. They repeat the slits on the opposite side of the other end.



The bakers skillfully coil each end of the dough toward the center, rolling the cut edge to the outside.



Then they repeat with the other end of the dough, rolling the coil in the opposite direction to form an S-shaped loaf.

Zito's Bread Box

Zito's bakes only three kinds of bread: regular **Italian Loaves** in assorted sizes, **Whole Wheat Italian Loaves,** and fancifully shaped **Sicilian Bread.** Julio claims (and we regrettably must agree) that you can't duplicate his breads *exactly* without a brick oven. But he willingly shared some scaled-down versions of Zito's recipes and some helpful advice for making a *good* loaf of Italian bread at home.

- Time is basic—never hurry the bread.
- Mixing is an important step—don't cut it short. It helps give the bread its even texture.
- Use both your eye and your hand to check risen bread. It should be about double in size. Poke it gently with your finger. It should spring back only slightly. If it bounces back quickly, let it rise a little longer; if it doesn't come back at all, it's over-risen.
- Steam gives the baking loaves their thick, shiny crusts, and that's the measure of a *good* Italian bread. (At Zito's the bakers spray water over the hot coals to create the necessary steam in the brick ovens. Julio suggests placing a shallow pan of water in a home oven for similar results.)
- Bread without preservatives must be fresh. Don't bake or buy more bread than you'll use in two or three days.



Photographs: Helms



Because of the special soured dough used, and the extra time and skill involved in shaping, Sicilian Bread is usually reserved for special occasions.



The men dip moistened hands into sesame seeds and pat them gently over the tops of the multi-shaped Sicilian loaves.



Then the loaves are slipped onto cornmeal-covered boards and into proofing boxes to rise before baking. Meanwhile, the bakers adjust the oven temperature with another scoop of coal.



The finished loaves are pulled from the oven on long-handled wooden paddles called peels.

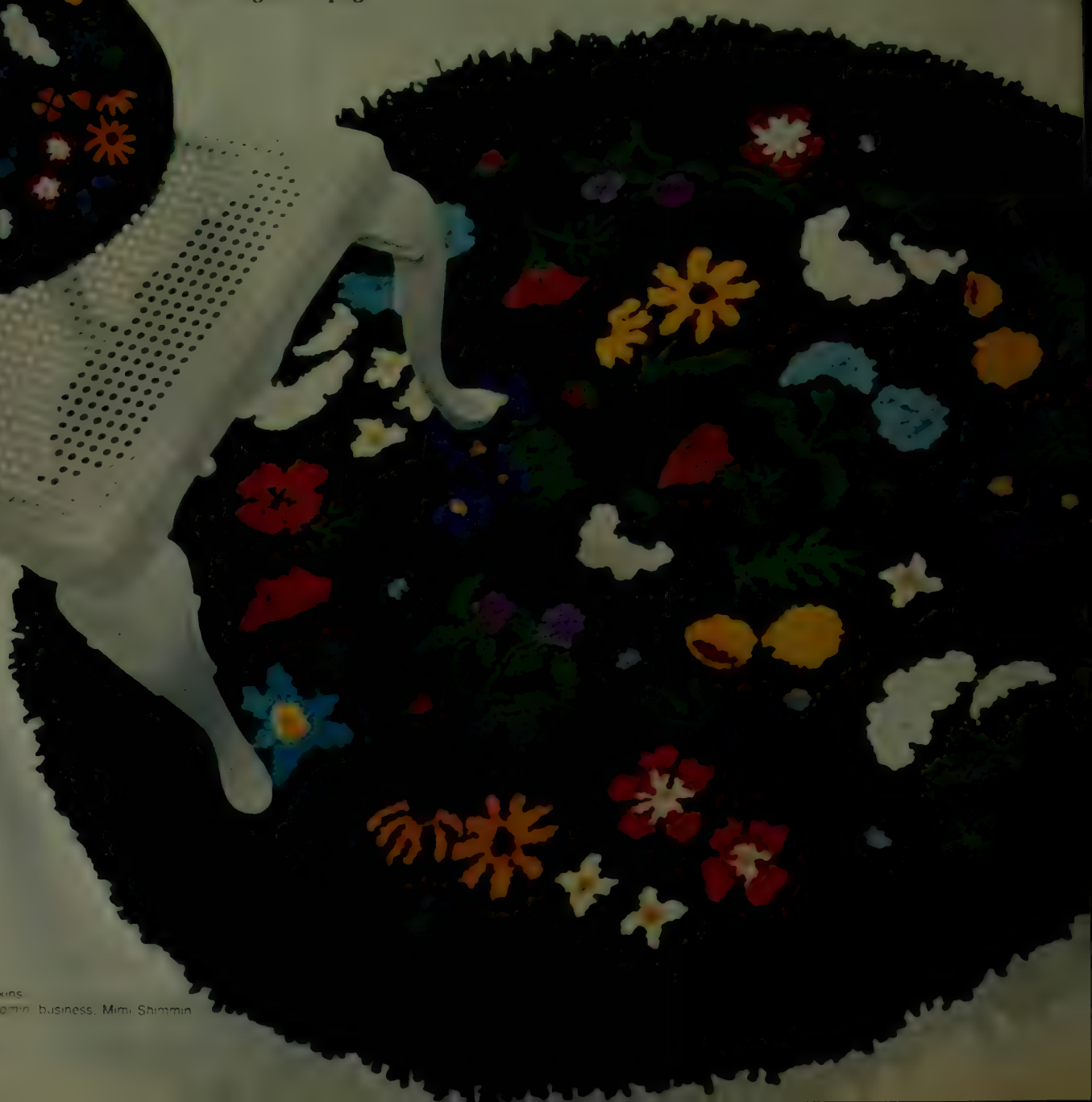
Wildflowers—
an infinite variety

Wildflowers are so refreshing we couldn't resist picking them for our designs-from-nature series. From the myriad irrepressible varieties that color our countryside, designer Mimi Shimmin has chosen for us a basic bouquet of eight floral designs. Here and on the following pages you will see how beautifully these piquant motifs adapt to many different types of needlework. You may scatter the blossoms blithely, as we've done for the projects pictured here, or you may arrange the motifs more precisely, as we show on the next pages—the possibilities are infinite! Our eight primary designs are included in the tear-out bonus beginning on page 69.

Complete how-to for all projects pictured here—punch rug, embroidered pillow (left), needlepoint throw pillows, crewel embroidered throw, and embroidered velvet box—begins on page 184.

By Nancy Lindemeyer and Ciba Vaughan





Photographs: William Hopkins
Designs: for the whole bloomin' business, Mimi Shimmin



Wildflowers

Freedom is the essence of wildflowers, so feel free to interpret our designs to suit yourself, adding your individual touches wherever you'd like. Whether you machine stitch the designs in bold fabric appliqué, as in our octet of pillows, or work them in petite



needlepoint squares, as in our mirror frame, you'll delight in the springtime-fresh effect. To make the quick-point wool rug, *foreground,* and the appliquéd and embroidered quilt, use our tear-out designs full scale.

Complete how-to for all projects begins on page 184;
Tear-out bonus begins on page 69.



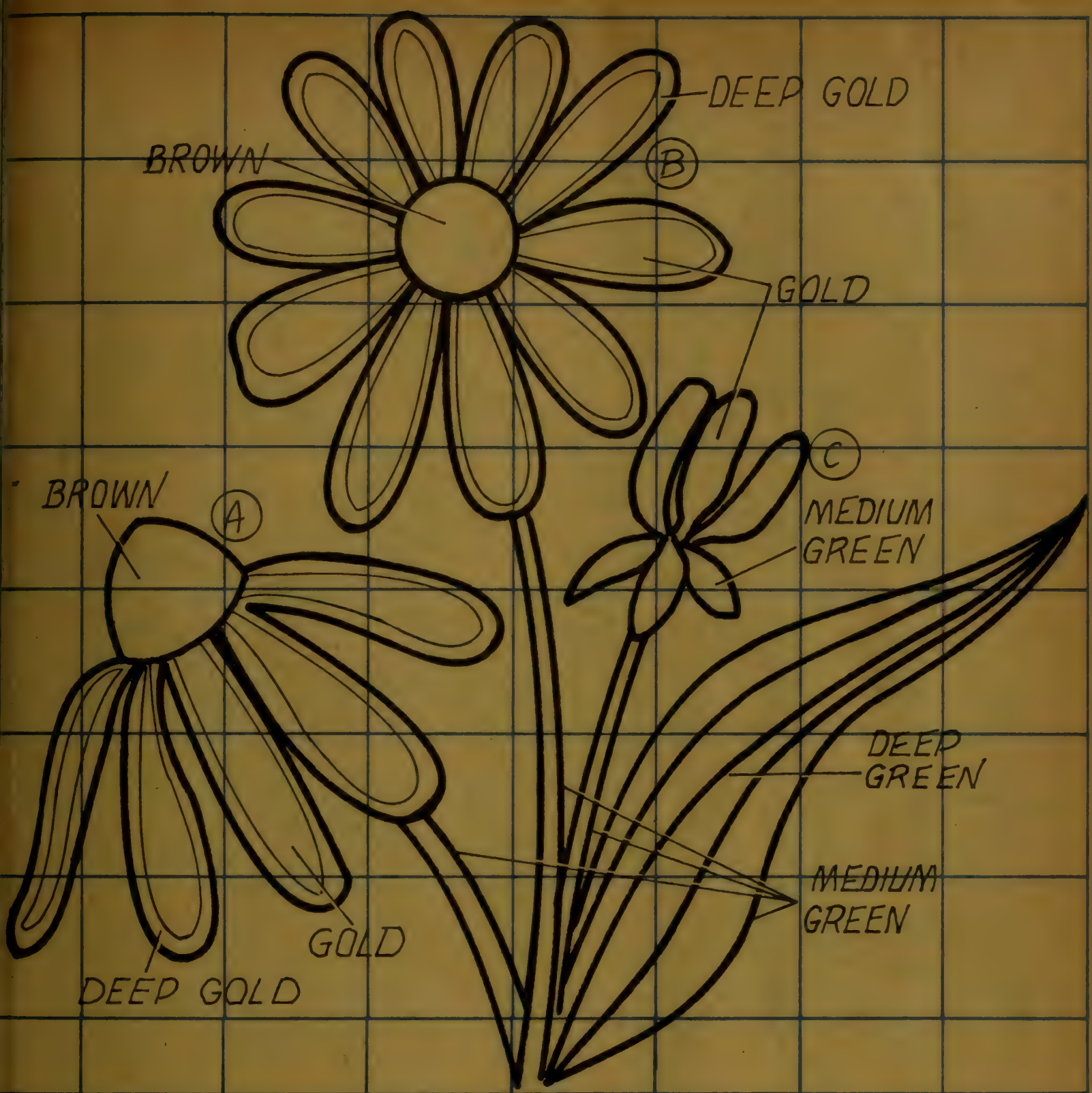
Wildflowers

This delightful quilt—which may be stitched crib-size or larger, as you choose—is a perfect example of how freely our wildflower designs can be interpreted. The basic technique for each quilt square is fabric appliqué. To make the designs even livelier, quilt-makers Suzanne Ish and Sonya Barrington added well-placed embroidery. You, too, may want to "embroider" on our designs for projects of your own.

To make our wildflower quilt, use the tear-out motifs full scale, and then follow the how-to instructions for specific construction details. For all other projects, except the needlepoint rug pictured on the preceding pages, see the how-to instructions for enlarging or decreasing the floral patterns. In our tear-out bonus, beginning opposite, you'll find general color and stitch guidelines for using each of the motifs.

How-to begins on page 192.





BLACK-EYED SUSAN

Round Punch Rug: Bud (flower C) is eliminated from the design. Flowers A and B are worked in solid gold with deep brown centers; leaves and stems are solid medium green.

Embroidered Pillow: Flower C is eliminated from the design. Petals of flowers A and B are double rows of gold chain stitch; centers are clusters of deep brown French knots; stems are couched and leaves are chain stitched (both in medium green).

Crewel Throw: Worked the same as for Embroidered Pillow *(above)*.

Needlepoint Pillow: Petals are gold, outlined in deep gold (flower C is plain gold); centers are brown; stems and leaf are grass green with medium green veins.

Machine-Appliquéd Pillow: Petals and centers of flowers A and B are cut and appliquéd individually and outlined with a deeper shade of satin stitch. Flower C and leaf/stem unit are each cut as a single piece and details are outlined with satin stitch.

Crib-Size Quilt: Petals and centers of flowers A and B are cut and hand appliquéd individually. Flower C and leaf are each cut as a single piece and details are stitched on. Stems are embroidered in green satin stitch.

Quick Point Rug: Same colors and details as for Needlepoint Pillow (left).

Needlepoint Mirror Frame: Colors and details are the same as for Needlepoint Pillow (left) except that flower C is eliminated.



GILIA

Round Punch Rug: Petals are worked in coral and white with yellow center; leaves and stems are worked in medium green.

Embroidered Pillow: We used a single bloom of the Gilia (flower A), plus a spray of leaves. Coral petals are worked in satin stitch, white centers are worked in fly stitch with one yellow French knot at the very center. Narrow leaves are single rows of blue/green chain stitch.

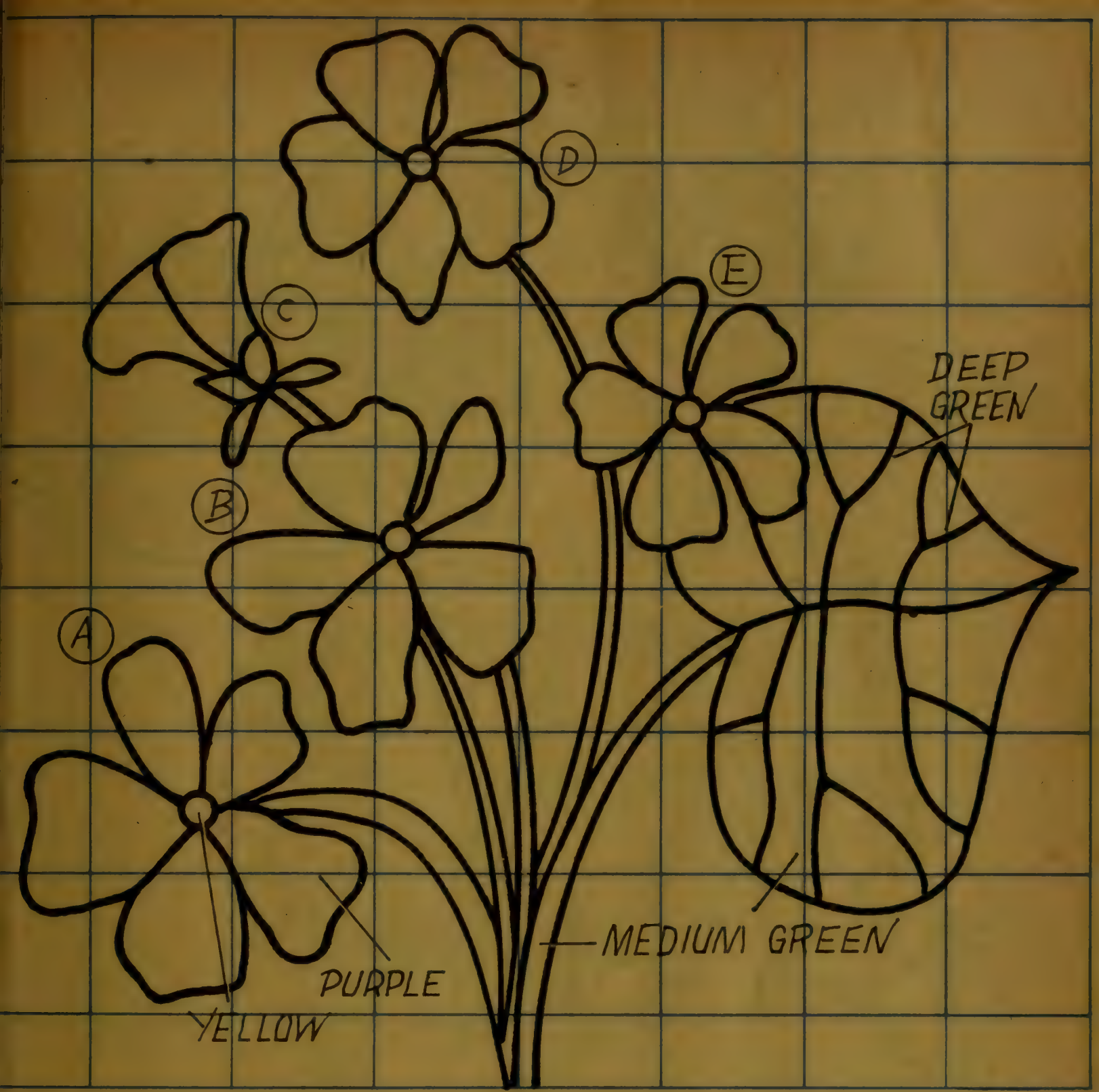
Crewel Throw: Petals are worked in coral satin stitch and outline stitch; centers are left white, with a cluster of yellow French knots in the middle. Stem is couched and leaves are worked in chain stitch (both in forest green).

Needlepoint Pillow: Petals are coral and white with yellow centers. Leaves and stems are bright green.

Machine-Appliquéd Pillow: Flowers, yellow centers, and stem and leaf section are each cut as a single piece and appliquéd with matching satin stitching. White portion of each petal is outlined with white satin stitching.

Crib-Size Quilt: Petals and yellow centers are each cut and hand appliquéd individually. White satin stitches define the base of each petal, and a row of blue French knots circles each yellow appliquéd center. Leaves and stems are worked in deep green satin stitch.

Quick Point Rug and Needlepoint Frame: Same shading and details as for Needlepoint Pillow (left).



VIOLET

Round Punch Rug: Bud (flower C) and stems are eliminated from the design. Remaining flowers are all worked in deep purple with yellow centers; leaf is worked in medium green with deeper green veins.

Embroidered Pillow: Each petal is a single purple lazy daisy stitch filled in with purple satin stitch; centers are yellow French knots; stems are light green stem stitch; leaf is worked in light green satin stitch with darker green couched veins.

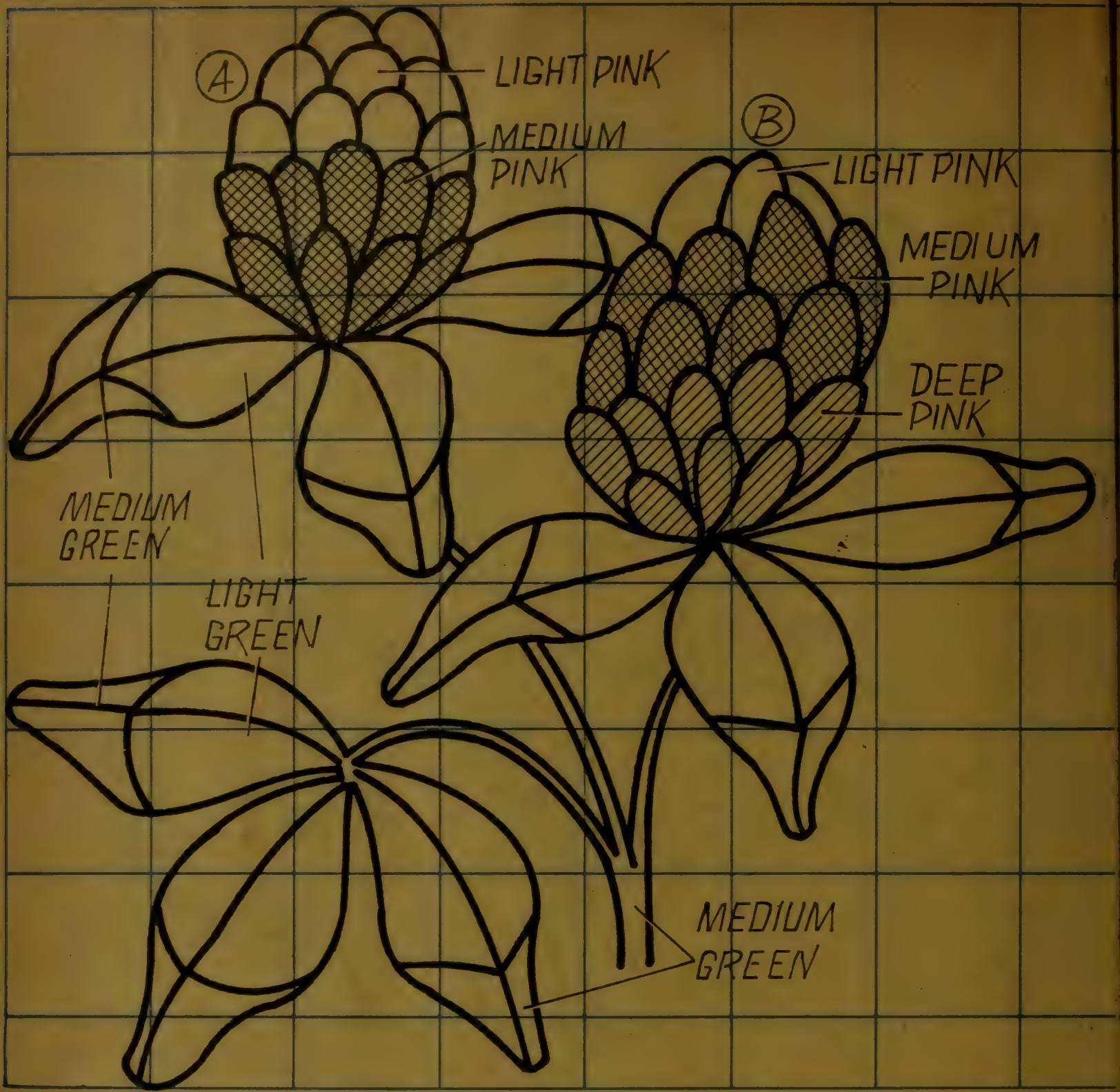
Crewel Throw: Petals are worked in satin stitch (Flowers A, B, and D are deep purple, flowers C and E are medium purple). Centers are yellow French knots; leaf is medium green satin stitch with lighter green couched veins and stems.

Needlepoint Pillow: Petals are worked in varying shades of purple; two centers are yellow and two are gold; stems and leaf are light green with medium green veins.

Machine-Appliquéd Pillow: Each flower is appliquéd as a single unit with yellow appliquéd centers; leaf and stems are cut and appliquéd as a single piece; veins and details of petals are outlined in satin stitch.

Crib-Size Quilt: Petals, centers, and leaf are cut and hand appliquéd individually; stems and details on leaf are embroidered in stem stitch.

Quick Point Rug and Needlepoint Frame: Same as for Needlepoint Pillow *(above)*.



CLOVER

Round Punch Rug: Flower A is worked entirely in deep pink, flower B in medium pink. Leaves and stems are solid green.

Embroidered Pillow: Both flowers are executed in two shades of pink French knots. Stems are worked in stem stitch and the leaves are worked in fly stitch (both in medium green with random veins of darker green).

Crewel Throw: Flowers are worked in two shades of pink French knots; stems are couched in grass green; leaves are grass green satin stitch with veins of deeper green.

Needlepoint Pillow: Shading on flowers and leaves is worked exactly as shown on master pattern.

Machine-Appliquéd Pillow: Lower half of each flower is deep pink, upper half is medium pink. Appliqué and details are worked in deep pink satin stitch. Stems and leaves are cut and appliquéd individually; details are worked in deeper green satin stitch.

Crib-Size Quilt: Same colors and details as for Machine-Appliquéd Pillow (left) except that details are hand embroidered. Stems are embroidered in stem stitch.

Quick Point Rug and Needlepoint Frame: Same as for Needlepoint Pillow (left).

Embroidered Box: Flowers are worked in two shades of pink French knots. Leaves are grass green satin stitch, outlined and veined in medium green outline stitch. Stems are grass green stem stitch.



DANDELION

Round Punch Rug: Flower A is worked in solid yellow (no shading); flower B is yellow with an orange center; leaves and stems are solid medium green.

Embroidered Pillow: All three flowers are worked in medium yellow straight stitch (no orange); stems are couched in green and leaves are tight rows of green chain stitch.

Crewel Throw: Dandelion is not used in this design, but could be added, following suggestions for Embroidered Pillow *(above)*.

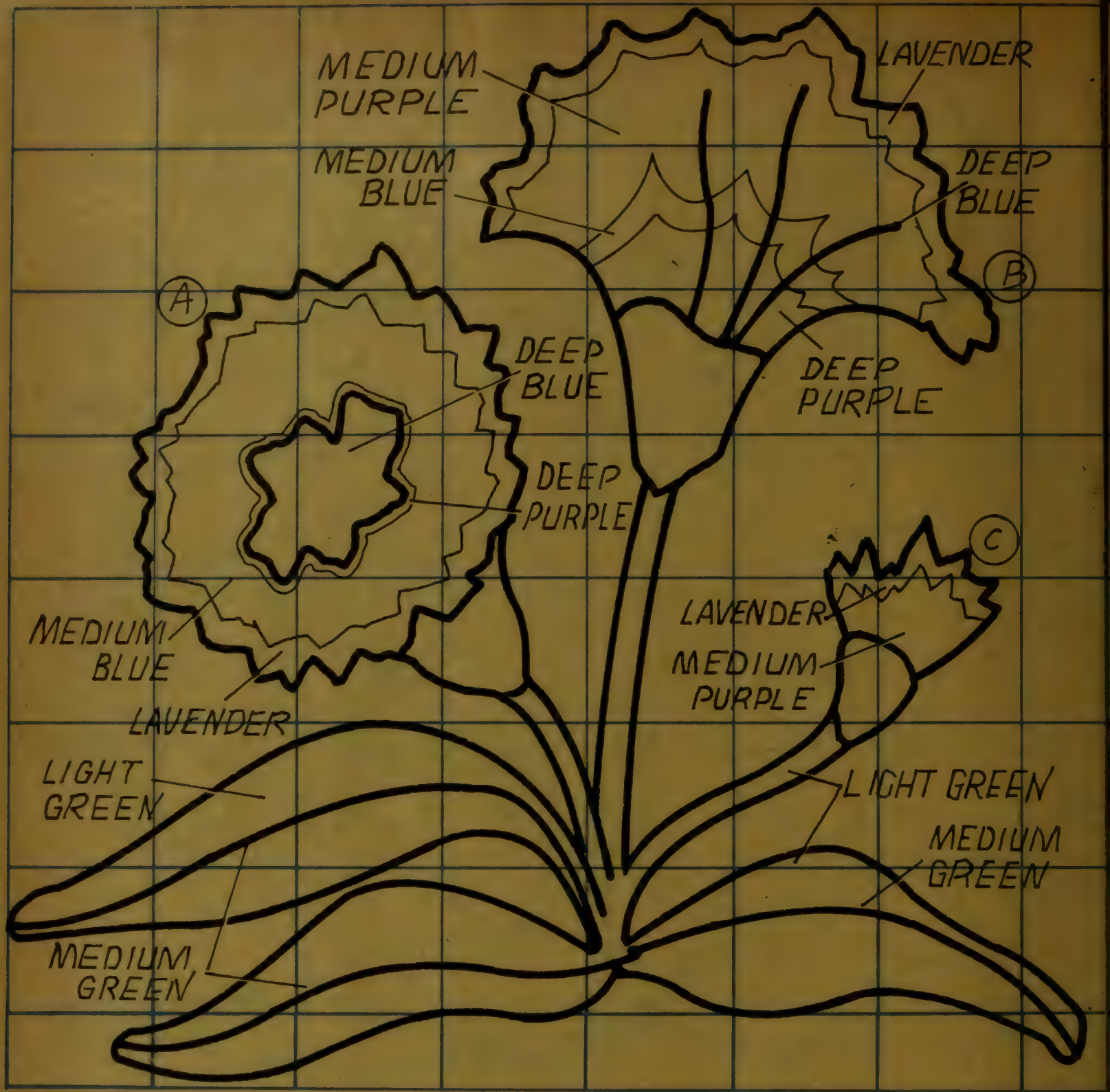
Needlepoint Pillow: Flowers are yellow with orange centers; leaves and stems are medium green with dark green veins.

Machine-Appliquéd Pillow: Flower A is solid yellow with deep yellow satin stitching; flower B is yellow with an orange appliqué center and deep yellow satin stitching. Leaves and stems are cut and appliquéd as a single piece with deep green stitching and veins.

Crib-Size Quilt: Flowers are solid yellow appliqué. Orange centers are suggested with a scattering of French knots. Leaves are green appliqué, and veins are embroidered in deeper green stem stitch. Stems and leaves at base of flower B are embroidered in green satin stitch.

Quick Point Rug: Colors and details are the same as for Needlepoint Pillow (left).

Needlepoint Mirror Frame: Colors and details are the same as for the Needlepoint Pillow (left).



BACHELOR'S BUTTON

Round Punch Rug: Flower C is eliminated from the design. Flowers A and B are worked in blue; leaves and stems are medium green.

Embroidered Pillow: Flowers are worked in medium blue long and short stitch (no shading); stems are worked in grass green stem stitch and leaves in chain stitch.

Crewel Throw: Flowers are worked in medium purple long and short stitch and centers are blue; base of each flower is worked in green satin stitch; stems are couched and leaves are worked in split stitch.

Needlepoint Pillow: Shading is executed exactly as shown on the master pattern.

Machine Appliquéd Pillow: Flowers A and B are blue; flower C and center of flower A are lavender appliqués. Details are worked in purple satin stitch. Leaves and stems are cut and appliquéd as a single piece.

Crib-Size Quilt: Each flower is cut and appliquéd as a single piece; details are stitched in matching blue thread. Center of flower A is embroidered in lavender satin stitch. Base of each flower and each leaf is cut and hand appliquéd separately. Stems and veins are embroidered in stem stitch.

Quick Point Rug: Flowers are medium blue with purple accents; leaves and stems are light green.

Needlepoint Mirror Frame: Flower A is deep purple with medium purple accents; flowers B and C are medium purple.



CALIFORNIA POPPY

Round Punch Rug: The petals of flowers A and B are worked in solid medium orange without any shading at outer edges; leaves, stems, and center of flower A are worked in medium green. Total design is worked once on rug; flower A and flower B are each repeated as single units (with a spray of leaves) elsewhere on the rug.

Embroidered Pillow: Petals are worked in medium orange satin stitch; stems are worked in grass green stem stitch; leaves are worked in grass green fly stitch.

Crewel Throw: Petals are outlined with dark orange stem stitch, then worked in light orange satin stitch; stems are couched and leaves are fly stitch (both grass green).

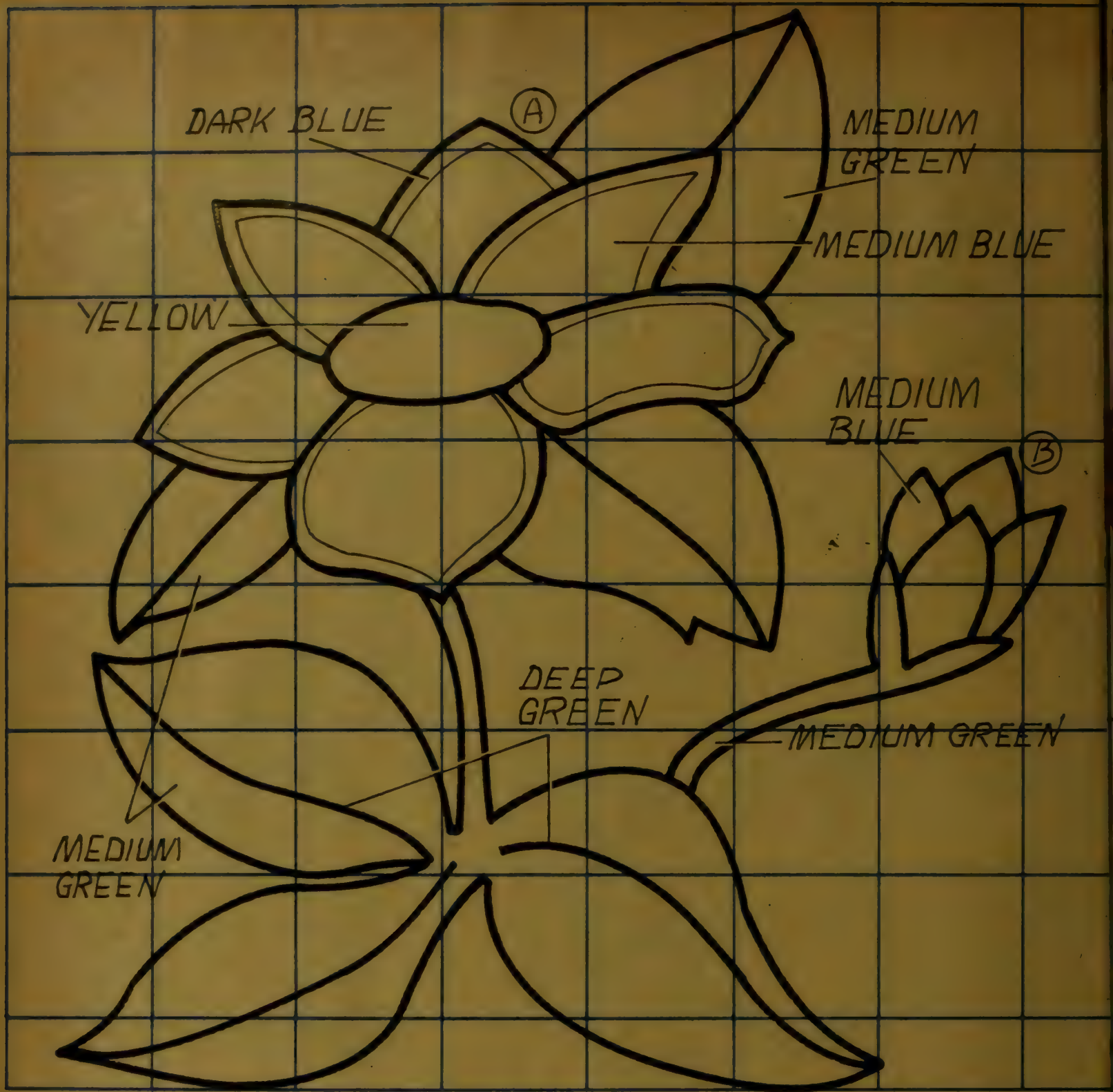
Needlepoint Pillow: Petals are medium orange, outlined in deep orange; leaves, stems, and center of flower A are grass green.

Machine-Appliquéd Pillow: Flower A, flower B, stems, and leaf sections are each cut as a single piece of fabric and appliquéd with satin stitch in matching thread. Individual petals on flowers are outlined in satin stitch.

Crib-Size Quilt: Each petal is cut and hand appliquéd separately, as is base of flower B; stems and leaves are embroidered in simple seed stitch.

Quick Point Rug: Same colors and details as for Needlepoint Pillow *(above)*.

Needlepoint Mirror Frame: Same as for Needlepoint Pillow *(above)*.



HEPATICA

Round Punch Rug: Bud (flower B), stems, and lower leaves are eliminated from the design. Flower A is solid blue, center is yellow, and leaves around flower are green.

Embroidered Pillow: Bud (flower B), stems, and lower leaves are eliminated. Petals of flower A are worked in blue satin stitch; center is pale yellow French knots; leaves are closely worked rows of pale green satin stitch.

Crewel Throw: Bud, stems, and lower leaves are eliminated. Petals and center are worked as for Embroidered Pillow *(above);* leaves are worked in green satin stitch.

Needlepoint Pillow: Petals are worked in deep blue and outlined in medium blue; center is worked in yellow; stems and leaves are worked in light green and accented with a deeper green vein through each leaf.

Machine-Appliquéd Pillow: Flower and bud are each cut and appliquéd as a single piece; leaves and stems are appliquéd individually; details are added to flowers and leaves in matching satin stitch.

Crib-Size Quilt: Petals and center of flower A are cut and hand appliquéd individually; bud (flower B) is cut as one piece; stems and details on leaves and on bud are embroidered in satin stitch.

Quick Point Rug and Needlepoint Frame: Same as for Needlepoint Pillow (left) except that on Frame petals are light blue outlined in medium blue.

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Applesauce Nut Cake

1 package Betty Crocker® yellow cake mix
1 package (3¾ ounces) vanilla instant pudding and pie filling
½ cup chopped nuts
½ cup raisins
1 teaspoon cinnamon
1½ cups applesauce
¼ cup vegetable oil
3 eggs

Heat oven to 350°. Mix all ingredients in ungreased oblong pan, 13x9x2 inches, with fork, scraping corners frequently, until moistened. Stir batter vigorously with fork 1 minute; scrape sides with rubber spatula. Spread batter evenly in pan. Bake until top springs back when touched lightly in center, 35 to 40 minutes; cool. Loosen cake from sides; cut and serve directly from pan. Store any remaining cake loosely covered in refrigerator.
High Altitude (over 3500 feet): Not recommended for use.

Look for other delicious recipes on all of our cake mix packages.







*Reg. T.M. of General Mills, Inc.

Sour Cream Peach Cake

1 package Betty Crocker® Sunkist** orange cake mix
1 can (21 ounces) peach pie filling
½ cup dairy sour cream
2 eggs

Heat oven to 350°. Mix all ingredients in ungreased oblong pan, 13x9x2 inches, with fork, scraping corners frequently, until moistened. Stir batter vigorously with fork 1 minute; scrape sides with rubber spatula. Spread batter evenly in pan. Bake until top springs back when touched lightly in center, 40 to 45 minutes; cool. Loosen cake from sides; cut and serve directly from pan. Store any remaining cake loosely covered in refrigerator.
High Altitude (over 3500 feet): Heat oven to 375°. Stir 2 tablespoons flour into cake mix. Continue as directed.



Look for other delicious recipes on all of our cake mix packages.

*Reg. T.M. of General Mills, Inc.
**Reg. T.M. of Sunkist Growers, Inc.





Triple Chocolate Cake

1 package Betty Crocker® devils food cake mix
1 package (4½ ounces) chocolate instant pudding and pie filling
1 package (6 ounces) semi-sweet chocolate chips
1¼ cups water
¼ cup vegetable oil
2 eggs

Heat oven to 350°. Mix all ingredients in ungreased oblong pan, 13x9x2 inches, with fork, scraping corners frequently, until moistened. Stir batter vigorously with fork 1 minute; scrape sides with rubber spatula. Spread batter evenly in pan. Bake until top springs back when touched lightly in center, 40 to 45 minutes; cool. Loosen cake from sides; cut and serve directly from pan. Store any remaining cake loosely covered in refrigerator.
High Altitude (over 3500 feet): Not recommended for use.

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*Reg. T.M. of General Mills, Inc.

The best things begin with Betty Crocker



TAXES

What are your rights with the IRS?

The hard truth is that your legal rights are more restricted with the IRS than with most other government agencies, including the FBI and your local police. On the other hand, you *do* have substantial rights you should know about. And, while the new tax laws have strengthened some of your rights, there is little likelihood that the tax agency's powers will be significantly diminished. As all but the most far-out civil libertarians grant, the IRS needs its powers to do the job Congress has mandated: collect taxes from citizens not always eager to pay.

Rights by law—or policy

Because of potential problems with reluctant taxpayers, the IRS has been granted a lot of legal clout. If an agent asks you to do something—pay a tax, mail in a document, show up for an audit—assume that he has that right.

Most of the rights *you* have apply to Round Two—when you respond to requests from the IRS. Some of these rights, like that of appeal, are guaranteed by law. But others—like the right to extra time if you need it to get your papers in order for an audit—are more human than legal. They derive from the fact that IRS operating policies are truly pragmatic, not vengeful.

If you recognize that the IRS wants to tread lightly, and you understand your basic rights and theirs, you'll probably reach an equitable agreement without undergoing needless battle. Nevertheless, don't give in when you genuinely believe your rights are being violated; you have legal muscle you can flex.

Your right to reasonable time

If you need extra time to find a requested document, or if the date of a scheduled audit isn't convenient for you, you need only say so. The IRS will almost always grant reasonable requests. The important point is to communicate. You get into trouble only by failing to do what you are asked, and failing to say why.

This also applies to the actual payment of taxes. If you can't file your yearly return on time, you can get an automatic two-month extension—no questions asked—simply by filling out Form 4868. If you need still more time after that, you can ask for it either in a letter or on Form 2688.

Any time you are in financial difficulty, the IRS invites you to come in and talk it over. Generally, the IRS provides lenient treatment in cases where "immediate payment of the tax in full would cause undue hardship." The IRS may let you pay in installments, may delay the collection process entirely until you are back on your feet, or—in an extreme case—may simply write off the debt as uncollectable if you really cannot pay.

Your right to professional help in an audit

The law allows you to act on your own behalf, or you can bring somebody with you to an audit: a lawyer, a certified public accountant, anybody enrolled to practice before the IRS, or the person who signed your return as preparer. If you wish, you can be represented by a CPA, attorney, or enrolled agent without appearing yourself. If you filed a joint return with your spouse, either or both may appear.

Your right to courteous treatment

You have the right to expect courteous treatment from any auditor or field agent. He or she, being human, will of course respond best to similar courtesy from you. Though the two of you are, technically, adversaries, that doesn't mean you must be enemies.

Auditors and agents are instructed not to harass taxpayers by picking endlessly at trifling problems and legal niceties. Unless your return is subjected to the relatively uncommon "research audit," which is specifically intended to examine every item on a return in fine detail, you can assume that the agent is just as anxious as you to make the process smooth and fast. Instead of asking you to substantiate all your medical expenses, for example, he is likely to spot-check by asking for just two or three canceled checks or receipted bills. If you can come up with those, he will generally assume you have been honest about all of the rest of your return claims.

If for any reason you can't get along with an auditor, agent, or revenue officer, you are entitled to have your case assigned to someone else. To do this, contact the IRS employee's supervisor, or address a letter to "Chief, Audit Division," or "Collection Division" at your local district office.

Your right to confidentiality

The IRS's own publication, *Audit of Returns*, says the "IRS has a duty under law to protect the confidentiality of your tax information." The laws governing your rights in this respect are fuzzy, or nonexistent, however. The fact is that your return can get handed around to various other government agencies without your knowledge or permission. The IRS won't show it to any private individual, company, or non-federal police agency. But the Justice Department often requests—and gets—people's returns in the course of narcotics investigations, for example. Also, the IRS swaps information and returns with various state and local tax bureaus. Those agencies can only use the information for tax administration purposes, however.

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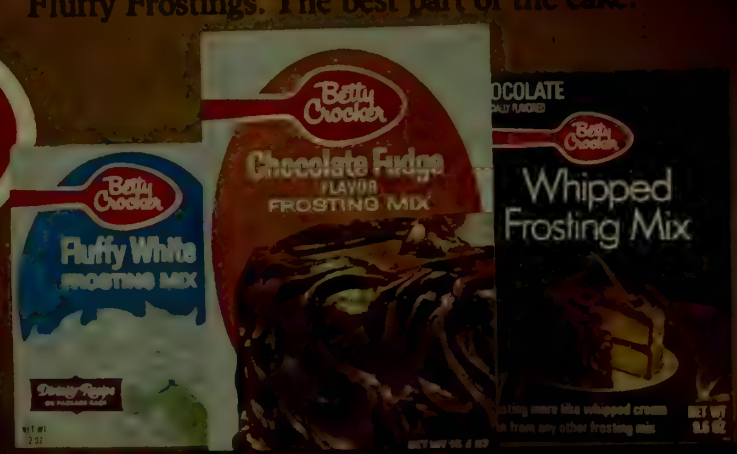


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continued

Rights with the IRS

Your right to protection in questions of fraud

It is a crime to defraud the government by evading taxes. In practice, the IRS and its agents lean over backward to avoid criminal prosecutions because such actions are costly and time-consuming. But if your acts of evasion seem too flagrant or frequent to be attributed to carelessness, forgetfulness, or sloppy record keeping, your case becomes a criminal investigation. You must then tread warily.

If an agent does find what he thinks is evidence of provable fraud, he is instructed to stop work immediately "without disclosing the reason." Your next visit or letter or phone call will come from a particular breed of tax hunter called a "special agent." When you hear from a special agent, act as you would in any other situation involving possible criminal charges. Don't say anything until you have contacted a lawyer.

The burden of proof is on the government in the case of suspected criminal fraud. The government must show not simply that you underpaid your tax, but that you did it with "intent to defraud." In other words, the IRS must produce convincing evidence about your state of mind. Courts have never been easy to convince on this score, so you should have a good chance of winning your case.

Your right to appeal

Only a tiny fraction of audits end as criminal cases. Most end with the auditor determining that you owe extra tax, interest, and perhaps a non-criminal statutory penalty. (Some end with the IRS owing a refund.) If you are told you owe more, you have two choices: You sign a simple agreement form and wait for a bill; or you appeal. There are three main levels of appeal:

1. *The original auditor or agent.* This man or woman attempts to close cases quickly, cleanly, without loose ends. An audit ends happily for the auditor or agent when you sign that agreement form—not when you go off to higher levels of appeal. Thus, you can often bargain informally: "I'll agree to do *this* if you'll go along with me on *that*."
2. *Higher levels within the IRS.* If you and the agent cannot agree, the next level is a so-called "district conference." Essentially, it is an informal, usually friendly discussion of your points of disagreement. You can appear alone or with the same helper who came to your audit. If that conference fails to satisfy you, you can go to the IRS's highest level of appeal: the Appellate Division in the Regional Commissioner's office. At any of these levels, you may win your case, lose it, or get part of what you want by making what the IRS calls a "compromise settlement."
3. *U.S. Tax Court.* If you and the Appellate Division still can't see eye to eye, your next step is to the Tax Court, which is run by the legislative branch of the government. Its judges are circuit riders. Your case will be scheduled whenever a judge gets to a city near you. You can represent yourself or be represented by a lawyer or accountant.

When the disputed amount is $1,500

Treat your family to



or less, the Tax Court offers you a special simplified procedure. In the Small Cases Division, you appear before a commissioner rather than a full-fledged judge. The emphasis is on informality. You can hire a lawyer if you like, but it may be unnecessary. The usual courtroom procedures and rules of evidence are ignored, though the commissioner will insist that both you and the IRS get a fair chance to present your cases.

In the Small Cases Procedure, the commissioner's decision is binding. Neither you nor the IRS may appeal it. If your case was heard in the regular Tax Court, you can appeal an unfavorable decision to a U.S. Court of Appeals, and then to the Supreme Court. This may involve more money, time, and trouble than you are willing to invest. These higher courts generally do not overturn Tax Court decisions. Moreover, you will almost certainly need a lawyer.

For the average middle-income taxpayer, the Tax Court is, in practical terms, the last stage of appeal. If you choose not to go to the Tax Court, however, there is another route—again time-consuming and potentially costly: You must first pay what the IRS says you owe, and then you can sue for a refund. That would take you through the U.S. District Court of the Court of Claims. Most likely, you would incur heavy legal expenses in the process.

The IRS's right to the truth

When you file your yearly tax return, the IRS may question any part of it—and the burden of proof is on you:

- The IRS may demand proof of any item on a return within three years of the date it was due or the date you filed, whichever came later. If you understated your income by 25 percent or more, the limit stretches to six years. If the IRS finds evidence of willful fraud, there is no limit.
- The IRS has the right to decide what kind of proof it wants. You may simply be asked to mail in substantiation. You may be called in to an IRS office for an audit. A revenue agent may want to conduct the audit at your home or place of independent business. These are considered legitimate requests. A taxpayer who refuses to comply is assumed to be hiding something—and that's trouble.
- Although the law doesn't require you to keep records of any particular kind, those you choose must be "permanent, accurate, and complete." An office auditor or field agent decides what "complete" means in each taxpayer's case. You may be asked for anything that is relevant to your money situation, including material that you feel is private: medical records, documents relating to divorce, and so on. No class of records is categorically "privileged" against IRS perusal.
- Without your permission, an agent may look at various records of your affairs that are maintained by third parties and are normally considered private. These include files kept by your employer, your bank, your stockbroker. Though this may seem like an invasion of privacy, by law the IRS can issue an "administrative summons" to a banker or anyone else who withholds records requested by an agent. Failure to comply with such a

continued

something special tonight.

Gingerbread





Boston Cream Pie

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continued

Rights with the IRS

summons results in court action—and historically in such cases, the IRS almost always wins. The new tax law strengthens your hand somewhat in this area by requiring the IRS to notify you in advance if it intends to look at records of yours held by your bank or employer or other third parties. That means you'll have a chance to protest the move in court.

● It's perfectly allowable for an agent to take information from your return and use it against another taxpayer—or vice versa. For example, if an agent finds during an audit that you paid $500 to have your house painted before you sold it, he may next probe the painting contractor's records to see whether the amount was properly reported as income.

The IRS's right to assess tax, interest, and penalties

With or without an audit, the IRS may determine that you owe more tax. They will bill you for it if you make an error in arithmetic or computation or if you claim a deduction obviously not allowed by law. Even though the mistake wasn't your fault, you will be charged interest of seven percent a year from the date the return was due.

You must even pay interest if the mistake resulted from wrong advice given you by an IRS employee. However, the new tax bill requires that interest or assessments in such cases begin to accrue only after 30 days from the date you receive notice of the error and demand for payment.

In addition, the IRS has legal power to charge penalties for various kinds of wrongdoing. For instance, if you file your return late without a good explanation, the penalty can be as much as 25 percent of the tax due—plus the seven percent interest.

The IRS's power to enforce its legally cleared money demands is enormous. If you fail to pay any bill without what the IRS considers a good excuse, a revenue officer may place a levy on your salary, bank accounts, or stocks and bonds. The new tax law allows an exemption from the levy on your wages of $50 per paycheck plus $15 for each dependent, but everything else is fair game to the government. And if that doesn't pay off the bill, the tax man may seize almost any salable property, including your home.

You have a few rights in that situation, however. The law forbids the revenue officer to seize non-luxury clothing, a certain amount of fuel and food, tools of your trade or profession valued up to $250, and a few other items. As a matter of policy, IRS also avoids levying on social security benefits, the cash loan value of life insurance policies, and some other possible sources of money. But there is no law saying it must keep hands off these sources, and it will levy on them in "flagrant and aggravated cases of refusal to pay."

The IRS also has full rights to impose its penalty structure when you withhold taxes as a political protest. All those people who withheld tax money in protest against the Vietnam War, for example, were treated exactly like any other tax delinquents. ■

(Produced in cooperation with Max Gunther.)



Tuna Helper helps more than just tuna!



Try it with chicken, turkey and ham, too!

Don't let the name fool you. Besides making terrific tuna dishes, those rich cream or cheese sauces with noodles do delightful things with other meats as well.

On every Tuna Helper® box, you'll find easy, inexpensive recipes that help you turn leftovers into delicious things like Ham and Cheese Soufflé or Turkey Tetrazzini.

And just to show you how really quick and easy those recipes are, here's one for Chicken-Green Bean Casserole. Go ahead. Let Tuna Helper help you with more than just tuna.



Chicken-Green Bean Casserole

1 package Tuna Helper® main dish mix for noodles, cheese sauce 'n tuna.
3½ cups boiling water
2 cups cut-up cooked chicken or turkey
1 package (10 ounces) frozen French-style green beans, thawed and drained
Buttered Crumbs (below)

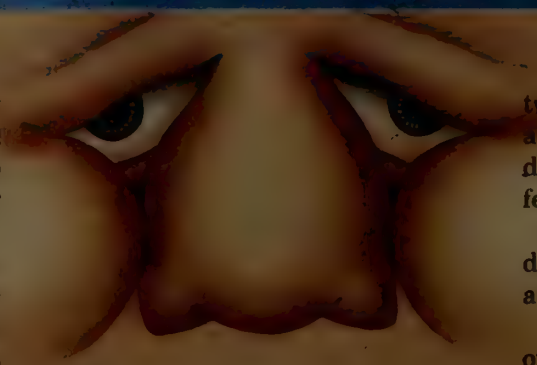
Heat oven to 400°. Mix Noodles, Sauce Mix, water, chicken and beans in ungreased 2-quart casserole. Bake uncovered 25 minutes. Sprinkle with Buttered Crumbs; bake 5 minutes. Let stand 5 minutes before serving. 5 servings.

Buttered Crumbs: Heat 1 tablespoon butter or margarine in 8-inch skillet until melted. Stir in ¼ cup dry bread crumbs. Heat over medium heat, stirring constantly, until bread crumbs are slightly toasted.

® Reg T M of General Mills, Inc.

HEALTH Michael P. Scott

What to do about SINUS TROUBLE



If you've ever suffered from a runny nose, accompanied by a headache, red or swollen eyes, and that stuffed-up feeling, you've probably blamed your sinuses.

But according to otolaryngologists, the physicians who specialize in the treatment of ear, nose, and throat disorders, only ten percent of the patients coming to them with "sinus problems" actually have an infection in their sinuses—true sinusitis.

The remaining 90 percent of "sinus" complaints can be attributed to other causes—nasal congestion, allergies, tension headaches, or most likely the effects of the common cold.

But statistics don't help at all if you're a victim of true sinusitis. It's often painful and can lead to other, more serious medical problems. Can anything be done to relieve your discomfort? Quite a bit. Here is a report on what sinusitis is and what techniques are available to treat it.

Where sinuses are and what they do

Each individual's skull contains four pairs of sinuses—air-filled, hollow spaces lined with mucous membranes. The two largest are called **maxillary** sinuses and are located in the cheekbones. The two **frontal** sinuses are in the forehead above the eyes. Behind the nose and beside it are four other cavities called the **sphenoidal** and the **ethmoidal** sinuses.

Although we know precisely where the sinuses are, it hasn't been determined what they're for. As is true of the appendix, the role of the sinuses is a mystery. One theory is that they act as resonators for the voice and lighten the weight of the skull. Another theory is that the sinuses provide a warming, moisturizing chamber for the air you breathe before it enters your lungs.

The sinuses, again like the appendix, cause no problems when they function properly. But just let your appendix—or your sinuses—go awry and the results can be serious. A long-term sinus condition, if left untreated, can result in blindness or other eye diseases, meningitis, brain abscesses—even death.

More than one kind of sinusitis

Sinus infection—sinusitis—can generally be classified as **acute** or **chronic.**

Acute sinusitis is generally not long-lived but it can be extremely painful. According to otolaryngologist Dr. Thomas Benda of Dubuque, Iowa, "It's the kind of thing that blows your head off." Acute sinusitis may be accompanied by fever and is usually the result of a cold or infection. Swimming or diving when you have a cold can drive nasal infection into the sinuses.

The symptoms of **chronic sinusitis** come and go, says Dr. Brian McCabe, chairman of the department of Otolaryngology at the University of Iowa Hospitals and Clinics. "The infected sinus slowly deposits the product of infection, pus, into the nose; the nose is blown and then the cycle repeats itself. There is no pain with chronic sinusitis. Nasal blockage is the only symptom."

Another kind of sinusitis—**allergic sinusitis**—could lead to either acute or chronic sinus infection. Allergic sinusitis generally is the result of an allergic reaction to substances such as dust, mold, pollen, animal fur, and, occasionally, food.

How sinusitis starts

To understand what causes most sinus problems, it's necessary to start with the common cold that occurs two or three times a year and lasts about two weeks. The first three or four days are marked by watery eyes, clear nasal discharge, sneezing, and that stuffy feeling.

During the next seven days the nasal discharge usually changes from clear and runny to thick and white.

During the final three or four days of the cold, the nose dries out and the nasal discharge gets crusty.

Since each of the eight sinus cavities is connected to your nose by small drainage tubes, what affects the lining of your nose affects the lining of your sinuses.

In most colds, there is some infection of the sinuses, but it usually goes away when the cold does. Sometimes, however, the sinuses and connecting tubes are infected and closed for an extended length of time, and that means trouble. Bacteria trapped in the sinus cavities continue to grow, and you develop sinusitis.

When is it really sinusitis?

Your doctor can determine whether your runny nose, headaches, tender cheeks, and watery eyes are truly sinusitis by using several examination techniques.

When he looks in your nose, he can see if the drainage emptying from your sinuses is clear—which rules out infected sinuses—or infected.

Using a mirror to look into the back of your throat, the doctor can examine the other sinus discharge points.

Another way to check sinuses is called transillumination. A bright light is placed in the patient's mouth, and the room lights are turned off. If the sinuses are clear, light will shine through the fragile bones covering the maxillary sinuses behind the patient's cheeks and the frontal sinuses above the eyes.

X-ray exams are also useful to the physician. They graphically reveal the extent of sinus disease.

continued

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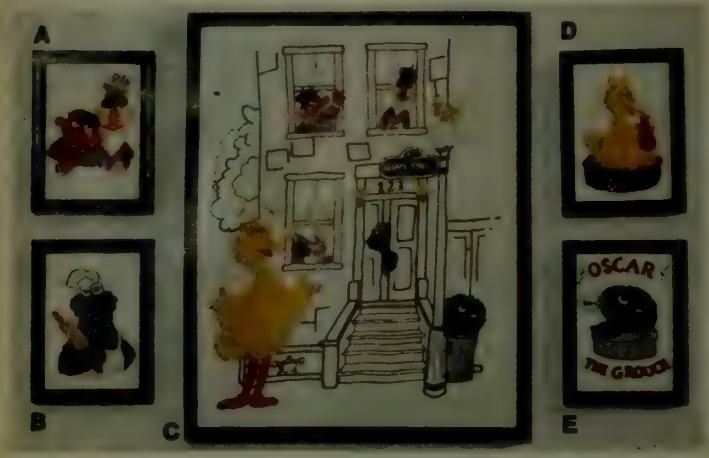
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continued

Sinus trouble

How sinusitis is treated

Usually antibiotics are given to fight the acute sinus infection. Decongestants help dry out the nasal passages and promote sinus drainage. One very common procedure is called irrigation. A small hollow tube is inserted through the nose into the maxillary sinus. Then a mild solution of salt water is injected to flush out and cleanse the sinus cavity.

If the acutely infected sinus is painful, and it often is, pain medication—usually stronger than aspirin—will be prescribed. Codeine is commonly used, and often more potent pain-killers are prescribed.

The most effective treatment for allergic sinusitis is to remove the allergy-causing irritant.

If antibiotics fail to relieve chronic sinusitis, surgery may be required. Sometimes it can be performed in the physician's office if the infected sinus cavity is easily reached.

Entry to the sinus cavities can be made through the nasal passageway or through an incision under the eyebrow or inside the upper lip. Once the incision has been made, the surgeon removes the mucous membranes. In a very few cases, the infection will have spread beyond the membranes to the bone. Then the surgeon will scrape the bone to cleanse it of the infection.

Another surgical procedure involves cutting a "window" between the inside of the nose and the maxillary sinuses in the cheekbones. The surgeon cuts a small hole, about the size of a thumbnail, to allow the sinuses to drain into the nasal passage.

Twilight surgery

Those sinus operations that require an incision are usually performed in a hospital, often under "twilight anesthesia," a combination of anesthetic drugs, locally applied anesthetics, and tranquilizers. The patient is relaxed, feels no pain, and remains awake.

Twilight anesthesia significantly reduces the amount of bleeding. This gives the surgeon a clear field of vision as he performs the delicate sinus surgery near the eye and the optic nerve.

continued



Another canned food user found guilty of presuming his dog wouldn't like Gaines·burgers.®

DOG FOOD

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"Pardon us, sergeant," we asked. "What kind of dog food does your dog eat?"

"Pearl here is the pride of the precinct," he replied. "She gets nothing but the best—canned dog food." And there was general agreement among the other "experts" in the station house.

"Why canned food?" we asked.

"You gotta understand dogs," the sergeant explained. "Dogs like food that's moist and meaty." And there was more general agreement among the "experts" in the station house.

"Well, Gaines·burgers are moist and meaty," we pointed out. **"And they taste terrific."**

"Really? Show her you won't eat 'em, Pearl," the sergeant replied.

At which point Pearl began gobbling up the Gaines·burgers. And there was general amazement around the station house:

"Wow, Pearl really likes 'em," one patrolman said.

"Look at Pearl eat!" another said.

"Hey, Pearl likes those Gaines·burgers," another said.

"Don't you guys have anything better to do?" the sergeant asked his patrolmen, who then vanished, as did Pearl's Gaines·burgers.



The canned dog food without the can.®

Gaines®

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Create this stunning, vibrant arrangement for your home! These beautiful, fresh Wildflowers — Bluebells, Shooting Star, Wildflower Scene, Golden Poppy and Wild Aster — are EXCLUSIVE Better Homes and Gardens® designs. Available separately or in this smashing arrangement, they add the perfect touch! Individual flower hangings finish to 5" x 5"; Wildflower Scene is 12" x 16". Kits include design stamped on 100% cotton homespun, wool yarns, needle and complete instructions. Custom walnut finish hardwood frames also available.

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____ No. 00160 Four Wildflowers and four frames $16.98
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____ No. 00162 Wild Flower Scene and Frame $10.98, 2 for $20.97
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continued

Sinus trouble

When should you see the doctor?

Most home remedies and nonprescription drugs provide only temporary relief for sinusitis, and they can slow down the cure by encouraging the sinus sufferer to delay getting medical attention. It's better to see a doctor promptly, before sinusitis can develop into a serious medical problem.

Drs. McCabe and Benda recommend a visit to the doctor if cold symptoms continue beyond two weeks. If you have swelling or tenderness between the eye and nose or over the cheek, a fever that rises above 101 degrees, nasal discharge that becomes bloody or thick and yellow, or redness or swelling around the eyes, it's time to see the doctor.

"The object is," says Dr. McCabe, "to see a physician before aching sinuses turn into something worse."

Tips for sinus sufferers

• Blow your nose gently, with both nostrils open. Vigorous blowing is painful and can push infection into the ears.

• Drink plenty of liquids. This helps keep mucous secretions moist and runny and helps promote drainage. One liquid *not* to drink is alcohol as it only aggravates sinusitis.

• Inhale steam. Two easy ways to produce steam are to go into the bathroom, close the door, and turn on the hot water in the shower or tub, or put a pan of water on the stove and inhale the rising mist. Be careful not to boil the water because the steam might scald your face. Facial misters and hot water vaporizers may also help.

Some things not to do

Your friends may suggest pet "home remedies" for sinusitis. Although many of them may make you feel better for a while, ultimately they'll prolong the ailment. For instance, it's been said that alternating hot and cold packs will speed the draining of an infected sinus. While the packs may provide temporary relief, in fact they only slow the healing.

You should not use nonprescription drops or sprays more than four or five days. Extended use will only make your nose stuffier. ■

The ColorTrak System. Could it be the best 25" (DIAGONAL) color TV ever made?

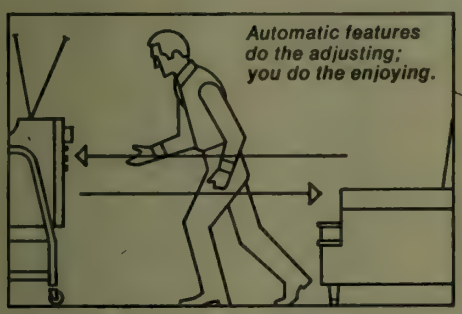
Over three years ago, RCA set about designing a new generation in color television.

The result was ColorTrak, a remarkable television system that actually grabs the color signal, aligns it, defines it, sharpens it, tones it, and locks the color on track.

Here's how it all works.

Automatic Color Control works to keep colors consistent.

Color variations can occur when the program changes, when a commercial comes on, and when you switch channels.



Automatic features do the adjusting; you do the enjoying.

But ColorTrak's Automatic Color Control constantly monitors the color and actually adjusts it for you when changes occur. So you get a consistent, quality picture.

A light sensor adjusts for changes in room light to keep your picture beautiful.

ColorTrak's picture automatically brightens in a well-lit room, darkens in dim light; so you always get a rich, detailed picture.

A tinted-phosphor picture tube gives less reflection and a rich, vivid picture.

ColorTrak takes our light-absorbing black-matrix picture tube a step further by using specially tinted phosphors on the tube surface. The tinted phosphors absorb even more room light, so you get colors that appear more vivid and lifelike.

A Dynamic Fleshtone Correction System produces rich, natural fleshtones right next to brilliant greens and blues.

Correcting varying fleshtones without affecting other colors has been a problem in color television technology. ColorTrak's Dynamic Fleshtone Correction System handles this problem, bringing varying fleshtones into the natural range while minimizing the effect on other colors. So you see natural fleshtones and natural background colors.



The Bordeaux. Beautiful Country French style in genuine pecan veneer and oak solids with simulated wood trim. The top, a laminated composition in a handsome diamond pattern.



Fleshtones corrected without affecting blues and greens.

The highest quality, most reliable set RCA has ever produced.

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And because we want you to enjoy that beautiful ColorTrak picture for years to come, we've made ColorTrak the set most tested for reliability that RCA has ever produced.

The ColorTrak system is not inexpensive. But when you consider the years of pleasure it will provide, we think you'll agree it is well worth the price.

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RCA ColorTrak

RCA is making television better and better.

CARS Robert A. Dickelman

ARE YOUR SHOCKS IN SHAPE?

Of all your car's steering and suspension parts, the shock absorbers deserve your special attention. The shocks work with the other suspension parts to keep your car's wheels and tires on the ground as you negotiate turns and drive over different road surfaces. In addition, the shocks keep your car's springs under control; without good shocks, your car would continue to oscillate down the road long after you hit a bump or set of railroad tracks.

What happens when shocks go bad?

If your shocks are worn, your car might also sway on curves, shimmy, or pull to one side. And besides taking control out of your hands, worn shocks can cause other problems in your car's suspension. Suddenly you're faced with having to replace several suspension parts or excessively worn tires—as well as shocks—if you want to restore your car to safe operating condition.

Bad shocks can have an uncomfortable effect on you and your passengers, too. Your car's bobbing, pitching, and leaning is tiring to say the least—and might make you lose control while you're readjusting your driving position.

The cost of replacing a set of four shocks can be as low as $40 (including installation). But that figure could easily top $200 if you have to replace other suspension pieces or tires as well.

How to test your shocks for wear

In just a few minutes, you can detect worn shock absorbers before they lead to large repair bills, accidents, or injuries.

• Begin with your odometer. If you've driven 15,000 or more miles on your present shocks, there's a chance wear has set in. According to replacement shock suppliers, the life-span of original equipment shocks ranges from 5,000 to 20,000 miles, depending on how your car is driven.

• Next, try the push and rebound test. Push down hard on the bumper at each corner of your car. In each case, the vehicle should rebound at once and return to its normal ride height. Continuous bouncing indicates your shocks are over the hill and should be replaced.

• A visual examination of the shocks can also give you a clue. Check the lower part of each shock for signs of a fluid leak. But make sure the fluid is coming from the shocks and not another source like the engine, power steering pump, radiator, or brakes. Leaking shocks should be replaced.

• Another way to check shock condition is to drive your car over smooth pavement at ten MPH and apply your brakes repeatedly. If one or all of your shocks are not up to snuff, you will experience an extreme front-to-rear pitching with the front of the car dipping and the rear rising.

If you think your shocks are worn or if you don't know what shape they're in, take your car to an auto service center or front end specialist and ask for a shock inspection. He can show you proof of wear—oil leaks from shock seals, deteriorated bushings, a bent or dented chamber—as well as check the condition of other components. Remember, shocks are a vital part of your car's suspension system, but replacing them is no guarantee that all your problems with ride and handling will be eliminated. Worn coil springs, misalignment, and out-of-balance wheels may also be at fault.

What kind of shocks do you need?

Your mechanic or auto parts store will help you select the shocks to suit your car and driving habits.

• Standard original equipment-type shocks are suitable if you normally travel smooth roads and carry light loads—and if you were happy with the way your car handled when it was new. If you would like a firmer ride, choose heavy-duty shocks.

• Heavy-duty shocks are a wiser choice, too, if you're used to transporting weighty cargo or traveling rough roads. And if your car has air conditioning or a large engine, you'll need heavy-duty shocks to help handle the extra weight.

Shock manufacturers also recommend heavy-duty shocks for older cars, to help keep high-mileage suspensions under control. (You might also look into overload or "booster" shocks that have a built-in spring; they'll help fortify a heavily loaded or sagging suspension.)

• Air-adjustable shocks (usually used on the rear only) offer you considerable flexibility. An air valve fitting allows you to inflate shocks for added load-carrying capacity when you're gearing up for rough roads or heavy loads. You can also adjust them to ensure proper bumper height and headlight aim. Later on, the shocks can be deflated when the load is removed and you're back to normal driving conditions.

Finally, ask your mechanic about lifetime replacement shock guarantees, driving and maintenance tips, and pre-established suspension or alignment checkups that will help your car's suspension last longer. ■



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CHOCOLATE SOUFFLÉ

- 2 envelopes unflavored gelatin
- 2¼ cups cold water
- 1½ cups sugar
- 4 eggs, separated
- 3 1-oz. squares unsweetened chocolate, melted
- 8-oz. package PHILADELPHIA BRAND Cream Cheese
- ½ teaspoon almond extract
- 1 cup heavy cream, whipped

Dissolve gelatin in 1 cup water; stir over low heat until dissolved. Add remaining water. Remove from heat; blend in 1 cup sugar and beaten egg yolks. Cook 3 minutes over low heat, stirring constantly. Add chocolate to softened cream cheese; mix well. Gradually add gelatin mixture to cream cheese mixture, mixing until well blended. Stir in extract. Chill until slightly thickened. Beat egg whites until foamy. Gradually add remaining sugar, beating until stiff peaks form. Fold egg whites and whipped cream into cream cheese mixture.

Wrap a 3-inch collar of aluminum foil around top of a 1½-quart soufflé dish; secure with tape. Pour mixture into dish; chill until firm. Remove foil collar before serving. 8 to 10 servings

ORANGE "PHILLY" DELIGHT

- 2 tablespoons sugar
- 2 teaspoons cornstarch
- ¼ cup orange juice
- 2 tablespoons water
- Orange sections
- 6 sponge cake cups
- PHILADELPHIA BRAND Whipped Cream Cheese

Combine sugar and cornstarch; add orange juice and water. Cook until clear and thickened, stirring occasionally. Cool slightly. For each serving, arrange orange sections on top of sponge cake. Top with whipped cream cheese and sauce. Garnish with mint leaf, if desired. 6 servings

WASHINGTON CHEESECAKE

- 1 cup graham cracker crumbs
- 3 tablespoons sugar
- 3 tablespoons PARKAY Margarine, melted

* * * *

- 3 8-oz. packages PHILADELPHIA BRAND Cream Cheese
- ¾ cup sugar
- 2 tablespoons flour
- 3 eggs
- 2 tablespoons milk
- 1 teaspoon vanilla
- 21-oz. can cherry pie filling

Combine crumbs, sugar and margarine; press onto bottom of 9-inch springform pan. Bake at 325°, 10 minutes. Increase oven temperature to 450°.

Combine softened cream cheese, sugar and flour, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in milk and vanilla. Pour mixture over crust; bake at 450°, 10 minutes. Reduce oven temperature to 250°, continue baking 25 to 30 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill. Before serving, top with pie filling.

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HOT LUNCHES TO GO

Something hot in the lunch box is a great way to brighten a cold winter day. And assembling the meal is a snap with these mini menus. Pack soup and stew in vacuum bottles for just-right serving temperature.

Menu I
TOMATO FRANK SOUP
Crunchy nibbles, such as carrot sticks, zucchini spears, celery fans, green pepper strips
Favorite sandwich (pack lettuce separately; insert before eating)
Fresh fruit dessert

Menu II
HAM STEW
Crackers and Cheese
Apple
Oatmeal Cookies

Photographs: Dieter



TOMATO-FRANK SOUP

- **1 cup chopped onion**
- **8 ounces frankfurters, sliced (4 or 5 franks)**
- **3 tablespoons butter or margarine**
- **1 can condensed bean with bacon soup**
- **1 can condensed tomato soup**
- **1½ soup cans (2 cups) water**
- **½ teaspoon sugar**
- **½ teaspoon chili powder**

In saucepan, cook onion and franks in butter or margarine till onions are tender but not brown. Stir in soups, water, sugar, and chili powder. Cover and simmer 5 minutes. (Pour into wide-mouth vacuum bottle for lunch-box lunches.) Makes 4 or 5 servings.



Buying information, page 168

HAM STEW

For the children's version, you can omit the hot pepper sauce—

- **1 16-ounce can stewed tomatoes**
- **1 16-ounce can mixed vegetables**
- **1 cup cubed cooked ham**
- **¼ cup water**
- **1 tablespoon snipped parsley**
- **½ teaspoon dried thyme, crushed**
- **½ teaspoon instant chicken bouillon granules**
- **Dash pepper**
- **Dash bottled hot pepper sauce**

In saucepan, combine all ingredients. Bring to boiling; reduce heat. Simmer, covered, 10 minutes, stirring occasionally. (Pour into wide-mouth vacuum bottles for lunch-box lunches.) Makes 4 servings. ■



Doctors recommend one pain reliever most: the one you get in Anacin.

The Cause: Muscle Tension Headache is so common because so many things can trigger it. Fatigue, noise, smoke—can cause neck and shoulder muscles to tense up.

A chain reaction starts as muscle tension spreads through your head, pressing on sensitive nerves until...you've got a Muscle Tension Headache. And it hurts.

The Solution: The pain of Muscle Tension Headache can be relieved, and fast. Doctors recommend one pain reliever most, the pain reliever in Adult Strength Anacin. Anacin gives you more of that pain reliever —more than any other leading tablet.

Anacin works fast. Muscle Tension Headache is gone fast. You're yourself again. And millions take Anacin® with no stomach upset. Adult Strength Anacin.

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500 THIRD PRIZES, copies of Better Homes and Gardens' Decorating Book.

Who gives you more designs, colors and sizes of facial tissue to choose from?

Kleenex® TISSUES
"The only real choice."



And now SAVE when you add the decorative touch of Kleenex tissues in the 200 size.

KIMBERLY-CLARK CORPORATION

OFFICIAL RULES AND ENTRY BLANK

1. On an official entry blank or a 3"x5" piece of paper hand print or type your name address and zip code and the name of the store at which you usually purchase KLEENEX facial tissues.
2. With each entry send one Universal Product Code complete with number (example shown) from a package of KLEENEX tissues in the 200 size or hand print the words KLEENEX tissues on a separate 3"x5" piece of paper. You may enter as often as you wish but each entry must be mailed in a separate envelope. Mail entries to Kleenex "Decorative Touch" Sweepstakes P.O. Box 8213 St. Paul MN 55182. Entries must be postmarked by April 30 1977 and received by May 7, 1977.
3. Winners will be determined in random drawings conducted by Spotts International an independent judging organization whose decisions are final.
4. One Grand Prize of $10,000.00 cash to redecorate your house. 10 Second prizes of $1,000.00 cash each. 500 Third prizes are Better Homes and Gardens Decorating Book. Total prize value $26,475.00.
5. Prizes are nontransferable. No substitutes for prizes as offered. Only one prize per family. The odds of winning will be determined by the number of entries received. All 511 prizes will be awarded.
6. Local state and federal taxes if any are the responsibility of the winners.
7. Open to residents of the continental United States Alaska and Hawaii only. Employees and their families of Kimberly Clark Corporation its advertising agencies and Spotts International are not eligible. Void in Missouri and wherever else prohibited or restricted by law. All federal state and local laws and regulations apply. To obtain a list of winners send a stamped self addressed envelope to KLEENEX DECORATIVE TOUCH Winners P.O. Box 8215 St. Paul MN 55182.

NO PURCHASE REQUIRED

Mail to:
Kleenex "Decorative Touch" Sweepstakes
P.O. Box 8213
St. Paul, MN 55182

Name_____

Address_____

City_____ State_____ Zip_____
REQUIRED

Store where purchased_____

NCH 172

When you purchase two boxes of Kleenex® facial tissues in the 200 size. **25¢ OFF**

OFFER EXPIRES July 30, 1977.

ONLY ONE COUPON MAY BE USED



DEALER. For prompt payment send this coupon to Kimberly Clark Corporation Box 2 Clinton Iowa 52734. For each coupon you accept as our agent we will pay you face value plus 5¢ handling charge provided you and your customer have complied with the terms of this coupon. Any other use constitutes fraud. Invoices showing purchase of sufficient stock to cover all coupons submitted must be shown upon request. Void where prohibited or restricted. Your customer must pay any sales tax involved. Good only in U.S.A. Cash value 1/20 of 1¢. This coupon good only on Kleenex 200 facial tissues.

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NCH 173

10¢ OFF when you purchase one box of Kleenex® facial tissues in the 200 size.

A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

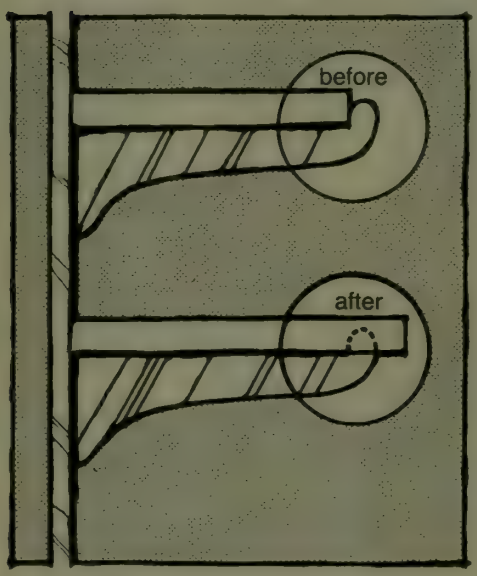
PROBLEM

Wooden shelves resting on standard brackets tend to slide laterally when accidentally nudged.

SOLUTION

Get either a larger shelf or smaller brackets, then drill a hole in the bottom of the shelf, as shown, to capture the bracket end. The result: a slip-free installation.

P.M., Cincinnati, O.



PROBLEM

The backsaw in your miter box occasionally pulls out of the guide at the end of the backstroke—usually at the most inopportune moment.

SOLUTION

If a hole already exists at the far end of the saw, slip a cotter pin through it to stop the saw before it escapes the guide. (If no hole exists, drill your own.)

E.B., Bedford, Ind.

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM

Once in awhile, a project calls for a rubber mallet, but you prefer not to buy one.

SOLUTION

For a substitute mallet, slip a rubber tip made for a cane or crutch onto the head of your shop hammer.

W.D. Warren, Pa.

PROBLEM

When rehanging a door on its hinges, you have a tough time slipping the hinge pins into the hinges.

SOLUTION

Slightly taper the ends of the pins on a grinder, start them in the tops of the hinges, then wiggle the door to make the pins drop into position.

C.B., Bush, La.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

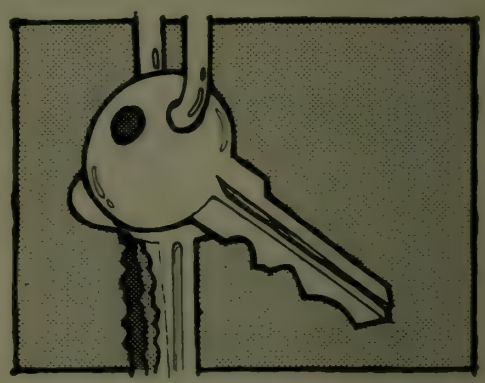
PROBLEM

Getting into your own house at night involves fumbling through a ringful of keys—in the pitch dark—to find the one to your front door.

SOLUTION

Drill a second hole in the house key—this time at the side, as shown—and thread the key ring through the new hole. The next time you're confronted with the midnight key scramble, just hold the ring vertically, and the door key will sort itself from the other keys.

G.B., Utica, O.



PROBLEM

You have difficulty marking your metal possessions legibly with an electric engraving tool.

SOLUTION

Attach a strip of frosted tape to the area to be marked, then with a pencil write your identifying information on the tape so you'll have neatly spaced and uniform letters/numbers to serve as a guide. After tracing the penciled data with the engraver, remove the tape and buff the area with fine steel wool.

M.H., Chicago, Ill.

Why you should pay $28.99 for something that could wake you up in the middle of the night.

Because now Sears Early One™ Fire Detector can save you $6. Because later who knows what else it could save you?



You might buy the Sears Early One because you can install it easily with just two screws.

Because it's operated by one low-cost alkaline battery (included), so you can put it anywhere in your house. Because it's UL listed. And because right now it's on sale. Regularly $34.99. Now just $28.99. Save $6.



But the best reason of all for buying Sears Early One is that it can detect fire in the very first stage, when invisible products of combustion are building up. Before the flames. Even before the smoke appears.

When the Early One senses fire, it sounds an 85 decibel alarm. When its battery needs replacing, the Early One beeps once every minute for 7 days or more.

Sears Early One Fire Detector. Right now it can save you money. And who knows what else it could save you?

- **Save $5 on AC-Powered detectors. Regularly $29.99. Now $24.99.**
- **Available in the hardware department at most Sears retail stores.**
- **Similar savings in catalog.**

Sears

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GOOD NEWS



Just right for a small fry

If you're a French-fried food freak—but hate the hassles and cleanup of regular deep-fat frying—this small-serving-sized electric deep fryer is the answer to your cravings. All you do is plug it in, preheat the cooking oil for ten minutes, and start cooking. When you're through, let the unit cool and snap on the lid; the oil stores inside.

Fry Baby, about $28. National Presto Industries, Eau Claire, Wis. 54701.



Charge it!

You'll never have to hunt for the charger for these cordless power tools; their design eliminates the need for a separate charger and cord. A single unit snaps into the tools for power—and then plugs into a wall outlet for recharging.

Dual Power Screwdriver, about $29; Lantern, about $8; Soldergun, about $10; Powerpack, about $14. (Also: Grass Shear, about $11; Shrub Trimmer, about $17; Power Screwdriver, about $20.) Disston, Inc., Dept. DB, 601 Grant St., Pittsburgh, Pa. 15219.



Portable forced air heater

Instead of radiating heat (and leaving cold spots) like most conventional space heaters, this unit has a two-speed fan that circulates heated air throughout a room. The unit is designed for safety, too; the heating elements and fan are encased to prevent accidental contact.

Comfort Sensor, about $50. McGraw-Edison Co., Dept. JC, 1801 North Stadium Blvd., Columbia, Mo. 65201.



A bright idea in lighting

Shed a little light wherever you need it with this self-contained 25-inch fluorescent fixture. Special brackets allow installation without measuring, and the only wiring knowledge you'll need is where to plug in the six-foot power cord. When the bulb burns out after about 5,000 hours of operation, you replace the whole unit.

Bright Stik, about $13. General Electric, Nela Park, Cleveland, Ohio 44112.



Super smooth & super strong

Do the job right the first time with one of these easy-to-use home improvement products. They're all nontoxic and nonflammable (as defined in the Federal Hazardous Substances Act). The glazing compound, wood filler, and spackling compound resist shrinking—and the floor tile and cove base adhesives form a strong bond.

Elmer's Home Care Products, 180 East Broad St., Columbus, Ohio 43215.



Photographs: William Hopkins

A sound investment

In the past, there wasn't much you could do to save the sound of your favorite records. But now you can use this dry lubricant to help reduce wear caused by frequent playing. Just spray a small amount of preservative on the record, buff it in, and enjoy the good sounds.

Sound Guard Record Preservation Kit, about $7; refills, about $4.70. Ball Corp., 345 South High St., Muncie, Ind. 47302

continued

See it for yourself.

See that Joy shine appear right before your eyes.

For years Lemon-Fresh Joy® has been famous for cleaning down to the shine.
But did you know that with Joy you can actually see that shine emerge as you rinse. And right before your very eyes. That shine tells you something about Joy. It also tells other people something about you.

What a nice reflection on you.





GOOD NEWS

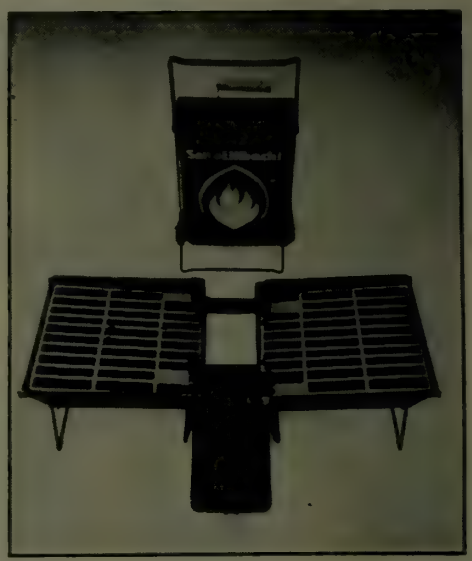
Brush-on waterproof coating



◀You can waterproof just about anything around your house by brushing, rolling, or spraying on this unique new silicone rubber product. The coating lasts up to five times longer than competitive asphalt and plastic coatings. Coverage is up to 50 square feet per quart on smooth surfaces.

Silicone Rubber Coating, about $7.50 per quart. Dow Corning Corp., Dept. GKN, Midland, Mich. 48640.

Self-cleaning portable barbecue



▶More than just another hibachi, this folding outdoor barbecue features a fast-starting, self-cleaning, self-extinguishing design. And when you're through grilling the burgers, all you have to do is close the unit. The trapped heat helps clean the grills by incinerating leftover grease and food scraps—and after a short time the fire will go out, leaving you charcoal for another fire.

Son of Hibachi, about $20. HCI, P.O. Box 13520, Portland, Oregon 97213.

"I switched from clay litter to Litter Green®...



when my husband said 'get rid of the odors, or get rid of the cat!'

"He didn't mean it, about the cat, 'cause he loves him as much as I do. But he was right about the litter box odors... even changing the clay regularly didn't seem to help. Then my neighbor suggested Litter Green. She said clay litters just don't have the natural ingredients to stop odors like Litter Green. She was right. Now, we wouldn't use any other litter. Your Litter Green really works."

Barbara Kronenberg
Pittsburgh, Pennsylvania



Litter Green®
with chlorophyl and natural alfalfa deodorizers.

Stops odors clay can't control.

Nobody's lower than Carlton.

See how Carlton stacks down in tar. Look at the latest U.S. Government figures for:

The 10 top selling cigarettes

	tar mg./ cigarette	nicotine mg./ cigarette
Brand P Non-Filter	27	1.7
Brand C Non-Filter	24	1.5
Brand W	19	1.3
Brand S Menthol	19	1.3
Brand S Menthol 100	19	1.2
Brand W 100	18	1.2
Brand M	18	1.1
Brand K Menthol	17	1.3
Brand M Box	17	1.0
Brand K	16	1.0

Other cigarettes that call themselves low in "tar"

	tar mg./ cigarette	nicotine mg./ cigarette
Brand D	15	1.0
Brand P Box	14	0.8
Brand D Menthol	14	1.0
Brand M Lights	13	0.8
Brand W Lights	13	0.9
Brand K Milds Menthol	13	0.8
Brand T Menthol	11	0.7
Brand T	11	0.6
Brand V Menthol	11	0.8
Brand V	11	0.7
Carlton Filter	***2**	***0.2**
Carlton Menthol	***1**	***0.1**
Carlton Box	***1**	***0.1**

*Av per cigarette by FTC method.



Filter–2 mg.
Menthol–1 mg.
Box–1 mg.

12 consecutive U.S. Government Reports confirm Nobody's lower than Carlton.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Of all brands, lowest . . . 1 mg. tar, 0.1 mg. nicotine av. per cigarette by FTC method.

Carlton Filter: 2 mg. "tar", 0.2 mg. nicotine;
Carlton Menthol and Carlton Box: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette by FTC method.

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New Purina Fit & Trim is specially formulated with all the vitamins and minerals an adult dog needs. Yet, it has fewer calories and less fat than ordinary dog foods, to help keep a dog looking good for a lifetime.

Shouldn't your dog get Fit & Trim?

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HELP!

"We're trapped in a 'Basic Box' House."





Dear Better Homes and Gardens:

I have been a faithful reader of your magazine for the past five years. Your decorating ideas are great, but unfortunately I am often at a loss when it comes to applying them to my home. You see, I live in what you might call a "basic box"—the kind of house you see repeated all over America. I suppose if I had a million dollars, or if I lived in a rambling old house with lots of charm, I wouldn't be writing this letter. But I am writing, and my request is this: In the future would you please work on some ideas that will help me and others cope with our cookie-cutter homes? Small rooms and lack of storage are part of the problem, but what we also need are some decorating ideas (not too expensive, please) to get rid of that boxy look. Help!

Decorating Editor's Note:

Every month, we receive many letters similar to this one—so many, in fact, that we decided to see what we could do to help shape up the typical box house. Our first job was to find two families whose homes and decorating problems were representative of millions of others throughout the country. The two young families we selected agreed to our plan and consented to share their homes and problems with us and with you.

In coming up with solutions, we worked closely with each family—making sure that our ideas didn't conflict with their personal tastes and life-styles. We also made certain that we didn't spend more than the homeowners would have spent if they'd done the redecorating themselves. Although we had to make all the changes at one time for editorial purposes, the decorating could be done in stages—to lessen the strain on the family budget.



The Francks and their typical builder ranch house

When we arrived on the scene, Greg and Jan Franck and two-year-old Wade had been living in their three-bedroom builder's house for about six months. They hadn't done much in the way of decorating, primarily because they were put off by the "ghastly green" carpet that came with the house, and also because they "weren't sure where to begin."



Like many young couples, the Francks bought most of their furniture without paying much attention to whether a new piece would go with what they already had. Explains Jan: "When we had enough money, we'd buy a piece of this because we liked it and a piece of that because we liked it. The end result was a hodgepodge instead of a decorating scheme."





Buying information, page 168

Photographs: Mike Dieter. Interior designer: Robert E. Dittmer. Projects designer: David Ashe



BEFORE



BEFORE

Our advice: begin at the bottom

We agreed with Jan and Greg that the drab green carpet was a real downer and that until it was replaced, *nothing* would look right. So the face-lift began with installation of a new chamois-colored carpet in the living and dining areas.

The whys and wherefores of changes we made

The most typical thing about typical tract houses is that they lack a foyer altogether or have only a semblance of one. The latter was the case in the Franck house. By removing the do-nothing divider (*"before" photo, left*) and building two "his" and "hers" towers of shelves (*opposite page*), we not only created a distinctive entry area but also provided Greg with good-looking, practical storage for his stereo equipment, and Jan with a place for her books.

● To make the new entry area as practical as possible, we covered the floor—from front door to kitchen—with long-wearing, easy-care vinyl. And to make the entry as *dramatic* as possible, we painted the wall a dark chocolate brown, replaced the chandelier with track lights, and then gave the couple's framed rubbings the show-off display they deserved.

● We've said it before, and we'll say it again: Inexpensive paint and fabric can turn a so-so room into a standout. Here's proof.

We changed the entire personality of the Francks' living room (*top*) by doing these simple things:

First, we slipcovered the sofa with a crisp rust and brown checked fabric to give the room the color and pattern it needed. Then, instead of following the old draw-draperies formula, we hung stationary curtain panels on either side of the window with stock spring-roller shades in between.

Next, to give the window extra height and special definition, we painted the area above and below the window the same dark brown as the entry and chose a shade color to match.

● To solve a seating-space shortage, we added two inexpensive contemporary chairs. They can easily be moved closer to the sofa when a party is in progress.



Do you use your dining area a little or a lot? Do you dine there every day, or usually eat in the kitchen? If you live in a small house, this is an important question. When you haven't an inch of space to spare, you can't afford to let any room stand idle.





BEFORE

"We'd buy a piece of this because we liked it and a piece of that because we liked it," says Jan Franck. "The end result was a hodgepodge instead of a decorating scheme."



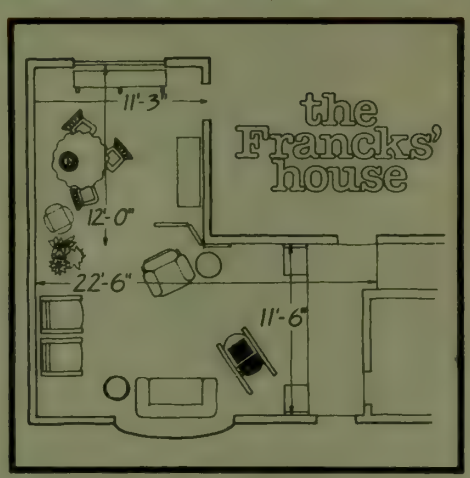


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The Francks, for instance, only dine in their dining L when they're entertaining. But from the way the room was arranged (*"before" photo, opposite page*), you'd think they used it for three meals a day. What they *do* use the table for is reading, writing, and studying. (Greg teaches high school and Jan is a free-lance writer.)

The solution was simple: Keep the dining room furniture but get rid of the dining room look

We suggested turning the dining room into a den, but the family voted us down. They wanted to be able to use the room for special dining occasions. Then we hit on a solution, one that didn't even require the purchase of any new furniture. We moved the china cabinet to the opposite wall, then set the Francks' oak table and chairs in the cabinet's place (*top, opposite page*). By dressing up



the table with a floor-length skirt, adding a lamp, and hanging simple prints on the wall, we turned the do-nothing dining room into a delightful sitting/study area.

Jan and Greg hated the pseudo-fancy chandelier that came with the house (and it wasn't a good study light). We removed it, and again opted for track lights. To the left of the table is a just-for-fun paper sculpture that's also a decorative light.

Where there's a window there's a way

Jan told us that she loved plants but had nowhere to put them, so we devised a window "greenhouse" (*bottom right, opposite page*). To build this four-shelf plant place, simply mount metal shelf standards to the back side of wooden uprights, which are fastened to floor and ceiling with small metal angles.

A three-panel screen adds instant wall space

To solve the problem of limited wall space in this L-shaped area, we built a folding hollow-core screen (*above*). The first panel is fastened to the wall to give the screen stability; the other two are attached with hinges. Now there's a "wall" for Greg's lounge chair.



The Clarks and their charming— but cramped— Cape Cod

Richard and Julia Clark live in a box house that already has a lot going for it. The house is older than the Francks' and the neighborhood is more established. Full-grown trees and shrubs contribute to the charm of the exterior.

And, unlike the Francks, Julia and Rick have never had a problem deciding on a furniture style for their home. They're definitely traditionalists, and they've been careful to buy good pieces that they know they'll be happy with for years to come.

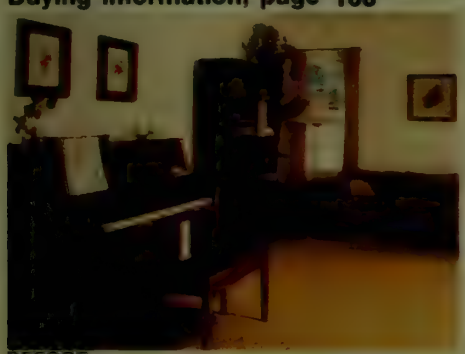


Both the Clarks are antique buffs, and they like to combine furniture handed down to them through their families with traditional pieces of today. To showcase their furniture, they voted for a calm, serene color scheme.





Buying information, page 168



BEFORE



BEFORE

So what's the problem?

Enchanting as it may be on the outside, the Clarks' home is small and boxy on the inside. Turn the page and check the dimensions of the living room on the floor plan. And notice the number of doors and windows. It's not exactly an easy room to arrange. Now take a look at the "before" photos. All the elements of a pleasing scheme are there, yet the room falls just short of its potential.

Here's what we did to improve things

● Since the most conspicuous consumer of living room space was the piano, we suggested moving it to the guest room/den. Once the switch was made, Julia, a music teacher, was delighted with its new location. For one thing, her students no longer track mud and snow into the living room. Now they come in the back and go directly to the den.

● Sometimes all it takes is one important piece of furniture to give a room the focal point it lacks. We chose a large armoire for the Clarks (*above*). It not only gives stature to the room, but also is perfect for storing and concealing stereo equipment, sheet music, and other musical paraphernalia. (The open bookshelf-storage unit that formerly housed the stereo found a new home in the den.)

● Getting the piano and storage unit out of the way made it easy to rearrange the furniture for more sociable conversation. We used the Clarks' own chairs and sofa and simply repositioned them to open up the cramped space.

The sofa was moved to the long wall opposite the upholstered lounge chair. Julia's rocker is now on the left of the sofa. The only new purchase was the small scrubbed-pine settee (*opposite page*). It provides much-needed extra seating.

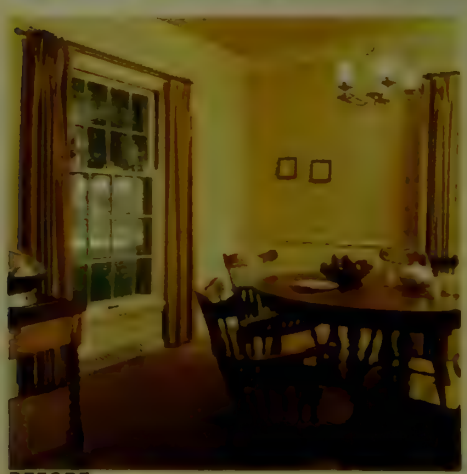
● And notice how much more importance we've given the picture arrangement over the sofa. We used some of the smaller prints from around the room and added two larger ones to bring the whole wall arrangement into scale with the sofa.

● New natural-color linen draperies replace the gold ones the family inherited when they bought the house. Fortunately, the carpet, which also came with the house, was in good condition, so no outlay for new carpet was necessary.



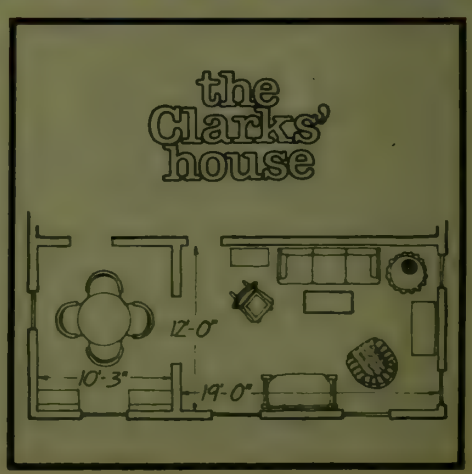
A small boxy space like this dining room needs all the decorating help it can get to achieve individuality. We added some punchy new pattern—still in keeping with the traditional look—and also designed some much-needed storage.





BEFORE

"What we needed most in the dining room," says Julia Clark, "was a place to put things. We shopped for a buffet, but the ones we looked at seemed too big and overpowering for our small room."





Buying information, page 168

For starters, we turned to wallpaper and fabric

We gave the room a decorative shot in the arm (*top, opposite page*) with matching fabric and wallpaper. (Using a single pattern on walls and at the windows is a good way to unify and unclutter a small room.) We chose a vertical pattern to make the ceiling seem higher and the room look larger. We also added a new chandelier and hung it lower over the table.

And for the best solution of all . . .

What Rick and Julia's dining room lacked most was storage for their china, silver, and serving pieces, plus a place to set things when serving a meal. Julia told us she had shopped for a china cabinet or buffet, but the ones she had seen would have overpowered the small room.

Our solution was to build twin, 18-inch-deep, window-hugging hutches. To bridge the window, we joined them with a crown molding treatment, which blends with the architecture. We also joined the molding at the top of each buffet unit with the chair rail to form a continuous line around the room.

More about the hutches

Since your space won't match the Clarks', we can't give you definite dimensions, but we can tell you the materials we used. Each unit is made of ¾-inch plywood. The back is ¼-inch hardboard, and the cornice treatment and surround for the plate racks are solid lumber.

Double doors on each buffet base open to reveal a single shallow drawer for silver, and one adjustable shelf dividing the space below.

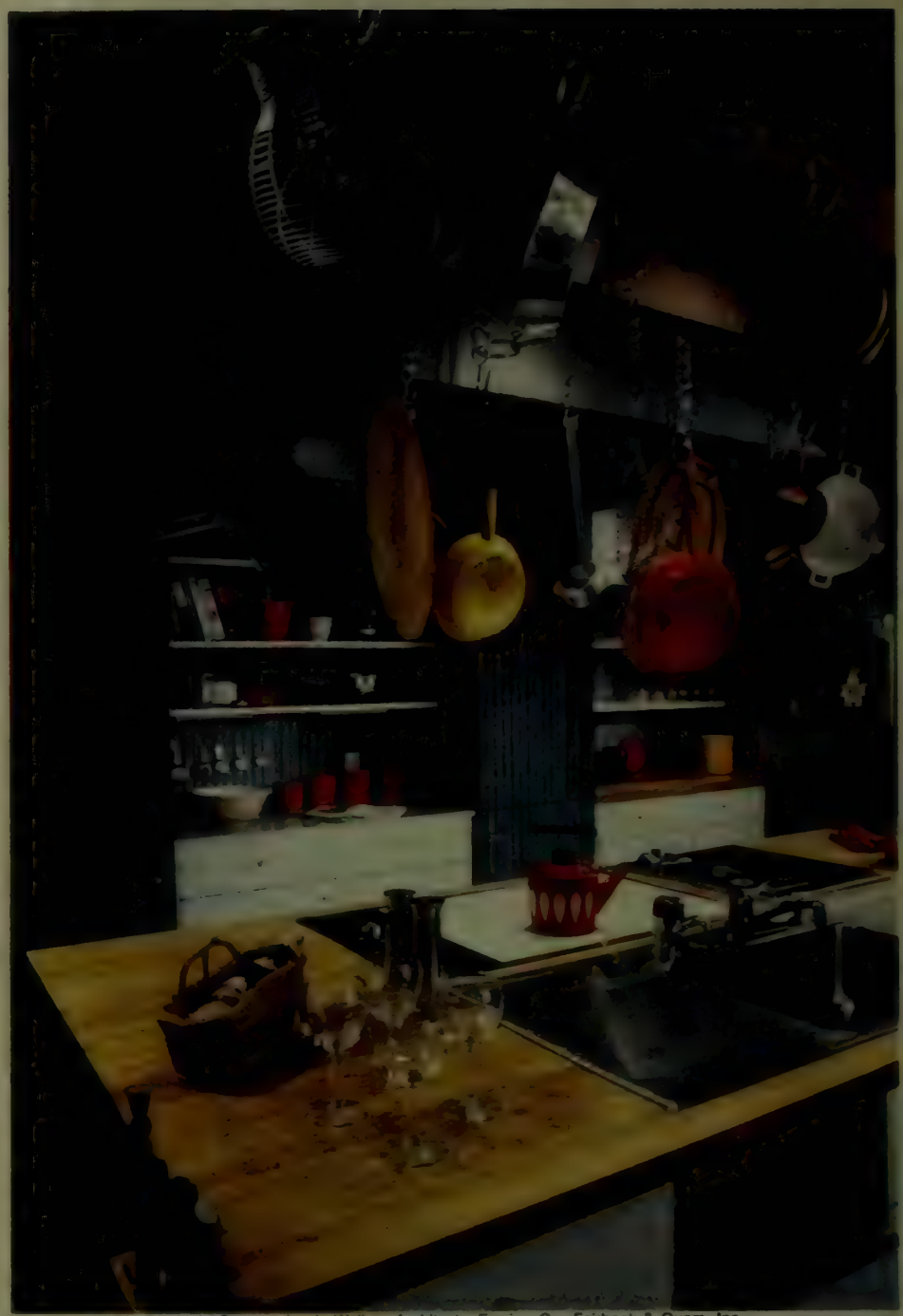
One of the nandiest features of these window-flanking hutches is an easy-to-build shelf (*above*) that bridges the space between the two units. It's simply a piece of plywood covered with a length of plastic laminate; it's strengthened underneath by two pieces of lumber set on edge. The top surfaces of both buffets are also covered with plastic laminate to protect against spills and stains.

A Whiz of a Kitchen And What a Personality!

By Joan McCloskey

Does an efficient kitchen have to look like something only a dietitian or time-and-motion expert could love? Not at all—and here's the proof. This kitchen is a marvel of efficiency, yet it's still inviting and personal.

That's because the people who cook here shaped it to suit themselves. The kitchen is chockablock with ideas you won't find in any rule book. They work for this family, and they just might for yours, too.

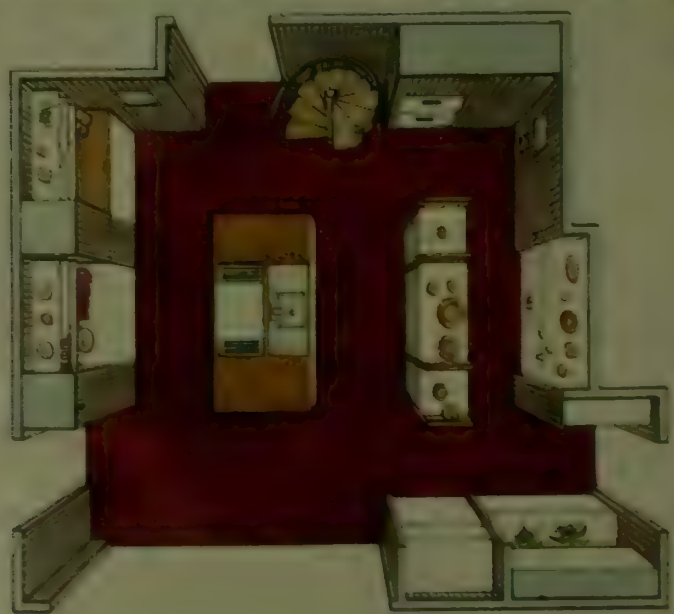


Photographs: Jim Hedrich. Source: Jessie Walker. Architects: Frazier, Orr, Fairbank & Quam, Inc.

The homeowners who masterminded this kitchen refused to settle for look-alike walls jammed with cabinets above and below a ribbon of counter. Instead, they defined work centers compactly with shelving units located in unexpected places.

Let's start with the 4x8-foot center island. Since bread baking is big with this family, they needed plenty of counter top to knead dough, roll it out, and shape it. A butcher-block top allows two people to work easily with plenty of elbowroom. The island also houses a deep stainless-steel sink, smooth-top range, trash compactor, dishwasher, and self-venting cook top.

Across the aisle, there's a new version of the old-time butler's pantry. Symmetrical centers make entertaining and cooking a snap. One unit houses glassware, beverages, and bowls for nibble food. To the left of the closed tall cabinet is a pastry maker's dream: a deep marble counter top and shelves outfitted for storing tools of the trade.







According to a long-standing kitchen precept, cooking facilities should be an integral part of the kitchen triangle. This family had another idea. Since the built-in double oven is used less often than the cook top, refrigerator, and sink, the homeowners located the oven away from the food preparation counters. An oven needn't be close by when all you do is put food in it, set a timer, and take the food out when it's done. Right?

Wondering where that essential refrigerator is? It's just to the left of the center island, handy for toting groceries to the island top.

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As their priorities crystallized, the family found it easy to devise a floor plan *(bottom left)* to meet their needs. They wanted a kitchen devoid of pretensions and fusty trappings, one tailored to meet very demanding cooking and cleanup needs in a practical way —and that's exactly what this arrangement accomplishes.

Once the kitchen essentials were placed, the homeowners set about choosing easy-care materials. For the open shelving they selected white plastic laminate, and for the floor, specially treated oak parquet that doesn't soak up grease. The rough-sawn cedar walls were stained a handsome driftwood gray.

Out-of-reach cabinets don't exist in this kitchen. An open shelving island smack in the heart of the kitchen is accessible from both sides. It's easy to reach a quiche pan, mortar and pestle, or serving platter from any point in the kitchen. A built-in open storage wall on the opposite side supplements the shelving island.

Finding the right utensil is simple; strategically placed hooks in the ceiling beams hold paella pans, egg baskets, omelet pans, and strainers, plus a bushel of baskets. Since all family members are adults, knives are kept handy at the end of the cooking island, but we recommend placing a shield over such a unit if you have small children in your household.

One of the biggest advantages to the open shelving island is the combination of drawers and shelves. Spatulas, spoons, spreaders, and small gourmet cooking gadgets are all handily organized between horizontal dividers in the drawers. Bigger items, such as coffee servers, fondue warmers, and large mixing bowls, can be stashed on lower shelves. More often used platters, everyday dishes, and baskets are placed at eye level. That's one of the secrets to making an open shelving unit work: Prominently display those items you use every day so they'll be constantly rotated and washed.

BUILD-IT-YOURSELF FURNITURE THAT GROWS WITH YOUR KIDS

By David Ashe
and David Haupert

You might think you outgrew building blocks years ago, but here are some easy-to-build blocks you can't help but enjoy arranging and rearranging. They're your key to furnishing children's rooms easily, inexpensively, and imaginatively—and the beauty of these blocks is that your kids will never outgrow them.

You can shift and juggle these cleverly designed cubes for everything from diaper storage to bed supports. And as your family grows—either in numbers or in years—just add more cubes.

All these basic 32x18x12-inch modular units are made of ¾-inch plywood. Corners are butt jointed, and glued and nailed in place. The drawings show you four practical variations—an open unit, a single-drawer unit, and blocks with either a pair of side-by-side drawers or two slim horizontal drawers. Our photos show you some arrangement ideas tailored to children of various ages, from infants to teen-agers.

1. In a nursery, three units stack to become a chest of drawers resting on an easily constructed base. Make the base of 1x3s or 1x6s, depending on how high you want the storage piece from the floor. Simply build an open rectangle, slightly smaller than the box, then sand and paint it. To stabilize the stacked boxes, anchor them to one another with a couple of screws driven from inside.

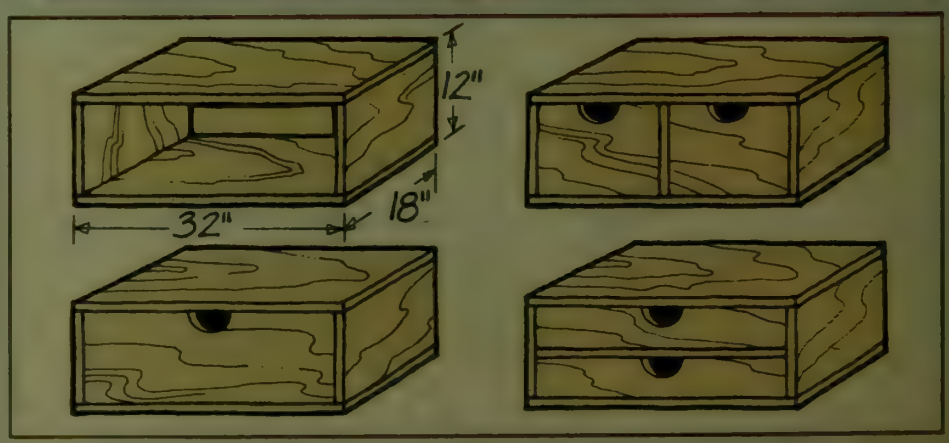
2. For a toddler's room, we've added two open cubes for toy storage. They snuggle up to two drawers carried over from nursery days. Notice the base has been removed and the units rest directly on the floor. Keep colors bright and basic, paint each cube a different hue, and your toddler's bound to be happy.



1



2



3. Since preteens tend to have more of everything to stash away, we've added two more drawer units and one more open cube. With this right-angle arrangement you can fashion a desk by spanning the two groups of units with a slab door. To secure the desk top, screw the four corners of the door to the units.

Here the colors are a bit more sophisticated—white and shades of brown. The units are positioned without a base, and a cushion has been added to a single-drawer unit to form a seating place.



3

4. For a teen-ager's room, we've placed pairs of units on a base of 1x6s to bring the units up to standard desk-top height. Here again a slab door serves as the desk top. In this room, four cubes have been used as a base unit for a twin-size mattress that rests on a piece of ¾-inch plywood.

With modular furniture that's this versatile, you can take it one step further. When college time comes, the units can be easily moved and rearranged for a custom fit in any dormitory room.

4

Photographs: Mike Dieter. Designer: David Ashe

A SEWING ROOM YOU NEVER HAVE TO CLOSE THE DOOR ON

By Joan McCloskey

Even if you love to sew, you doubtless hate the hassle of getting ready. Dragging equipment out of hiding, finding fabric that's stashed here and there, and hunting for pins and thread are all time and energy wasters. You can solve these problems—and more—with a simple sewing room like this one that also functions as an office, wrapping center, and craft shop. Start with good storage units and some paper and paint.

To squeeze in a sewing center, this family activated a do-nothing porch that connected two upstairs bedrooms. The homeowners pepped up the sluggish room with a crayon box of color and added workhorse storage units to solve a multitude of problems.

The "must" list for the sewing room included counter space for a sewing machine that could be folded down, shallow drawers for threads and findings, and deep drawers for bulky fabrics. The room needed a cutting table, pegboard for organized and accessible storage, plus bins and shelving units.

To corral the usual sewing clutter, they designed and built a cutting table that folds flat against the wall when not in use. Magnetic catches, attached to the legs, assure stability when the table is folded into place. A new closet now contains storage boxes and a dressmaker's form, but could be used as a standard closet if the room ever changes function.

The compact storage/craft area *(below right)* is a real switch-hitter. When not in use as a cutting table, the fold-down plastic laminate counter serves as a craft center or gift-wrap area. The perforated hardboard walls are bedecked with rolls of commercial paper, along with measuring tapes and brightly colored hats. A wall-hung, open shelving unit stashes skeins of yarn for hobby projects.





Photographs: Richard Fish. Source: Joan Dektar. Designer: Sharon Landa Design Assoc.

This plan shows how the cheerful work areas are centered conveniently on each wall, out of the way of any through traffic. And there's plenty of good working light coming from windows and track lighting.

If you don't have an 8x16-foot space to spare, as this family did, consider adapting the ideas to one wall of a narrow room or even an extra-wide hallway in your home. The basic elements are simple to construct: a fold-down cutting/wrapping/craft table, open shelving units hung from a perforated hardboard wall, and a continuous expanse of counter top. One of the most important ingredients is also the easiest to duplicate: lots of spunky color to make your sewing center a real show-off.





The planning desk is all business, equipped with all the necessities of an at-home office. An electrical strip is handy for plugging in a lamp, a calculator, an adding machine, or a keep-you-company radio. File drawers—some extra wide, some regular width—flank a reconditioned junk-shop chair near the portable typewriter. The bulletin-board door serves as a message center for the whole family and is supplemented by an intercom for hot-line communications.

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GROW A COLOR FEST OF FLORIBUNDA ROSES

"Fabulous" may be an overworked word, but in the case of the floribunda, the adjective fits. Floribundas are landscapers *par excellence*, bearing clusters of colorful blooms on each stem intermittently from June till frost.

There are all sorts of ways to brighten your world with floribundas. Use them to encircle a birdbath, sundial, or other garden ornament. Or mass the bushes by a patio or entry so you can enjoy the blooms every day. Or let a bush "solo" in a flower border interspersed with other perennials, annuals, biennials, or bulbs.

Space your bushes 24 to 30 inches apart. For a denser effect, stagger plants in a double row.

By Russell O'Harra and Steven Coulter

SUNSPRITE

Line a walk or driveway with Sunsprite, a butter yellow floribunda whose family tree includes the famous Spanish Sun. A low border of white alyssum complements the dazzling color of this brand-new rose. Candelabrum form, *right*, typifies a floribunda bloom cluster.











Photographs: George de Gennaro; William N. Hopkins. Source: Pauline Graves

FIRST EDITION

Let First Edition, a 1977 All-America winner, welcome you as you step from your car. Here, *top left*, its clustered, luminous coral flowers fill a corner where a walk leads from the driveway to the front door. First Edition develops a 2½-foot height. Grouping several bushes of one color provides a dramatic visual impact—a good idea for any plants.

CATHEDRAL

Cathedral, *bottom left*, explodes with a fiery blend of colors that's perfect for any spot where you want to make a brilliant splash. Coppery peach buds open into scarlet-orange, semi-double blooms, which mature into a deep scarlet enhanced by a golden apricot glow. The ruffled petals shimmer luminously as they capture and reflect every ray of sunshine. Cathedral's delicate fragrance is irresistible.

ACCENT

Grow floribundas in containers and you can have color wherever you want it. Here, *top right*, crimson red Accent, a 1977 introduction, shines around a garden sundial. The new leaf growth—between typical floribunda bursts of color—is unusually rich and reddish. Accent grows very compactly, making it perfect for edgings or pot plantings. Avoid waterlogged roots by using containers with drainage holes.

GENE BOERNER

Gene Boerner features perfectly formed buds and blooms, *bottom right*, and a light fragrance. The deep rose color lightens to a clear, soft pink as the blooms open fully; bright green foliage provides a good contrast to the warm flower hues. Gene Boerner produces choice cut flowers for rose bowls.

For information on how to plant roses, see page 158

Soup's On

Soup's on! Come and get it! Here's a potpourri of interesting soups from the elegant and unusual, to the quick and easy, to the robust and satisfying. All have two great things in common —a terrific homemade flavor and a reprieve for the budget!

Elegant First Courses

A special dinner calls for an extra special beginning. Any of these appetizer soups will superbly fill the bill of fare.

(Clockwise from left) A touch of tarragon and a splash of wine set Appetizer Broccoli Soup in a class by itself. Keep the frozen broccoli and mushroom soup handy for drop-in company. Black Forest Potato Soup sports cubes of vegetables in easy-does-it canned beef broth. Pass sour cream and pumpernickel crouton toppers. For a hearty-yet-easy first course, bring on Oyster-Spinach Potage—a super blend of flavors from a quick canned soup base. And next time you want a different first course, ladle up Chickumber Chowder, a well-seasoned chicken stock sparked with cucumber. For an intriguing Far Eastern flavor, Chinese Hot Sour Soup features pork, bamboo shoots, and mushrooms amongst threads of egg.

Recipes begin on page 148 Buying information, page 168





Photographs: Maselli

Sandwich Accompaniments

SOUP'S On

No need to slight nutrition when you're in a hurry. Just stir together a simple soup, add a sandwich assortment, and you have a substantial lunch (or busy-day supper) all ready.

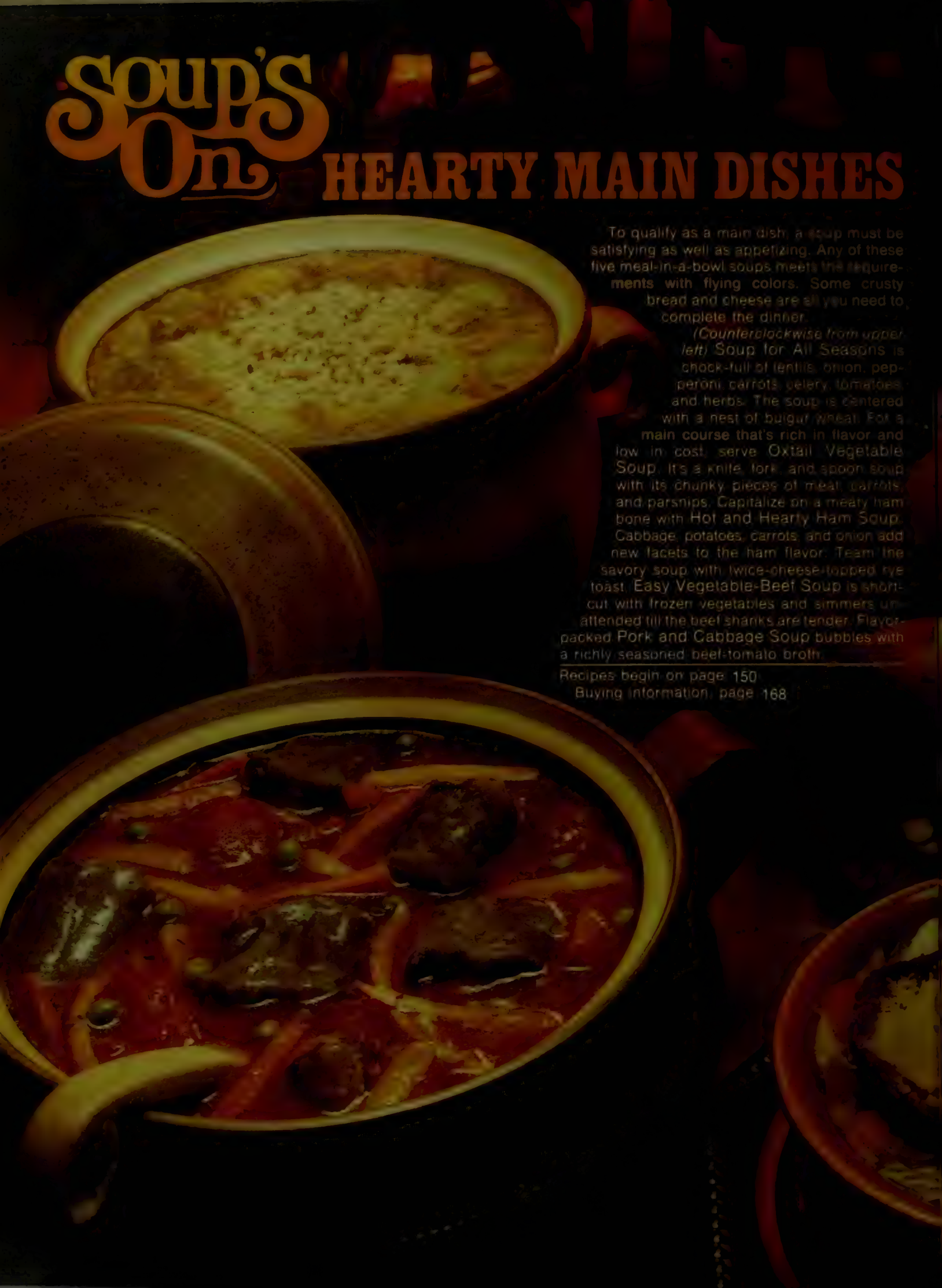
(Counterclockwise from left) Thick and creamy Asparagus-Potato Soup will please the family or a company crowd. The blender makes quick work of the chopping for Turn-about Gazpacho. Serve this traditionally chilled summer soup steaming hot. In little more than 15 minutes, you can cook up some Salami-Bean Chowder. It's basically plain pork and beans, but it's "beefed" up to very special status with salami, celery, and onion. Shortcut Clam Chowder gets off to a fast start with a can of cream of potato soup and ends up with a bold bacon-and-clam flavor. Just four ingredients from your kitchen shelf and you're home free with hearty Spaghetti and Corn Soup. The kids can even stir it together themselves on Mom-and-Dad's night out.

Recipes begin on page 148 Buying information, page 168



Soup's On

HEARTY MAIN DISHES



To qualify as a main dish, a soup must be satisfying as well as appetizing. Any of these five meal-in-a-bowl soups meets the requirements with flying colors. Some crusty bread and cheese are all you need to complete the dinner.

(Counterclockwise from upper left) Soup for All Seasons is chock-full of lentils, onion, pepperoni, carrots, celery, tomatoes, and herbs. The soup is centered with a nest of bulgur wheat. For a main course that's rich in flavor and low in cost, serve Oxtail Vegetable Soup. It's a knife, fork, and spoon soup with its chunky pieces of meat, carrots, and parsnips. Capitalize on a meaty ham bone with Hot and Hearty Ham Soup. Cabbage, potatoes, carrots, and onion add new facets to the ham flavor. Team the savory soup with twice-cheese-topped rye toast. Easy Vegetable-Beef Soup is short-cut with frozen vegetables and simmers unattended till the beef shanks are tender. Flavor-packed Pork and Cabbage Soup bubbles with a richly seasoned beef-tomato broth.

Recipes begin on page 150
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SET FOR SOUP



By Patricia Pollock

For today's casual, comfortable style of entertaining, soup is a natural. It allows you to relax and still serve your guests something hot and satisfying. To make your role as host or hostess seem even easier, here's a tempting trio of easygoing soup settings.



Forget those old-style luncheons with prim and proper ladies daintily sipping sherry. These days, lunch is more likely to be a spontaneous get-together. When friends join you at noontime, you can serve quick-fix chowder in generous Toffee pattern earthenware bowls like these *(top)*. Use colorful hot pads as liners, and tuck brand-new dishcloths in the hang-up rings as napkins. Splashy print napkins can serve as place mats. Put a cutting board at each place for sandwiches or a fruit-and-cheese dessert. Beaded Antique stainless flatware and contemporary Helga pattern amber goblets and sherbets complete this casual table setting.

If you're serving a main-dish soup to a group, you can minimize long lines at the buffet table by setting up five or six "mini-buffets" around the room. You might, for instance, put trays and dinnerware on the dining room table, a tureen of hot soup and crackers on the desk, rolls and butter on a lamp table, and so on. At each food station, protect the furniture with a festive cloth like the blue batik shown *(center)* with the big Yorktowne tureen. Be sure to allow space for a guest to put a tray down while filling it up. Hard-to-tip bowls and beverage containers are a must for tray balancing; this wide-brimmed Yorktowne bowl and green plastic mug are ideal. Put a bright Mexican bandanna on the tray to keep the bowl from sliding; add a lap-sized napkin and soup spoon like this handsome "Ameralloy" one in the Bayside pattern.



Photographs: Mike Dieter

First-course soup doesn't have to be served at the dining room table. Try serving it in the living room before dinner, as a change from the usual hors d'oeuvres. And don't be afraid to use your fine china and silver in unexpected ways. We used black- and gold-trimmed Albany soup bowls for our coffee table setting *(bottom)*. The silver Venetian Scroll coffee server is filled with consommé—not coffee—but the pouring is just as easy. For ladling out a thicker potage, try your chafing dish or even a fondue pot. Accompaniments are also served with a silver lining: lemon slices in the creamer, breadsticks in the sugar bowl. Sterling soup spoons are Prelude design.

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"Give me some new ideas for old-fashioned main-dish soups."



The secret of their great taste is the Campbell's Soups you start them with.

YANKEE DOODLE BEEF MAIN-DISH SOUP

1 pound ground beef
¼ teaspoon onion salt
2 tablespoons shortening
1 can (10¾ ounces) Campbell's Tomato Soup
1 can Campbell's Old Fashioned Vegetable Soup
1½ soup cans water
2 cups cooked spiral-shaped macaroni
2 tablespoons chopped parsley
¼ teaspoon oregano leaves, crushed
Grated Parmesan cheese

Mix *thoroughly* beef and onion salt; shape into 24 meatballs. In large saucepan, brown meatballs in shortening; pour off fat. Add remaining ingredients except cheese. Bring to boil; reduce heat. Simmer 10 minutes or until done; stir occasionally. Serve with cheese. Makes about 6 cups.

CHICKEN NOODLE SUPREME MAIN-DISH SOUP

2 cans Campbell's Cream of Chicken Soup
1 can (10¾ ounces) Campbell's Chicken Noodle Soup
2 soup cans water
4 hard-cooked eggs, coarsely chopped
1 can (16 ounces) cream style corn
½ teaspoon rubbed sage
⅛ teaspoon pepper

In large saucepan, combine soups; gradually stir in water. Add remaining ingredients. Heat; stir occasionally. Makes about 8 cups.

Cookbook Offer: Get more than 600 exciting recipes in Campbell's "Cooking with Soup" Cookbook. Send $1.50 and any two Campbell's Soup labels with your name, address and zip code to: COOKBOOK, BOX 494, Maple Plain, Minn. 55348. Offer good only in U.S.A. May be withdrawn at any time. Void where prohibited or restricted. Allow six weeks for delivery.

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File under Meats

Buying information, page 168

ROUND STEAK ENTRÉES

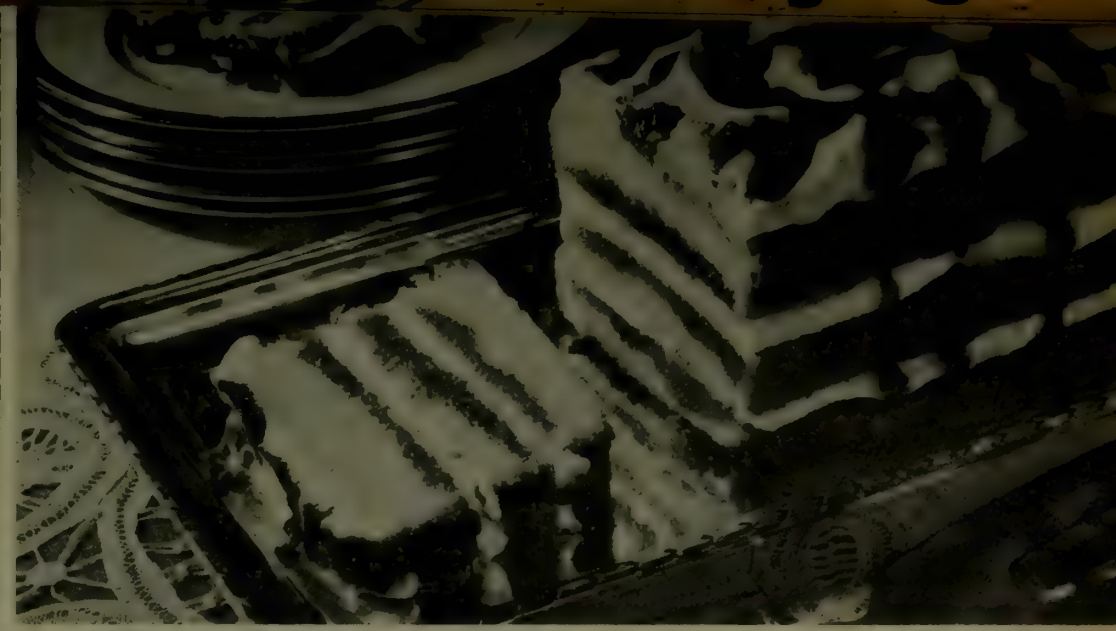
Harvest Round Steak

Sweet potatoes and apples make this beef dinner a winning winter meal—

- 2 pounds beef round steak, cut ¾ inch thick
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 3 tablespoons cooking oil
- 3 medium sweet potatoes, pared and halved
- 3 small onions, quartered
- ¾ cup water
- 1½ inches stick cinnamon
- 3 medium cooking apples, cored and quartered

Cut steak into six pieces. Pound mixture of flour, salt, and pepper into steak till steak is ¼ inch thick. In 12-inch skillet with oven-proof handle, brown steak on both sides in hot oil. Add sweet potatoes, onions, water, and cinnamon; cover and bake in 350° oven for 1 hour. Add apples and bake, covered, 15 minutes more. Remove meat, potatoes, onions, and apples to platter. Measure pan juices; add water to make 1¼ cups. Combine *¼ cup cold water, 2 tablespoons all-purpose flour,* and *¼ teaspoon salt;* add to pan juices. Cook and stir till bubbly. Makes 6 servings.

June M. Burdick, Lewellen, Nebr.



File under Desserts

Photographs: Dieter

COFFEE DESSERTS

Java-Rum Torte

This prize dessert starts with purchased pound cake—

- ½ cup sugar
- ½ cup water
- 2 tablespoons instant coffee crystals
- 2 tablespoons rum
- 1 tablespoon butter or margarine
- 1 10¾-ounce frozen pound cake, thawed
- 1 envelope dessert topping mix, whipped

In small saucepan, combine sugar, water, and coffee crystals. Bring to boiling; boil hard 3 minutes, stirring occasionally. Remove from heat; stir in rum and butter or margarine. Cool 5 minutes. Slice cake lengthwise into 3 layers. Slowly spoon *3 tablespoons* of the coffee mixture over bottom layer. Spread with *one-third* of the prepared topping. Repeat with middle layer; stack atop bottom layer. Spoon *3 tablespoons* coffee mixture atop *cut surface* of top layer; invert and place atop stack. Spread remaining whipped topping over top. Bring remaining coffee mixture to boiling; boil hard 1 minute, stirring constantly. Cool 5 to 10 minutes; drizzle over top of torte. Chill. Makes 8 to 10 servings.

Miss Frances Elaine Dietz, York, Pa.



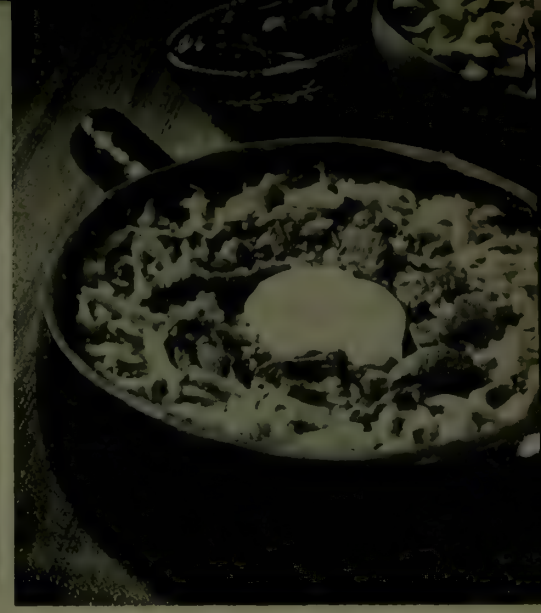
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Baked Coffee-Date Pudding

It has a steamed-pudding texture—

2 cups water
8 ounces (1⅓ cups) pitted whole dates, chopped
1 cup sugar
½ cup cooking oil
1 tablespoon instant coffee crystals
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground cloves
2 cups all-purpose flour
2 teaspoons baking soda
Coffee ice cream, softened

In saucepan, combine water, dates, sugar, oil, coffee crystals, salt, cinnamon, and cloves; bring to boiling. Reduce heat and simmer, uncovered, for 5 minutes. In large mixing bowl, stir together flour and baking soda; stir in date mixture. Turn into ungreased 8-inch round baking dish. Bake in 325° oven for 40 to 45 minutes or till pudding tests done. Cut into wedges. Serve warm, topped with softened coffee ice cream. Makes 6 to 8 servings.

Barbara Schreier, Bethlehem, Pa.

Frozen Mocha Mousse

4 egg whites
⅔ cup sugar
1 cup chopped walnuts
¼ cup light corn syrup
1 tablespoon instant coffee crystals
½ of 6-ounce package (½ cup) semisweet chocolate pieces
⅔ cup *sweetened condensed* milk
1 cup whipping cream
1 teaspoon vanilla

Beat egg whites till soft peaks form. Gradually add sugar, beating till stiff peaks form. Fold in nuts. Spread over bottom and sides of a well-buttered and floured 9-inch pie plate, forming a high edge. Bake in 275° oven for 1 hour. Turn off oven; let meringue cool *in oven* with door closed 2 hours. To make filling: Mix corn syrup, coffee crystals, and *1 tablespoon water;* heat to boiling. Reduce heat. Add chocolate; stir till melted. Remove from heat. Blend in milk. Slowly stir in cream and vanilla. Cover; chill. Whip till soft peaks form. Spoon into meringue crust. Cover; freeze several hours or overnight. Top with chocolate curls, if desired.

Sally Callander, Chicago, Ill.

Beef Rolls and Kraut Skillet

2 pounds beef round steak, cut ½ inch thick
6 smoked sausage links
2 tablespoons shortening
1 16-ounce can tomatoes, cut up
½ cup chopped onion
1 teaspoon caraway seed
1 16-ounce can sauerkraut, drained
¼ cup cold water
2 tablespoons all-purpose flour

Cut steak into six pieces; pound each to a 5-inch square. Season with a little *salt* and *pepper*. Place one sausage link on each piece of steak. Roll up; secure with wooden picks. In 10-inch skillet, brown steak rolls on all sides in hot shortening; drain off excess fat. Add *undrained* tomatoes, onion, and caraway. Cover and simmer 1 hour. Add sauerkraut; cook 15 minutes more. Remove steak rolls; keep warm. Blend water into flour; add to kraut mixture. Cook and stir till thickened and bubbly. Serve steak rolls atop kraut. Makes 6 servings.

Mrs. E. L. Dryden, Emporia, Kan.

Tex-Mex Skillet

1 envelope all-purpose meat marinade
1 16-ounce can tomatoes, cut up
1½ pounds beef round steak, cut in thin strips
1 4-ounce can green chilies, drained, seeded, and chopped
1 teaspoon ground cumin
1 teaspoon sugar
1 clove garlic, minced
1 15-ounce can refried beans
2 cups cooked rice
½ cup dairy sour cream
½ cup (2 ounces) shredded cheddar cheese
Corn chips

In 12-inch skillet, combine *dry* meat marinade and *undrained* tomatoes. Stir in steak strips. Let stand 10 minutes. Stir in chilies, sugar, cumin, and garlic. Bring to boiling; reduce heat and simmer, uncovered, 15 minutes, stirring occasionally. Stir in beans and rice; heat through. Top with a dollop of sour cream and ring of cheddar cheese. Cover and heat 1 to 2 minutes. Serve over corn chips. Makes 6 to 8 servings.

Susan Farner, Downey, Calif.

Hormel introduces the first chili bowl you can eat: California Avocado.

Hormel Chili, the chili America likes best, served steaming hot in a cool, smooth, California Avocado half-shell. Top with grated cheddar, chopped onion and watch everybody put it away. Bowl and all.



Hormel. America's #1 Chili.

Love Food from California

California Avocado Advisory Board

begins on page 62

Great Italian bread

WHOLE WHEAT ITALIAN LOAVES

Liquid malt extract, a dark sweet syrup, can be purchased in health food stores, or molasses may be substituted in its place—

2 cakes (⅔ ounce each) compressed yeast *or* 2 packages active dry yeast
2 cups warm water (110° to 115°)
2 tablespoons shortening, melted
2 teaspoons salt
3¾ cups all-purpose flour
1 tablespoon malt extract
2 cups cracked wheat
Cornmeal

In large mixer bowl, dissolve yeast in warm water. Stir in shortening and salt. Add *2 cups* of the all-purpose flour and the malt; beat on low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Add cracked wheat and stir till well combined. By hand, stir in remaining all-purpose flour to form a very stiff dough. Cover and let rise in warm place till double, about 1 to 1¼ hours. Turn out onto a lightly floured surface; knead 10 to 12 strokes. Divide dough in half. Shape in balls; cover and let rise till double, about 1 hour. On lightly floured surface, flatten each portion of dough with palms of hands. Fold over top half and flatten with palms of hands to make oblong shape. Repeat, lapping top half over lower portion of dough once more; press down with palms. Using palms of hands, roll dough on floured surface to a 15-inch rope. Place on baking sheet sprinkled with cornmeal. Cover and let rise till double, about 45 minutes. With sharp knife, make three to four diagonal cuts about ¼ inch deep across top of loaves. For browner crust, brush loaves with milk if desired. Bake in 375° oven for 35 to 40 minutes. Makes 2 loaves.

SICILIAN BREAD

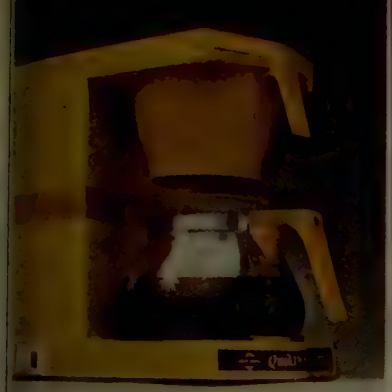
Zito's bread gets its natural golden gloss from the coal-fired brick ovens. To duplicate the color of the crust, brush the loaves with a mixture of 1 beaten egg white and 1 tablespoon water before topping with seeds—

3 cakes (⅔ ounce each) compressed yeast *or* 3 packages active dry yeast
2 cups warm water (110° to 115°)
4 teaspoons salt
6¾ to 7 cups all-purpose flour
1 recipe Sicilian Bread Starter
2 tablespoons sesame seed
Cornmeal

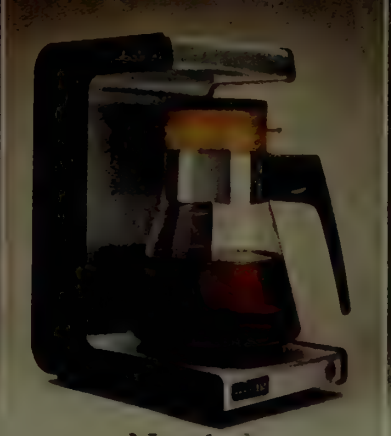
In large mixer bowl, dissolve yeast in warm water. Stir in salt. Beating on low speed of electric mixer, gradually add *2 cups* of the flour to make a thin batter. Add Sicilian Bread Starter and beat on high speed for 3 minutes. By hand, stir in enough of the remaining flour to make a stiff dough. Turn out onto lightly floured surface and knead till smooth and very elastic, about 20 to 25 minutes. Cover; let rest 10 minutes. Divide into 2 portions. (Shaping is pictured on page 62.) Roll first portion into rope about 36 inches long. With tip of sharp knife, or kitchen shears, make 1-inch cuts at 1-inch intervals along one side of rope beginning at center and working toward one end. Repeat on opposite side of rope working from center toward other end. Starting at one end, shape rope into coil, with cut edge toward outside, rolling just to center of rope; repeat, starting at opposite end and rolling coil in opposite direction forming "S" shaped

continued

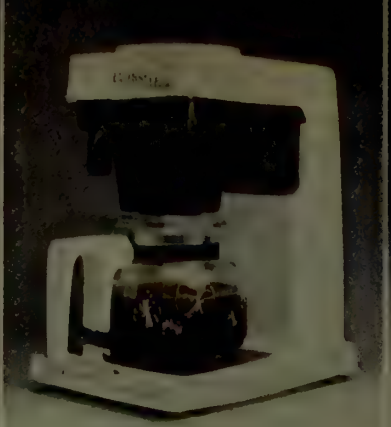




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It offers 5 interchangeable cooktop units. Char-grill, griddle, deep-fry, shish-kebab and spit-roast, all on top of the range.

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The Jenn-Air Grill-Range.

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continued

Great Italian bread

loaf. Place on baking sheet sprinkled with cornmeal. Brush loaf with egg white-water mixture. Pat with *half* the sesame seed. Repeat with remaining half of dough. Cover and let rise in warm place till double, about 45 to 60 minutes. Place large shallow pan on lower rack of oven and fill with boiling water. Bake bread in 375° oven for 40 to 45 minutes. Makes 2 loaves.

SICILIAN BREAD STARTER

The soured "sponge" batter gives the Sicilian Bread a special flavor—

1 cake (⅔ ounce) compressed yeast *or* 1 package active dry yeast
1 cup warm water (110° to 115°)

• • •

2 cups all-purpose flour

Dissolve yeast in warm water. Stir in flour till mixture forms a thick batter. Cover with plastic wrap; let stand at room temperature 24 hours or till starter has soured. (Check after 12 to 18 hours to see if dough has soured.) Use to make Sicilian Bread.



ITALIAN LOAVES

2 cakes (⅔ ounce each) compressed yeast *or* 2 packages active dry yeast
2 cups warm water (110° to 115°)

• • •

2 teaspoons salt
5 to 5¼ cups all-purpose flour
Cornmeal

In large mixer bowl, dissolve yeast in warm water. Stir in salt. Add *2 cups* of the all-purpose flour; beat on low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in enough

continued

Get a little help with the cooking from
Campbell's Chunky Soup and Uncle Ben's Rice.



For a delicious change-of-pace main dish, cook up the Calico Chunky Beef with Rice shown above. For eleven other delicious ways to serve CHUNKY SOUP and UNCLE BEN'S® CONVERTED® Brand Rice, send name, address, zip code to: Free Recipe Booklet Offer, P.O. Box 55018, Houston, Texas 77055.

CALICO CHUNKY BEEF WITH RICE

1 cup UNCLE BEN'S® CONVERTED® Brand Rice
1 medium tomato, cut in wedges
1 can (1 lb. 3 oz.) CAMPBELL'S CHUNKY BEEF Soup
1 teaspoon Worcestershire sauce
2 tablespoons dry red wine
2 teaspoons cornstarch
4 green onions, sliced

Cook rice according to package directions. Meanwhile, combine soup and Worcestershire sauce. Add wine to cornstarch; stir until free of lumps. Stir into soup; cook, stirring constantly until thickened. Simmer a few minutes to blend flavors. Stir in ½ of the green onion and tomato. Spoon beef mixture over rice; sprinkle with remaining green onion. Makes 4 servings.



It's one good thing on top of another.



Bet he tells all the kids what a great cook you are.

There's just nothing like the aroma of homemade bread and fresh from-the-oven baked goods to turn the family on.

And the KitchenAid heavy-duty Food Preparer has everything you need to make it easy.

KitchenAid has been famous for many years for its ability to knead bread dough. And it whips and mixes in a way that is unique to KitchenAid. Its single beater, round-the-bowl mixing action mixes more volume faster. And you don't have to keep scraping the bowl.



But we know man does not live by bread alone. So, with available attachments, you can also use your Food Preparer to grind meat, stuff sausage, mill grain, juice fruit, slice and shred vegetables, or open cans.



Every family deserves a versatile KitchenAid Food Preparer. You'll find it at department, hardware, and other fine stores. For more information, write KitchenAid, Dept. 7CG-2, Hobart Corporation, Troy, Ohio 45374.

KitchenAid® Food Preparer.

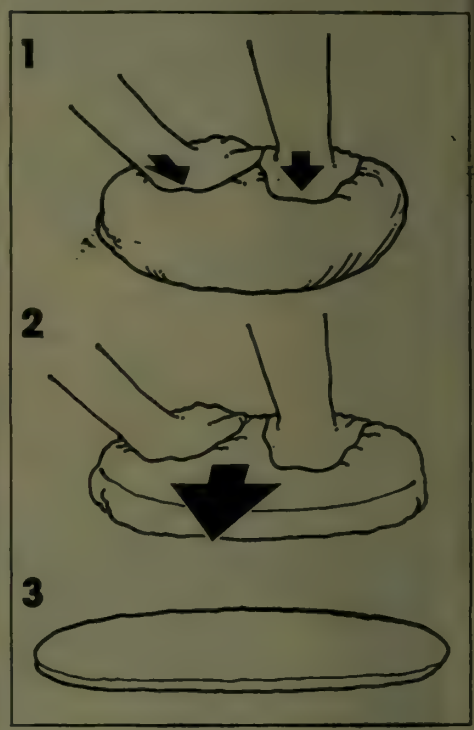
You'll say it's the best.

continued

Great Italian bread

remaining flour to form a very stiff dough. Cover dough and let rise in warm place till double in volume, about 1 to 1¼ hours.

Turn out onto a lightly floured surface; knead 10 to 12 strokes. Divide dough in half. Shape in balls; cover and let rise till double, about 1 hour. On



lightly floured surface, flatten each portion of dough with palms of hands (1). Fold over top half and flatten with palms of hands to make an oblong shape (2). Repeat, lapping top half over lower portion of dough; press down with palms. Using palms of hands, roll out dough on floured surface to a 15-inch length (3). Place on a baking sheet sprinkled with cornmeal. Cover and let rise till double in size, about 45 minutes. With sharp knife, make three to four diagonal cuts about ¼ inch deep across top of loaves. Bake in 375° oven for 35 to 40 minutes. Makes 2 loaves. ■

Give us five weeks . . .

If you're moving, you'll find *Better Homes and Gardens* more useful than ever. So let us know five weeks ahead of time what your new address will be. We'll see that the magazine is then right on time to help you solve the many problems that go with settling in a new home.



GOOD FOR YOU, MRS. HOWARD

Mrs. Howard is 38 years old, a mother of three, and still looks terrific in a swimsuit. That's partly because she knows what's good for her!

For instance, she knows it's important to watch her nutrition while she watches her weight. So she eats smart at every meal, starting with the Special K Breakfast. It has protein, vitamins and iron for less than 240 calories. And it's delicious! The Kellogg's Special K Breakfast. Good for Mrs. Howard, and good for you, too!

The Special K Breakfast.
Serious nutrition for weight-conscious adults.

Now...the Jell-(

BRAND GE

4 HOWS:

2. The Blender Method
Instead of cold water, add crushed ice to dissolved gelatin in blender for a quick self-layering dessert.



1. The Ice Cube Method
Instead of cold water, add ice cubes to dissolved gelatin. Starts to thicken in 3 minutes.

3. The Frozen Fruit Method
Instead of cold water, add 1 package of frozen fruit to dissolved gelatin. Begins to thicken as fruit thaws.

4. The Ice Cream Method
Instead of cold water, add ice cream to dissolved gelatin to speed the thickening.

GENERAL FOODS

©General Foods Corp. 1977

vow in half an hour.

4 WOWS:

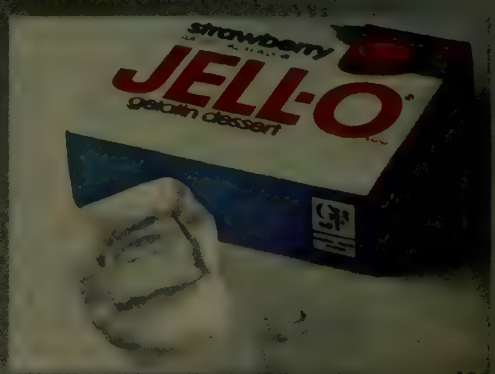
2. Ambrosia Delight
Combine 1 package (3 oz.) JELL-O® Gelatin, orange flavor, and ¾ cup boiling water in electric blender container. Cover and blend at low speed until gelatin is dissolved, about 1 minute. Add 1½ cups crushed ice and blend at high speed until ice is melted, about 30 seconds. Add 1 can (11 oz.) mandarin orange sections, drained, and ¼ cup BAKER'S® ANGEL FLAKE® Coconut. Pour into 6 dessert glasses; chill until set, about 30 minutes. Garnish with additional coconut, if desired. Makes 4 cups.

4. Peachy Cream Parfait
Drain 1 can (16 oz.) sliced peaches, reserving syrup. Add water to syrup to make 1 cup; bring to a boil. Set aside 6 peach slices for garnish; dice remaining peaches. Dissolve 1 package (3 oz.) JELL-O® Gelatin, peach flavor, in measured liquid. Add 2 cups (1 pint) vanilla ice cream by spoonfuls; stir until melted. Add diced peaches and pour into 6 dessert glasses. Chill until set, about 30 minutes. Garnish with reserved peaches. Makes 3½ cups.

1. Fruity Marshmallow Dessert
Divide 1 large banana, sliced, and ½ cup miniature marshmallows among 6 dessert glasses. Dissolve 1 package (3 oz.) JELL-O® Gelatin, strawberry flavor, in 1 cup boiling water. Add 2 cups ice cubes; stir until gelatin begins to thicken, 3 to 5 minutes. Remove any unmelted ice. Pour into the glasses. Chill until set, about 30 minutes. Makes about 3 cups.

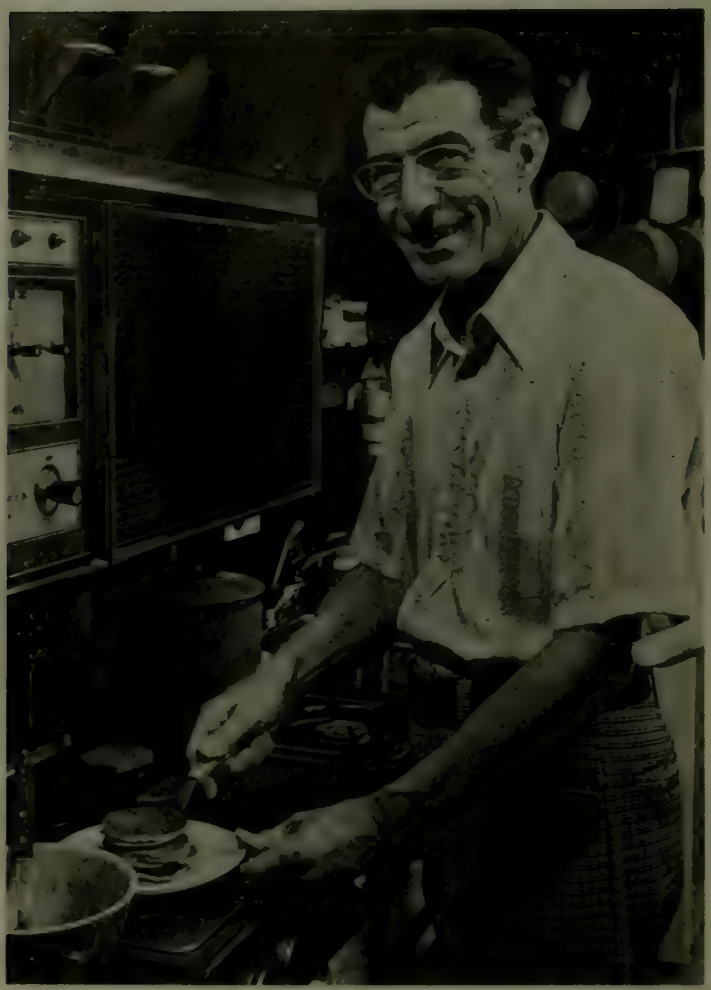


3. Elegant Fruited Gelatin
Dissolve 1 package (3 oz.) JELL-O® Gelatin, lemon flavor, in 1 cup boiling water. Add 1 package (10 oz.) BIRDS EYE® Quick Thaw Mixed Fruit; stir until fruit separates and gelatin begins to thicken. Measure ¼ cup gelatin and blend in ½ cup sour cream. Pour fruit mixture into 6 dessert glasses; top with sour cream mixture. Chill until set, about 30 minutes. Makes about 3 cups.



Start with Jell-O®
BRAND GELATIN

Whole wheat pancakes





Photographs: Hedrich-Blessing Dieter

Buying information, page 168

A late start in the morning doesn't mean Paul Waymonth has to skip breakfast. He keeps a supply of his nutrition-packed Whole Wheat Pancakes in the freezer to pop in the toaster when he's pressed for time.

Paul, an accountant in Wheaton, Maryland, started cooking in earnest about five years ago, and according to both his wife, Helen, and his mother-in-law, he's come a long way in the culinary department. This featured recipe grew out of his experiments to give plain pancakes more flavor and nutrition. The resulting pancakes are a treat any morning—hot off the griddle or from freezer to toaster!

WHOLE WHEAT PANCAKES

Paul says toasting the frozen pancakes makes them crispy on the outside yet moist on the inside—

- 1 cup whole wheat pancake mix
- ½ cup wheat germ
- 2 tablespoons nonfat dry milk powder
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 beaten eggs
- 1½ cups milk
- 1 teaspoon vanilla
- 4 drops lemon extract
- 1 banana, chopped (½ cup)
- ½ cup chopped pecans or walnuts

In mixing bowl, combine pancake mix, wheat germ, dry milk powder, baking powder, and salt. Combine eggs, milk, vanilla, and lemon extract; stir into flour mixture just till moistened. Fold in banana and nuts. Preheat griddle till a drop of water sizzles. Using ¼ cup batter for each, bake on lightly greased griddle till bubbles break on surface and edges are dry; turn. Bake till done, 45 seconds to 1 minute more. Serve with butter or margarine and syrup, if desired. Makes twelve to fourteen 4-inch pancakes.

WANTED: RECIPES MEN LIKE TO COOK

Men— share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes submitted become the property of Meredith Corporation.

How to eat well when you're cooking for the kids

You can't fool the kids. So a good cook gives them what they like: KRAFT Macaroni and Cheese Dinner. With that same good cheese taste you liked when you were a kid. Only about 11¢ a serving. And it feeds the whole crowd. Come on, Mom, join the crowd!



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The butter makes the difference in the mushrooms, the mushrooms make the difference in the meals. BinB—the



OMELETS AND SOUFFLÉS TARTS AND TURNOVERS

Do you whip eggs into a great-tasting omelet or soufflé? Maybe you have a sweet tart or turnover that makes your family flip. Send us your recipes—you could be a prizewinner next September. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each, and 10 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next September. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Omelets and Soufflés—can feature hearty fillings or elegant sauces. Make a fancy entrée, a special side dish, or a delicate dessert. **Hints:**
curried cauliflower soufflé
peach omelet a la mode
shrimp Newburg soufflé

Tarts and Turnovers—can start from scratch or take off on a convenience pastry or filling. Do you add a special sauce? **Tips:**
mallow-mint turnovers
Dutch apple tarts
cheddar turnovers melba

THIS MONTH'S WINNERS

(See recipes on pages 131 and 132.)

Cooks-of-the-Month

June M. Burdick, Lewellen, Nebr.
Miss Frances Elaine Dietz, York, Pa.

Runners-up

Sally Callander, Chicago, Ill.
Mrs. E. L. Dryden, Emporia, Kan.
Susan Farner, Downey, Calif.
Barbara Schreier, Bethlehem, Pa.

Honor Roll

Barbara Alexander, Van Nuys, Calif.
Mrs. Alexander DeSantis, Bethlehem, Pa.
F. Hill, Long Beach, Calif.
Mrs. Edward J. Kemble, Boca Raton, Fla.
Bonnie S. Kulsicavage, San Diego, Calif.
Mrs. Joseph A. Meier, Millersville, Pa.
Sharon Pranulis, Marissa, Ill.
Mrs. Kayanne Spitler, Emporia, Kan.
Mrs. Judith Weinfurther, Sheboygan, Wis.
Mrs. John Zilisch, San Diego, Calif.

CONTEST RULES

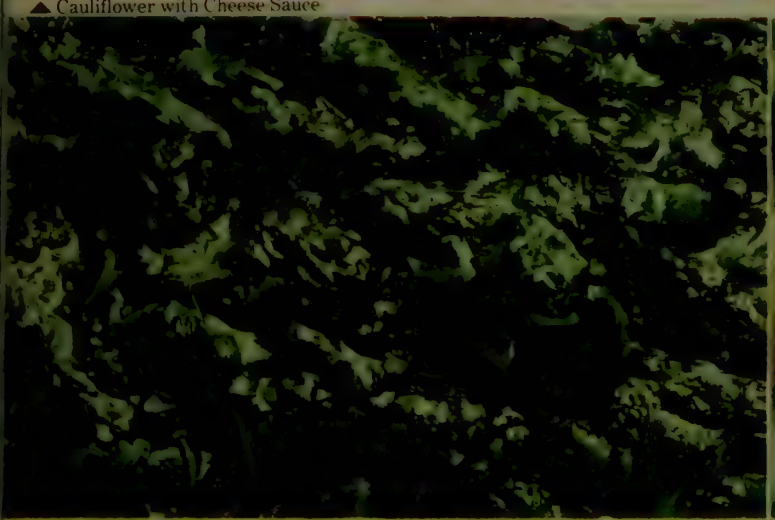
1. **Write your name, address, and recipe clearly. Mark it *"September Omelets and Soufflés"* or *"September Tarts and Turnovers."***
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, February 28. Where dupiicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7702 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**



▲ Cauliflower with Cheese Sauce



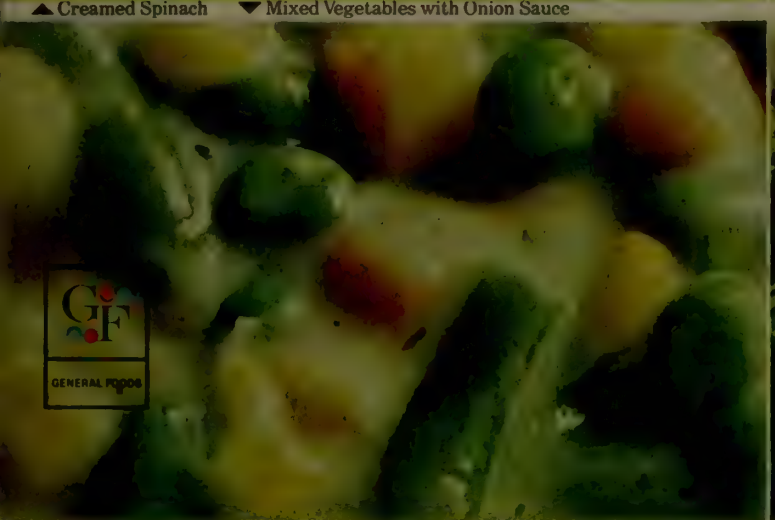
▲ French Green Beans with Toasted Almonds

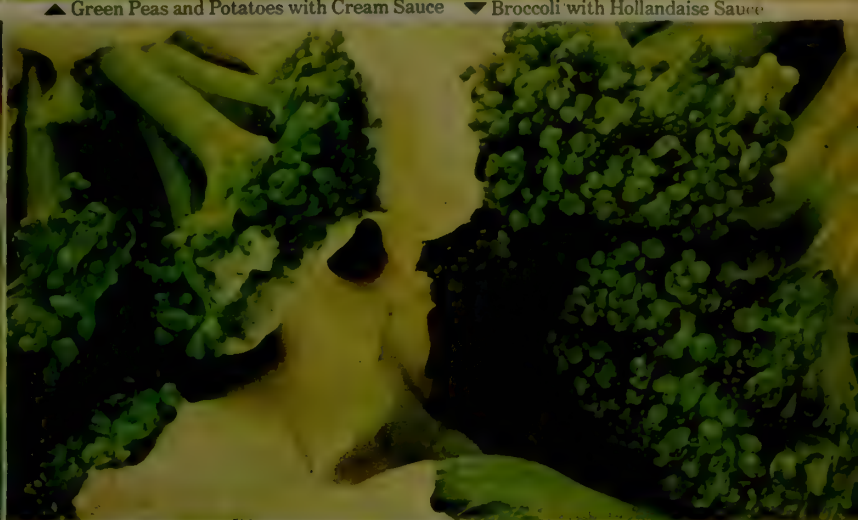


▲ Creamed Spinach ▼ Mixed Vegetables with Onion Sauce



▲ Green Peas and Potatoes with Cream Sauce ▼ Broccoli with Hollandaise Sauce





Birds Eye® Combinations will do almost anything to get your husband's attention.

Does your husband think your vegetables are all alike as peas in a pod? Even when you're not serving peas? Then you should be serving him Birds Eye® Combinations.

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BIRDS EYE®

Birds Eye® Combinations.

The first vegetables your husband might even notice.

begins on page 122

Soup's on

APPETIZER BROCCOLI SOUP

Goes together in a matter of minutes—

2 10-ounce packages frozen chopped broccoli
2 cans condensed cream of mushroom soup
2 soup cans (2⅔ cups) milk
½ cup dry white wine
4 tablespoons butter or margarine
½ teaspoon dried tarragon, crushed
Dash white pepper

In large saucepan, cook broccoli according to package directions; drain. Add soup, milk, wine, butter or margarine, tarragon, and pepper. Heat through. Makes 8 servings.

BLACK FOREST POTATO SOUP

4 medium potatoes, pared and cubed (4 cups)
3 medium tomatoes, peeled and chopped (2 cups)
2 medium carrots, pared and chopped (1 cup)
1 cup chopped celery
3 10½-ounce cans condensed beef broth
1 small bay leaf
2 slices pumpernickel bread, cubed (1½ cups)
1 cup dairy sour cream

In large saucepan or Dutch oven, combine potato, tomato, carrot, celery, beef broth, and bay leaf. Bring to boiling; reduce heat and simmer, covered, for 20 minutes or till vegetables are tender. Meanwhile, place bread cubes on baking sheet. Toast in 350° oven for 10 minutes; set aside. Remove bay leaf from soup before serving. Top each serving with toast cubes and a large dollop of sour cream. Makes 8 servings.

OYSTER-SPINACH POTAGE

Recipe can easily be cut in half—

2 cups milk
2 cans condensed cream of chicken soup
2 9- or 10-ounce packages frozen creamed spinach
2 8-ounce cans oysters, undrained
1 cup dry white wine
¼ teaspoon white pepper
Lemon slices

In saucepan or Dutch oven, stir milk into soup. Remove spinach from plastic pouches; add to soup. Cook and stir over medium heat, breaking up spinach with a fork till spinach is thawed; simmer, uncovered, 10 minutes, stirring occasionally. Stir in oysters, wine, and pepper. Cook and stir till heated through. To serve, garnish with lemon slices. Makes 8 servings.

CHICKUMBER CHOWDER

2½- to 3-pound broiler-fryer, cut up
3 cups water
2 teaspoons salt
½ cup chopped onion
4 tablespoons butter or margarine
¼ cup all-purpose flour
½ teaspoon seasoned salt
¼ teaspoon white pepper
5 cucumbers, pared, sliced lengthwise, seeded, and cut up
2 small bay leaves
½ cup long-grain rice
2 tablespoons lemon juice
1 cup light cream
¼ cup snipped parsley

In Dutch oven, combine chicken, water, and the 2 teaspoons salt. Bring to boiling. Reduce heat; cover and simmer 1 hour or till chicken is tender. Remove chicken; strain broth. Cool chicken till cool enough to handle. Remove meat from skin and bones; cut meat in cubes. Chill chicken and broth. Lift off fat from broth; discard fat. In 3-quart saucepan, cook onion in butter or margarine till tender but not brown. Stir in flour, the seasoned salt, and the white pepper. Stir in chicken broth; cook and stir till mixture thickens and bubbles. Add cucumber and bay leaves. Cover and simmer 10 minutes. Remove bay leaves. Pour half of the mixture at a time into blender container. Cover and puree on medium speed of blender 30 seconds. Return all to saucepan. Stir in rice, lemon juice, and cubed chicken. Return to boiling; cover and simmer 20 minutes or till rice is tender. Stir in cream and parsley; heat through. Season to taste with salt and pepper. Garnish with parsley sprig, if desired. Makes 8 servings.

CHINESE HOT SOUR SOUP

To make green onion fans, slice onion tops lengthwise taking care to leave greens attached at top of onion bulb. Chill in ice water till tops curl—

4 ounces lean boneless pork
1 tablespoon cooking oil
4 cups chicken broth
1 8-ounce can bamboo shoots, drained
1 3-ounce can sliced mushrooms, drained
2 tablespoons vinegar
1 tablespoon soy sauce
¼ teaspoon salt
¼ teaspoon white pepper
1 tablespoon cornstarch
2 tablespoons cold water
1 well-beaten egg
Green onion fans

Partially freeze meat for ease in slicing. Slice pork in ¼-inch strips, about 1½ to 2 inches long. In 3-quart saucepan, cook pork in hot oil till lightly browned. Drain and set aside. In same saucepan, bring broth to boiling. Add pork, bamboo shoots, and mushrooms. Simmer 5 minutes. Add vinegar, soy, salt, and pepper. Blend cornstarch and water; stir into soup. Cook and stir till slightly thickened and bubbly. Pour egg slowly into swirling broth; cook and stir 1 to 2 minutes more. Garnish with green onion. Makes 5 servings.

ASPARAGUS-POTATO SOUP

1 13¾-ounce can chicken broth
3 medium potatoes, pared and chopped (3 cups)
⅓ cup chopped onion
1 teaspoon salt
⅛ teaspoon ground nutmeg
1 8-ounce package frozen cut asparagus
1½ cups light cream
1 5-ounce jar neufchatel cheese spread with pimiento *or* 1 4-ounce carton whipped cream cheese with pimiento

In saucepan, combine chicken broth, potatoes, onion, salt, and nutmeg. Bring to boiling. Reduce heat and simmer, covered, for 5 to 8 minutes, till potatoes are barely tender. Add frozen asparagus; return to boiling. Reduce heat; cover and simmer 5 minutes more or till vegetables are tender. Blend together light cream and cheese; stir into soup mixture till melted. (Do not boil.) Makes 4 to 6 servings.

TURN-ABOUT GAZPACHO

Blend half of the vegetable-broth mixture at a time. Do not overblend—

1 16-ounce can tomatoes
1 10½-ounce can condensed beef broth
1 small cucumber, cut up
½ medium green pepper, cut up
2 stalks celery, sliced
4 sprigs parsley
¼ cup sliced green onion
¼ teaspoon garlic salt
¼ teaspoon freshly ground pepper
Dash bottled hot pepper sauce
5 or 6 pats butter or margarine
1 cup plain or seasoned croutons

In blender container, combine *half each* of the tomatoes, beef broth, and cucumbers. Cover and blend quickly till slightly chopped. Add *half each* of the green pepper, celery, and parsley. Blend just till vegetables are coarsely chopped; pour into 2-quart saucepan. Repeat with remaining tomatoes, broth, cucumber, green pepper, celery, and parsley. (Or, chop vegetables coarsely by hand.) Stir in onion, garlic salt, pepper, and hot pepper sauce. Cover and simmer just till vegetables are barely tender, 18 to 20 minutes. Top each serving with a pat of butter

continued

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1560

Crepes a la Crab

ALASKA CRAB FILLED CREPES

1 6 oz. package WAKEFIELD SNOW CRAB OR KING CRAB MEAT
¼ cup butter or margarine
3 tablespoons flour
⅛ teaspoon pepper
½ cup chopped green onion
1½ cups milk
Dash of nutmeg
1 cup thinly sliced celery
½ cup grated Swiss cheese
8 cooked crepes
1 cup chopped mushrooms
¾ teaspoon salt
Parmesan cheese (optional)

Thaw crab meat; retain liquid and separate into chunks. In saucepan saute onions, celery and mushrooms in butter or margarine for 2 to 3 minutes. Remove with slotted spoon and set aside. Stir flour into fat until smooth. Add milk and crab liquid; cook until thickened. Stir in cheese, salt, pepper and nutmeg; in small bowl toss together crab, onions, celery, mushrooms and ½ cup of sauce. Season to taste. Spread equal amount of filling across center of each crepe and roll up or fold over. Place in shallow baking pan and pour remaining sauce over the top. Sprinkle with Parmesan cheese if desired. Heat in 350 oven for 10 to 15 minutes. Makes 8 crepes.





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continued

Soup's on

or margarine and sprinkle with croutons. Makes 5 or 6 servings.

SALAMI-BEAN CHOWDER

2 cups water
1 cup chopped celery
4 ounces salami, cut in small chunks (about ¾ cup)
½ cup chopped onion
1 16-ounce can pork and beans in tomato sauce
1 10¾-ounce can condensed tomato soup
1 teaspoon worcestershire sauce

In medium saucepan, combine water, celery, salami, and onion; bring to boiling. Cover and simmer 15 minutes. Stir in pork and beans, tomato soup, and worcestershire sauce. Heat through. Makes 6 servings.

SHORTCUT CLAM CHOWDER

4 slices bacon
¼ cup chopped onion
1 can condensed cream of potato soup
½ cup milk
1 7½-ounce can minced clams
Paprika

In medium saucepan, cook bacon till crisp. Drain, reserving 2 tablespoons drippings. Crumble bacon and set aside. Cook onion in reserved drippings till tender but not brown. Add potato soup, milk, and *undrained* clams. Simmer, uncovered, for 5 to 10 minutes, stirring occasionally. Add bacon. Garnish with paprika. Makes 3 servings.

SPAGHETTI AND CORN SOUP

1 envelope dry onion soup mix
2 15-ounce cans spaghetti rings with meatballs in tomato sauce
1 16-ounce can cream-style corn
Grated parmesan cheese

Prepare onion soup mix according to package directions. Stir in spaghetti and meatballs and corn. Heat through. Serve with grated parmesan cheese. Makes 8 servings.

A SOUP FOR ALL SEASONS

No need to soak the lentils—
16 ounces lentils
10 cups water
8 ounces pepperoni, thinly sliced and halved
1 large onion, chopped (1 cup)
1 6-ounce can tomato paste
2½ teaspoons salt
½ teaspoon dried oregano, crushed
¼ teaspoon ground sage
¼ teaspoon cayenne
4 tomatoes, cut up

continued



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continued

Soup's on

2 medium carrots, sliced
2 stalks celery, sliced
Cooked bulgur wheat

In Dutch oven, combine lentils, water, pepperoni, onion, tomato paste, salt, oregano, sage, and cayenne. Bring to boiling. Reduce heat; cover and simmer 30 minutes, stirring occasionally. Add tomato, carrot, and celery; cover and simmer 40 minutes more. Mound cooked bulgur wheat in center. Makes 10 to 12 servings.

To cook bulgur wheat: In saucepan, bring *3 cups water* and *1½ teaspoons salt* to boiling; stir in *1½ cups bulgur wheat*. Reduce heat; cover and simmer 25 minutes.

OXTAIL VEGETABLE SOUP

Soup plates make it easier to eat the oxtails—

2 pounds oxtails, cut in 1½-inch lengths
3 tablespoons all-purpose flour
2 tablespoons cooking oil
1 medium onion, chopped (½ cup)
1 16-ounce can tomatoes
1 10½-ounce can condensed beef broth
½ cup water
½ cup dry red wine
1 teaspoon sugar
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon dried thyme, crushed
1 bay leaf
4 medium carrots, pared and cut in julienne strips (2 cups)
4 medium parsnips, pared and cut in julienne strips (2 cups)
½ cup frozen peas

Trim fat from oxtails. Coat oxtails with flour. In Dutch oven, brown meat in hot oil. Add onion, *undrained* tomatoes, beef broth, water, wine, sugar, salt, pepper, thyme, and bay leaf. Bring to boiling. Reduce heat; cover and simmer 2 hours or till meat is just tender. Skim off excess fat. Add carrots and parsnips; cover and simmer 25 minutes. Add peas; cook 5 minutes more. Serve in soup plates. Makes 4 servings.

HOT AN HEARTY HAM SOUP

If you don't have heat-proof soup bowls, place toast slices on baking sheet, top with cheese, and broil. Float cheese toast atop individual soup servings—

1½- to 1¾-pound meaty ham bone or smoked ham hocks
8 cups water
8 black peppercorns
5 whole cloves
1 teaspoon salt
1 clove garlic, halved
½ head cabbage, coarsely chopped (3½ cups)
2 large potatoes, pared and thinly sliced (3 cups)
3 large carrots, pared and thinly sliced (2 cups)
1 medium onion, chopped (½ cup)
Salt and pepper
6 to 8 thick slices rye bread
¼ cup grated parmesan cheese
Natural Swiss cheese, cut in strips

In 4½-quart Dutch oven, combine ham bone, water, whole peppercorns, cloves, salt, and garlic; bring to boiling. Reduce heat; cover and simmer 2½ hours. Remove ham bone; when cool enough to handle, cut meat off bone. Strain broth. Return broth and meat to Dutch oven. Add cabbage, potatoes, carrots, and onion. Cover and simmer 40 minutes or till vegetables are tender. Season to taste with salt and pepper. Meanwhile, toast bread. Ladle soup into heatproof bowls. Top each with a slice of toast; sprinkle with parmesan and top with strips of Swiss cheese. Place under broiler for 2 minutes or till Swiss cheese melts. Makes 6 to 8 servings.

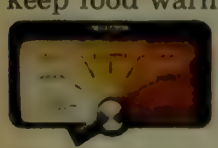
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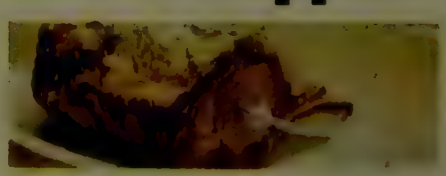
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Our Brussels Sprouts au Gratin, for instance. Tender tasty little sprouts smothered in a smooth white sauce, and topped with Parmesan cheese.

And Stouffer's Green Bean Mushroom Casserole is a side dish that's a delightful contrast of tastes and textures.

Or have our Broccoli au Gratin. Tender broccoli in a smooth cheese sauce made from aged Cheddar.

Stouffer's Side Dishes. They're different. They're delicious. And you can have them anytime, for just pennies more than "peas, again."





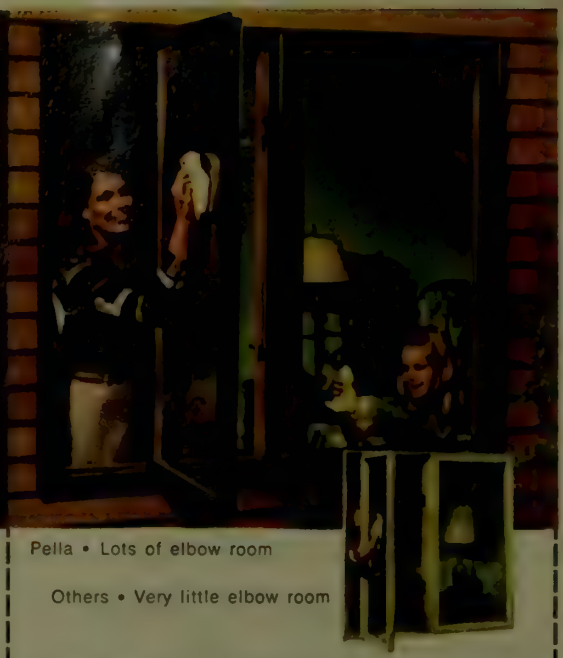




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continued

Soup's on

EASY VEGETABLE-BEEF SOUP

Chilling the broth before adding the vegetables makes it easier to remove the fat layer—

1½ pounds cross-cut beef shanks
5 cups water

• • •

1 16-ounce can tomatoes, cut up
1 10-ounce package frozen mixed vegetables
1 cup frozen loose-pack hash brown potatoes
½ envelope (¼ cup) dry onion soup mix
¼ cup sliced celery
1 teaspoon sugar
1 teaspoon seasoned salt
⅛ teaspoon pepper
½ teaspoon worcestershire sauce
Dash bottled hot pepper sauce

In 3-quart saucepan, simmer beef shanks with the water, covered, for 1½ to 2 hours or till meat is tender. Chill beef and broth till layer of fat forms; remove and discard fat. Cut meat from shanks into bite-size pieces. In saucepan, combine meat, *3 cups* of the broth (save remaining broth for another use), and the remaining ingredients. Bring to boiling. Reduce heat; cover and simmer till vegetables are tender, 15 to 20 minutes. Makes 6 servings.

PORK AND CABBAGE SOUP

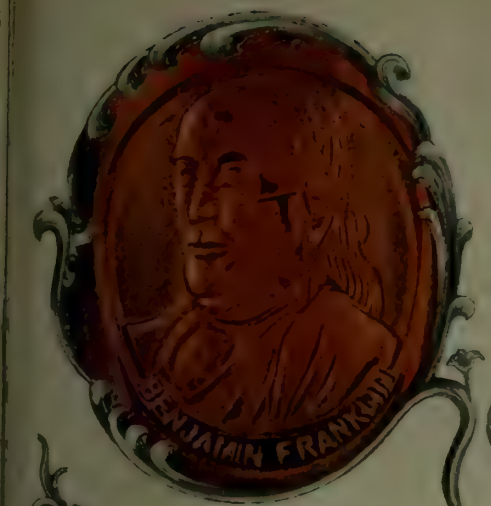
The flavor's reminiscent of hearty east European soups—

1 pound lean boneless pork, cut in ½-inch cubes
1 tablespoon cooking oil
1 10¾-ounce can condensed tomato soup
1 10½-ounce can condensed beef broth
2 soup cans (2⅔ cups) water
1 small head cabbage, shredded (4 cups)
½ cup chopped onion
¼ cup dry sherry
1 teaspoon salt
Dash pepper
½ teaspoon paprika
1 bay leaf

• • •

Dairy sour cream

In 4½-quart Dutch oven, brown pork in hot oil. Drain off excess fat. Add tomato soup, beef broth, water, cabbage, onion, sherry, salt, pepper, paprika, and bay leaf. Bring to boiling. Reduce heat; cover and simmer 40 minutes or till meat is tender. Season with salt and pepper to taste. Top each serving with a dollop of sour cream. Garnish with parsley, if desired. Makes 5 or 6 servings. ■



BENJAMIN FRANKLIN
Essayist, statesman, scientist, civic leader, publisher, printer and inventor of many things.

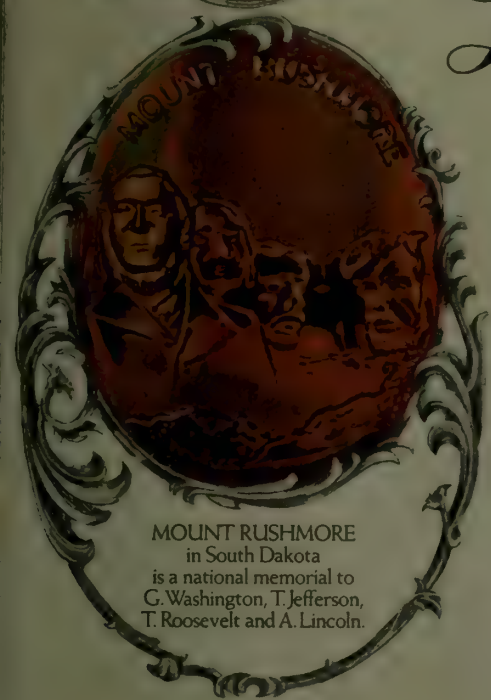




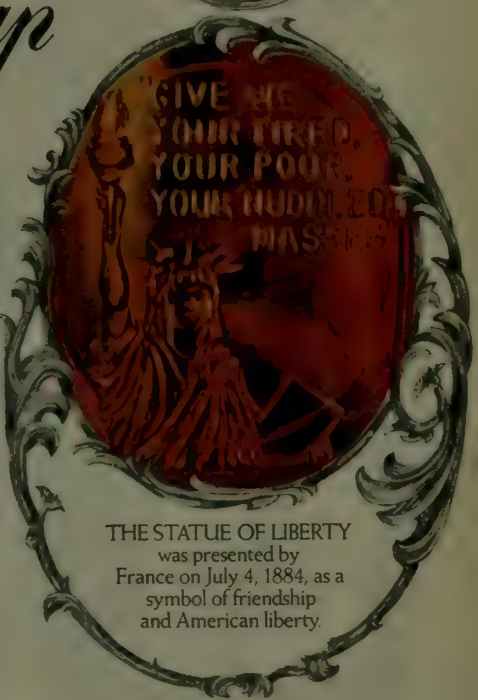
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motif is an adaptation of the Indian head of the Buffalo nickel commemorating the American Indian's role in America.

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GENERAL FOODS



GARDENS

How to plant a rose

Roses like sun, so pick a well-drained location that receives at least six hours of sun daily. If you have a choice between morning or afternoon sun, choose morning so the dew on the leaves will dry sooner, reducing the threat of powdery mildew and black spot.

If you've bought a bare-root bush, soak the roots overnight in a pail of water before planting. And if you can't plant the rose immediately, wrap the roots in a moisture-tight bag, and keep the bush in a cool, dark place. Plant as soon as you can.

Don't crowd the roots

Dig the hole slightly larger than the spread of the roots. If the soil needs loosening or the drainage isn't good, mix in some peat moss. Prune back any roots that are broken or overly long.

Form a cone of soil in the center of the hole. Set the bush atop this cone and spread out the roots. Adjust the depth of the bush so the graft knob is an inch below ground surface in the North, an inch above in the South. Place a spade across the hole to determine ground level in the center of the hole.

Mound newly planted bushes

Firm some soil over the roots, then fill the hole with water and let it soak in. Add the rest of the soil, checking to see that the root graft is still in the correct position. Prune the stems back to about six inches, making the cuts just above the strong outside buds. Mound the soil to above the new cuts and leave the soil mound on until new growth shows. This protects the rose from the drying action of sun, wind, and air while the root system becomes established.

When new shoots are about one-half inch long, start removing the mounded soil. Use a garden hose to wash away a little of the mound each week. If you use your hands to uncover the canes, you might accidentally break off the tender shoots.

Feed and mulch your roses

After the plant is well established, feed two or three times during the growing season with a rose food or a fertilizer formulated for use on flowers. Choose a fertilizer with systemic insecticide added if your area is prone to aphids and other chewing/sucking insects. Use only the amount recommended on the package directions; an excess may burn and kill the bush.

Cover the ground around your floribunda with a two- to three-inch mulch to conserve moisture and discourage weed growth. Mulching also helps keep the roots cool for better growth during the hot summer. Many materials will serve as a mulch: pine straw, cocoa bean hulls, sawdust, shredded bark, or ground corncobs.

During dry weather, soak the ground around the rosebush to a depth of eight to ten inches twice a week. Light watering daily is of little value. ■

APPLE-SOLUTELY DELICIOUS!

Washington State Golden Delicious Apples are crisp and sweet. They blend perfectly with Miracle Whip salad dressing for a refreshing Valentine's Day mold.

SWEETHEART MOLD

2 3-oz. pkgs. raspberry flavored gelatin
2 cups boiling water
1 cup cold water
1½ cups chopped Golden Delicious Washington State Apples
½ cup chopped walnuts
¼ cup raisins
1 envelope unflavored gelatin
1 cup cold water
1 cup MIRACLE WHIP Salad Dressing
1 cup dairy sour cream
2 tablespoons honey

Dissolve raspberry gelatin in boiling water; add cold water. Chill until partially set; fold in apples, walnuts and raisins. Pour into lightly oiled 1½ quart mold; chill until almost set.

Soften unflavored gelatin in cold water; stir over low heat until dissolved. Cool. Combine salad dressing, sour cream and honey; mix well. Gradually add gelatin to salad dressing mixture; mix well. Pour over fruit layer; chill until firm. Unmold; garnish. 6-8 servings.

Variation: For white cap, chill small amount of salad dressing mixture in mold before adding fruit mixture.

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The Apple People

KRAFT

Revised food exchange lists for DIABETICS

For the nation's ten million diabetics, the food exchange system has long been a source of variety and spice in their otherwise closely regulated lives.

How the system works

This system (also called food exchange lists) groups foods with similar amounts of protein, fat, carbohydrate, and calories. There are six basic exchange lists: milk, vegetable, fruit, bread, meat, and fat. To provide variety or to account for differing tastes, diabetics can substitute a food in one of the lists for another food in the same list.

Use of the lists is established by the diabetic's physician or by a registered dietitian acting on a physician's orders. The diabetic's daily nutritional requirements are converted into exchange list equivalents. These daily allotments may then be divided into individual meals. Guidelines for a typical breakfast, for example, might be written: 1 fruit, 2 bread, 2 fat, 1 meat, 1 milk. Once the pattern is established, it remains the same until the nutritional requirements are changed by the doctor.

What's different

The old exchange lists were recently changed to eliminate some food categories and add others. The new lists are in close agreement with current nutritional thinking, especially concerning a reduction in both the amount and kind of fat eaten. Lowering fat intake is important for diabetics who should not gain unwanted weight (they often tend to be overweight). Because saturated fat may be associated with an increase in blood cholesterol (a possible risk factor in coronary heart disease), the physician may also want the diabetic to decrease his intake of saturated fats. The new exchange lists help do both.

When you look at the lists, notice that some foods are listed in **boldface type** under each exchange. Depending on the category, these are either **nonfat** or **low-fat** foods, or they contain **polyunsaturated fats.** To eat a diet low in saturated fats, simply select foods that appear in bold face in the exchange lists. In addition, your physician may suggest a diet plan with less *total* fat than you have been eating.

Just how different are the new exchanges? Let's take a closer look at each new group.

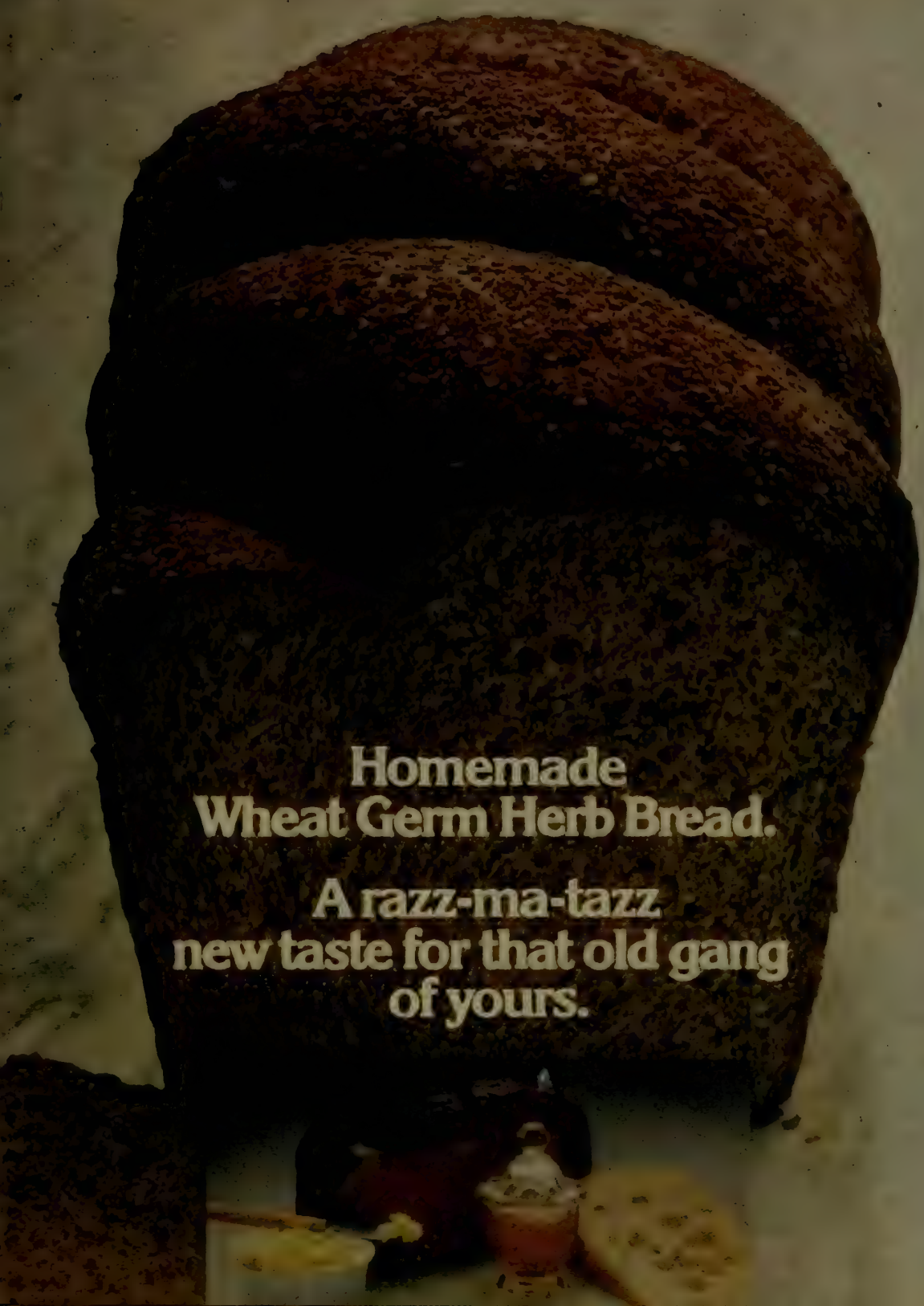
- Changes in the Milk and Meat Exchanges demonstrate the increased concern about fat consumption. Notice the Milk Exchange is now based on nonfat rather than homogenized milk, and includes some newcomers —yogurt, one percent milk, and two percent milk. Since the exchange value is based on nonfat milk, the calorie value is now just 80 calories, with only a trace of fat.
- The Meat Exchange is now divided into three sub-categories according to fat content. These are easiest to think of in terms of fat, fatter, and fattest. The Lean Meat Exchange still has the same amount of protein, but less fat, for a total of 55 calories. This sub-category includes such items as lean beef flank, tenderloin, and round; lamb leg and loin; pork leg and lean ham; veal leg and loin; skinless chicken and turkey; fish; and dry cottage cheese. For each Medium Fat Meat Exchange, you must also charge yourself ½ Fat Exchange. Ground beef (15 percent fat), canned corned beef, beef rib eye, pork loin, boiled ham, creamed cottage cheese, most organ meats, and eggs fall into this group. In the High Fat Meat Exchange are ground beef (20 percent fat), beef roasts and steaks, pork spareribs, duck, cold cuts, frankfurters, and cheddar cheese. Each serving in this classification represents not only one Meat Exchange but also counts as one Fat Exchange.
- The Vegetable Exchange has been totally reorganized, eliminating the old group A and group B categories. Most vegetables are now counted as 25 calories per ½ cup serving, although a few raw "salad" vegetables may still be eaten in any amount desired. Peas, pumpkin, and winter squash have been moved into the Bread Exchange with corn, lima beans, parsnips, white potatoes, and sweet potatoes.
- The Fruit Exchange has a few additions—apple juice, cider, persimmons, and prune juice. The serving amounts have changed in some cases—you now will eat a smaller serving of berries, fresh figs, and tangerines, for example.
- The Bread Exchange has been greatly expanded with some exciting new entries. For the first time, tortillas, bagels, and pretzels, as well as a wide variety of rolls, cereals, and crackers are on the exchange list, so you can enjoy them without a single pang of guilt. Also included are French fries, potato and corn chips, pancakes, and waffles. Their high fat content reduces the amount you're allowed in one serving—8 French fries, 15 potato chips, 1 pancake or waffle; and you have to make adjustments in the fat exchanges. Remember that the starchy vegetables are now listed in the Bread Exchange.
- The Fat Exchange tells you more than you probably ever wanted to know about saturated and polyunsaturated fats. It also includes such new items as sour cream, mayonnaise-type salad dressing, and Italian dressing.

Since each individual case of diabetes is different, be sure to have your physician and/or dietitian help you incorporate the new exchanges into your specific diet plan. The chances are your plan will have less fat (mainly polyunsaturated), fewer calories, and more carbohydrates.

continued



Slightly nutty tasting, with just the right touch of herbs. It's a nothing-short-of-delicious surprise to team with your favorite foods. Like rare roast beef. Swiss cheese. Your very best marmalade. Or just a swoosh of smooth, creamy butter on toast. Marvelous. And thanks to a healthy helping of natural wheat germ, every slice has an extra measure of vitamins and protein. How to bake it? Easy. With good ingredients like all-natural (no preservatives added) Red Star® Yeast, and Kretschmer® Wheat Germ.



Homemade Wheat Germ Herb Bread.

A razz-ma-tazz new taste for that old gang of yours.

Homemade Wheat Germ Herb Bread

5½ to 6½ cups unsifted all purpose flour
2 pkgs. Red Star Instant Blend Dry Yeast
⅓ cup sugar
1 tsp. salt
1 tsp. thyme leaves, crushed
1 tsp. marjoram leaves, crushed
1½ cups milk
½ cup water
½ cup butter or margarine
2 whole eggs
1 egg yolk
1⅓ cups Kretschmer Wheat Germ, Regular or Sugar & Honey
1 egg white, beaten
1 tbsp. Kretschmer Wheat Germ
Oven 350° Two 1½ lb. loaves

In large mixer bowl, combine 3 cups flour, yeast, sugar, salt and herbs; mix well. In saucepan, heat milk, water and butter until warm (120° to 130°; butter does not need to melt); add to flour mixture. Add eggs and egg yolk. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand gradually stir in 1⅓ cups wheat germ and enough remaining flour to make a soft dough. Knead on floured surface until smooth and elastic, about 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place until light and doubled, about 1 hour.

Punch down dough. Divide into 2 parts. Roll or pat each part on lightly floured surface to a 12x8-inch rectangle. Cut each rectangle into 2 equal 12-inch strips. Pinch edges of each strip together to make a rope. Twist 2 ropes together; seal ends and tuck under loaf. Place in well-greased 8½ x 4½ x 2⅝-inch loaf pans.* Cover; let rise 30 to 40 minutes. Lightly brush with egg white; sprinkle with 1 tablespoon wheat germ. Bake at 350° for 35 to 45 minutes. Cover loosely with foil the last 5 to 10 minutes of baking. Remove from pans; cool.

*Two 9 x 5 x 3-inch loaf pans may be used.

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continued

Food exchange lists for diabetics

1. Milk Exchange

This list shows the kinds and amounts of milk or milk products to use for *1 Milk Exchange*. The items in **bold face** are **nonfat.**

Nonfat fortified milk:	
Skim or nonfat milk	1 cup
Powdered (nonfat dry, before adding liquid)	⅓ cup
Canned, evaporated—skim milk	½ cup
Buttermilk made from skim milk	1 cup
Yogurt made from skim milk (plain, unflavored)	1 cup
Lowfat fortified milk:	
1% fat fortified milk (omit ½ Fat Exchange)	1 cup
2% fat fortified milk (omit 1 Fat Exchange)	1 cup
Yogurt made from 2% fortified milk (plain, unflavored) (omit 1 Fat Exchange)	1 cup
Whole milk (omit 2 Fat Exchanges):	
Whole milk	1 cup
Canned, evaporated whole milk	½ cup
Buttermilk made from whole milk	1 cup
Yogurt made from whole milk (plain, unflavored)	1 cup

1 MILK EXCHANGE equals 12 grams carbohydrate, 8 grams protein, a trace of fat—and 80 calories.

2. Vegetable Exchange

Each ½ cup serving of the vegetables listed below counts as *1 Vegetable Exchange*. Unless cooked with fat, all vegetables are **nonfat.**

Asparagus
Bean Sprouts
Beans, green or yellow
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chilies
Cucumbers
Eggplant
Mushrooms
Okra
Onions
Peppers
Rhubarb
Rutabaga
Sauerkraut
Spinach and other greens
Summer Squash
Tomatoes
Tomato Juice
Turnips
Vegetable Juice Cocktail
Zucchini

The following raw vegetables are all free exchanges and may be eaten in any amounts:

Chicory, Chinese Cabbage, Endive, Escarole, Lettuce, Parsley, Radishes, Watercress.

Starchy Vegetables are found in the Bread Exchange List.

1 VEGETABLE EXCHANGE equals 5 grams of carbohydrate, 2 grams of protein—and 25 calories.

3. Fruit Exchange

The amount of each fruit listed below (no sugar added) counts as *1 Fruit Exchange*. Fruits are all **nonfat.**

Apple	1 small
Apple Juice or Cider	⅓ cup
Applesauce (unsweetened)	½ cup
Apricots, fresh	2 medium
Apricots, dried	4 halves
Banana	½ small
Berries	
Strawberries	¾ cup
Other Berries	½ cup
Cherries	10 large
Dates	2
Figs, fresh or dried	1
Grapefruit	½
Grapefruit Juice	½ cup
Grapes	12
Grape Juice	¼ cup
Mango	½ small
Melon	
Cantaloupe	¼ small
Honeydew	⅛ medium
Watermelon	1 cup
Nectarine	1 small
Orange	1 small
Orange Juice	½ cup
Papaya	¾ cup
Peach	1 medium
Pear	1 small
Persimmon, native	1 medium
Pineapple	½ cup
Pineapple Juice	⅓ cup
Plums	2 medium
Prunes	2 medium
Prune Juice	¼ cup
Raisins	2 tablespoons
Tangerine	1 medium

Cranberries may be used as desired if no sugar is added.

1 FRUIT EXCHANGE equals 10 grams carbohydrate—40 calories.

4. Bread Exchange

A serving of the following breads, cereals, starchy vegetables, and prepared foods counts as *1 Bread Exchange*. The **boldfaced** items are **low-fat** Bread Exchanges.

Bread:	
White, Whole Wheat, Rye, Pumpernickel, or Raisin	1 slice
Bagel, small	½
English Muffin, small	½
Plain Roll, Bread	1
Frankfurter Roll	½
Hamburger Bun	½
Dried Bread Crumbs	3 tablespoons
Taco Shell	1
Cereal:	
Bran Flakes	½ cup
Other ready-to-eat unsweetened Cereal	¾ cup
Puffed Cereal (unfrosted)	1 cup
Cereal (cooked)	½ cup
Grits (cooked)	½ cup
Rice or Barley (cooked)	½ cup
Pasta (cooked)	½ cup
Popcorn (popped, no fat added)	3 cups
Cornmeal (dry)	2 tablespoons
Flour	2½ tablespoons
Wheat Germ	¼ cup
Crackers:	
Arrowroot	3
Graham, 2½-inch	2
Matzo, 6x4 inch	½
Oyster	20
Pretzels, 3⅛ inches long, ⅛ inch diameter	25
Rye Wafers, 3½x2	3
Saltines	6
Soda, 2½-inch square	4
Dried Beans, Peas, and Lentils:	
Beans, Peas, Lentils (dried, cooked)	½ cup
Baked Beans, no pork (canned)	¼ cup
Starchy Vegetables:	
Corn	⅓ cup
Corn on Cob	1 small
Lima Beans	½ cup
Parsnips	⅔ cup
Peas, Green (canned or frozen)	½ cup
Potato, White	1 small
Potato (mashed)	½ cup
Pumpkin	¾ cup
Winter Squash	½ cup
Yam or Sweet Potato	¼ cup
Prepared Foods:	
Biscuit, 2-inch diameter (omit 1 Fat Exchange)	1
Corn bread, 2x2x1-inch (omit 1 Fat Exchange)	1
Corn Muffin, 2-inch diameter (omit 1 Fat Exchange)	1
Crackers, round butter type (omit 1 Fat Exchange)	5

continued

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continued

Food exchange lists for diabetics

Muffin, plain small (omit 1 Fat Exchange)	1
Potatoes, French-fried (omit 1 Fat Exchange)	8
Potato or Corn Chips (omit 2 Fat Exchanges)	15
Pancake, 5x½-inch (omit 1 Fat Exchange)	1
Waffle, 5x½-inch (omit 1 Fat Exchange)	1

1 BREAD EXCHANGE equals 15 grams of carbohydrate, 2 grams of protein—and 70 calories.

5. Meat Exchange

LEAN MEAT EXCHANGE

Each serving below is for *cooked meat* and counts as *1 Low-Fat Meat Exchange.* All lean meats are **low in saturated fat and cholesterol.**

Beef: Baby Beef (very lean), Chipped Beef, Flank Steak, Tenderloin, Steaks (Sirloin and T-Bone, trimmed), Plate Ribs, Plate Skirt Steak, Round (bottom, top), all cuts Rump, Tripe	1 ounce
Lamb: Leg, Rib, Sirloin, Loin, Shank, Shoulder	1 ounce
Pork: Leg (Whole Rump, Center Shank), Ham, Smoked (center slices)	1 ounce
Veal: Leg, Loin, Rib, Shank, Shoulder, Cutlets	1 ounce
Poultry: Meat without skin of Chicken, Turkey, Cornish Hen, Guinea Hen, Pheasant	1 ounce
Fish: Any fresh or frozen	1 ounce
Canned Salmon, Tuna, Mackerel, Crab, Lobster	¼ cup
Clams, Oysters, Scallops, Shrimp	5 or 1 ounce
Sardines, drained	3
Cheeses containing less than 5% butterfat	1 ounce
Cottage Cheese, Dry and 2% butterfat	¼ cup
Dried Beans and Peas (omit 1 Bread Exchange)	½ cup

1 LEAN MEAT EXCHANGE equals 7 grams of protein, 3 grams of fat—and 55 calories.

• • •

MEDIUM-FAT MEAT EXCHANGE

Each serving listed below is for *cooked meat* and counts as *1 Medium-Fat Meat Exchange.* Because of the additional fat in these items, charge yourself for both 1 Meat Exchange *and ½ Fat Exchange* for each Medium-Fat Meat serving. The item listed in **bold face** is **low in saturated fat and cholesterol.**

Beef: Ground (15% fat), Corned Beef (canned), Rib Eye, Round (ground commercial)	1 ounce
Pork: Loin (all cuts Tenderloin), Shoulder Arm (picnic), Shoulder Blade, Boston Butt, Canadian Bacon, Boiled Ham	1 ounce
Variety Meat: Liver, Heart, Kidney, and Sweetbreads (high in cholesterol)	1 ounce
Cottage Cheese, creamed	¼ cup
Cheese: Mozzarella, Ricotta, Farmer's Cheese, Neufchatel	1 ounce
Parmesan	3 tablespoons
Egg (high in cholesterol)	1
Peanut Butter (omit 2 additional Fat Exchanges)	2 tablespoons

1 MEDIUM-FAT MEAT EXCHANGE equals 7 grams protein, 5.5 grams fat—and 75 calories.

• • •

HIGH-FAT MEAT EXCHANGE

Each serving below is for *cooked meat* and counts as *1 High-Fat Meat Exchange.* Because of the added fat content, charge yourself for both 1 Meat Exchange *and 1 Fat Exchange* for each High-Fat Meat serving.

Beef: Brisket, Corned Beef (Brisket), Ground Beef (more than 20% fat), Hamburger (commercial), Chuck (ground commercial), Roasts (Rib), Steaks (Club, Rib)	1 ounce
Lamb: Breast	1 ounce
Pork: Spareribs, Loin (Back Ribs), Pork (ground), Country-style Ham, Deviled Ham	1 ounce
Veal: Breast	1 ounce
Poultry: Capon, Duck (domestic), Goose	1 ounce
Cheese: Cheddar types	1 ounce
Cold Cuts	4½x⅛-inch slice
Frankfurter	1 small

1 HIGH-FAT MEAT EXCHANGE equals 7 grams of protein, 8 grams of fat—and 100 calories.

6. Fat Exchange

Foods that appear in **bold face** are **polyunsaturated.**

Margarine, soft, tub, or stick*	1 teaspoon
Margarine, regular stick	1 teaspoon
Avocado (4-inch diameter)**	⅛
Butter	1 teaspoon
Bacon Fat	1 teaspoon
Bacon, crisp-cooked	1 strip
Cream, Light or Sour	2 tablespoons
Cream, Heavy	1 tablespoon
Cream Cheese	1 tablespoon
French or Italian Dressing***	1 tablespoon
Lard	1 teaspoon
Mayonnaise***	1 teaspoon
Nuts:	
Almonds**	10 whole
Pecans**	2 large whole
Peanuts**	
Spanish	20 whole
Virginia	10 whole
Walnuts	6 small
Other**	6 small
Oil: Corn, Cottonseed, Safflower, Soy, Sunflower, Olive, Peanut****	1 teaspoon
Olives**	5 small
Salad dressing, mayonnaise type***	2 teaspoons
Salt pork	¾-inch cube

*Made with corn, cottonseed, safflower, soy, or sunflower oil only.

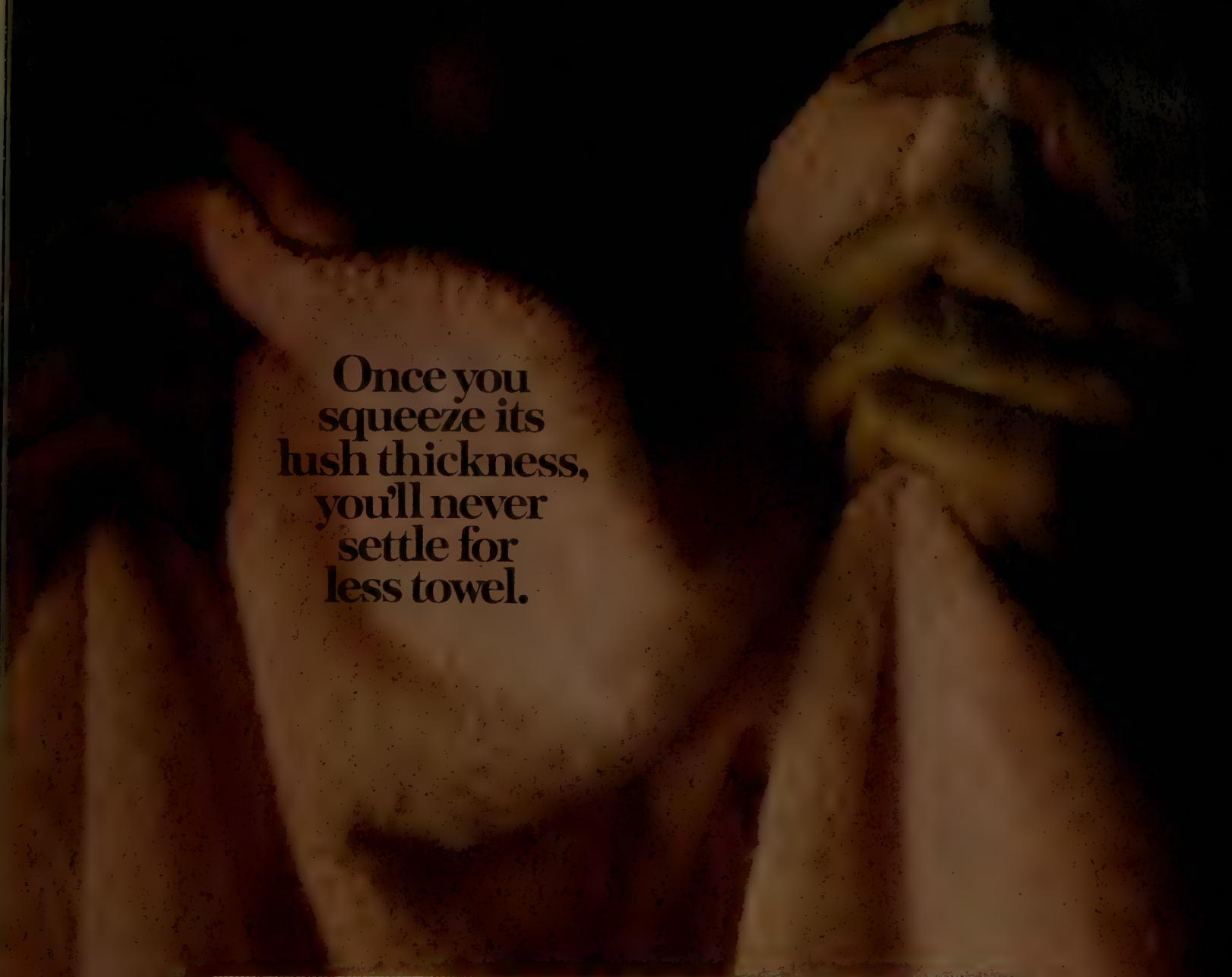
**Fat content is primarily monounsaturated.

***If made with corn, cottonseed, safflower, soy, or sunflower oil, can be used on fat modified diet.

1 FAT EXCHANGE equals 5 grams of fat—and 45 calories.

There are some foods that you won't find on the exchange lists. Salt, pepper, herbs, spices, parsley, lemon, horseradish, vinegar, mustard, celery salt, onion salt or powder, garlic, and bottled hot pepper sauce are all flavor bonuses with a "free" exchange rating. Diet calorie-free beverages, tea, coffee, nonfat bouillon, unsweetened gelatin, and unsweetened pickles are free, too.

The exchange lists in this article are based on material in the booklet *Exchange Lists for Meal Planning* prepared by Committees of the American Diabetes Association, Inc., and The American Dietetic Association in cooperation with the National Institute of Arthritis, Metabolism and Digestive Diseases and the National Heart and Lung Institute, National Institutes of Health, Public Health Service, U.S. Department of Health, Education and Welfare. Copies are available for 50 cents from the American Diabetes Association, Inc., 1 West 48th Street, New York, New York 10020; The American Dietetic Association, 430 North Michigan Avenue, Chicago, Illinois 60601; and any of the American Diabetes Association state affiliates. ■



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SPECIAL DIETS

Cooking for the Diabetic



Photographs: Dieter

Diabetic recipes needn't be humdrum or limited to the diabetic alone. Armed with the new Food Exchange Lists and a sharp pencil, you can adapt your family's favorite recipes to diet requirements. Our taco recipe shows how it's done.

1. Start by writing down the recipe ingredients in column one. At right, we've listed ground beef, mozzarella, onion, chilies, tomatoes, and tacos. Salt, garlic, lettuce, and hot pepper sauce are free exchanges.

2. In the second column, list the amount of each ingredient called for in the recipe.

3. For column three, figure the equivalent exchanges by looking up each ingredient in the exchange lists, then figuring the number of exchanges that are used in the recipe.

4. For the total number of exchanges, add together any of the *similar exchanges* in the recipe.

5. Divide each total exchange by the total number of servings for the recipe and round to the nearest whole number. This will tell you what and how many exchanges to count for each serving.

EXCHANGES FOR PARTY-TIME TACOS

Ingredient	Amount	Exchanges
ground beef (15% fat)	12 ounces (cooked)	12 Meat + 6 Fat
mozzarella	8 ounces	8 Meat + 4 Fat
onion	½ cup	1 Vegetable
chilies	2 tbsp.	¼ Vegetable
tomatoes	1½ cups	3 Vegetable
taco shells	12	12 Bread

Total Number of Exchanges:

Meat Exchanges
12 (beef) + 8 (mozzarella) = 20
Fat Exchanges
6 (beef) + 4 (mozzarella) = 10
Vegetable Exchanges
1 (onion) + 3 (tomato) + ¼ (chilies) = about 4
Bread Exchanges
12 (tacos) = 12

Total Exchanges per Serving:

20 Meat ÷ 6 servings = about 3 Meat
10 Fat ÷ 6 servings = about 2 Fat
4 Vegetable ÷ 6 servings = about 1 Vegetable
12 Bread ÷ 6 servings = 2 Bread

PARTY-TIME TACOS

The packaged food section of your grocery store has taco shells—

1 pound ground beef (15% fat)
½ cup chopped onion
1 clove garlic, minced
2 tablespoons chopped canned chilies
½ teaspoon salt
12 taco shells
2 cups (8 ounces) shredded mozzarella cheese
2 medium tomatoes, chopped and drained (1½ cups)
3 cups finely shredded lettuce
Bottled hot pepper sauce

In medium skillet, cook beef, onion, and garlic till meat is browned. Drain off all excess fat. Add chilies and salt. Meanwhile, heat taco shells in 250° oven for 5 minutes. Spoon 2 to 3 tablespoons meat mixture into each taco shell. Top with cheese, tomato, and lettuce. Pass bottled hot pepper sauce. Makes 6 servings, 2 tacos each. (Count each serving of tacos as 3 Meat Exchanges, 2 Fat Exchanges, 2 Bread Exchanges, and 1 Vegetable Exchange.) ■



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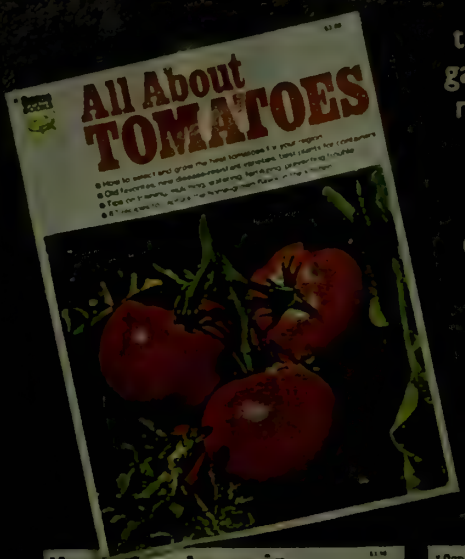


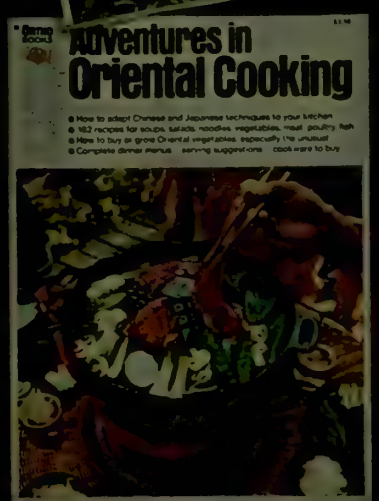
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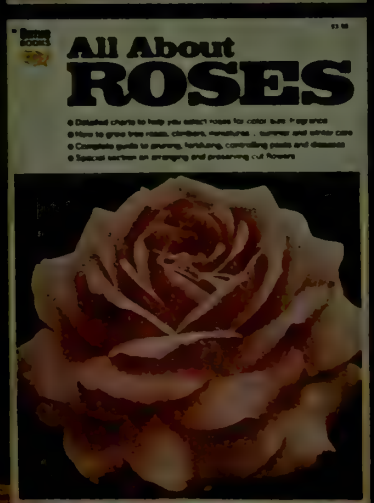
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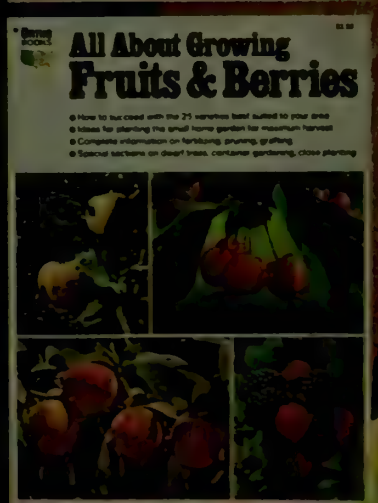
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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

GREAT ITALIAN BREAD
Page 62 (top): Antique straw baskets—Gazebo, 660 Madison Ave., N.Y., N.Y. 10021.

WILDFLOWERS—AN INFINITE VARIETY
Pages 64-68: Chairs—The Door Store, 3140 M Street NW, Washington, D.C. 20007. Lamp—Tyndale, Inc. (Division of Cosco), 5th & Walnut Sts., Gloucester, N.J. 08030. Chest—Montgomery Ward & Co., P.O. Box 8339, Chicago, Ill. 60680. All baskets—Pier 1 Imports, 2520 W. Freeway, Fort Worth, Texas 76102. Yarn—Pat-Rug Yarn by Paternayan Bros., Inc., 312 East 95th St., N.Y., N.Y. 10028 (courtesy of The Golden Thimble, Des Moines, Iowa).

HOT LUNCHES TO GO
Page 94 (top): Vacuum bottle—Aladdin Ind., Inc., 705 Murfreesboro Road, Nashville, Tenn. 37210. (Bottom): Vacuum bottle—Aladdin Ind., Inc. (address above). Spoon—Ekco Housewares Co., 9234 West Belmont Ave., Franklin Park, Ill. 60131.

BASIC BOX HOUSE
Page 106 (bottom): Love seat, pillow, and drapery fabric—Westgate Fabrics, Inc., 1000 Fountain Pkwy., Grand Prairie, Tex. 75050. Carpet and resilient flooring—Armstrong Cork Company, Lancaster, Pa. 17604. Light track and canisters—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305. Child's chair—Pier I Imports, 2520 W. Freeway, Ft. Worth, Tex. 76102.
Page 107 (top): Window shades "Sunchex"—Joanna Western Mills Company, 2141 S. Jefferson St., Chicago, Ill. 60616. Canvas sling chairs—Pier I Imports (address above). Coffee table "The Hoop" group—Cosco Home Products, Inc., 2525 State St., Columbus, Ind. 47201.
Page 108 (center): Lighted floor sculpture "Mommy Mummy"—George Kovacs, Inc., 831 Madison Ave., N.Y., N.Y. 10021. Table skirt fabric—Westgate Fabrics, Inc. (address above). Window blind—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030.
Page 109: China cabinet—The Lane Company, Altavista, Va. 24517. Recliner chair—BarcaLounger Company, Rocky Mount, N.C. 27801. Floor lamp—George Kovacs, Inc. (address above).
Page 110 (bottom): Drapery fabric—F. Schumacher & Co., 939 3rd Ave., N.Y., N.Y. 10022. Settee—Trouvailles Inc., 64 Grove St., Watertown, Mass. 02172.
Page 111 (top): Armoire—White of Mebane, Mebane, N.C. 27302. Table skirt fabric—F. Schumacher & Co. (address above). Coffee table—Ethan Allen, Ethan Allen Dr., Danbury, Conn. 06810. Table lamp—Tyndale, 5th & Walnut Sts., Gloucester, N.J. 08030.
Page 112 (center): Wall covering and drapery fabric—Waverly Decorative Fabrics, Div. of F. Schumacher & Co., 58 W. 40th St., N.Y., N.Y. 10018. Table and chairs—The Keller Mfg. Co., Inc., Corydon, Ind. 47112. Light fixture—Lightolier (address above)
Page 113: Coffee service—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. (Top shelf in cabinet on right): Platter—Spode Inc., 26 Kennedy Blvd., E. Brunswick, N.J. 08816. Other china "Autumn"—Lenox Inc., Prince and Meade Sts., Trenton, N.J. 08605.

A WHIZ OF A KITCHEN
Page 114: Cook top—General Electric Co., Appliance Park, Louisville, Ky. 40201.
Page 115 (left): Chairs—The Telescope Folding Furniture Co., Granville, N.Y. 12832. Floor—oak parquet specially treated wood—Perma-grain, Arco Chemical Co. 260 S. Brand St., Philadelphia, Pa. 19104. Open shelf, white laminated plastic—Formica Corp., 4614 Spring Grove, Cincinnati, O. 45232. (Right): Ovens—General Electric Co., Appliance Park, Louisville, Ky. 40201. Special staircase—Woodbridge Ornamental Iron Co., 2715 N. Clybourn Ave., Chicago, Ill. 60614.

A SEWING ROOM YOU NEVER HAVE TO CLOSE THE DOOR ON
Pages 118-119: Wallpaper "Norma" by DeNicola

—available through Kneedler-Fauchere, 151 N. Robertson Blvd., Los Angeles, Calif. 90048. Counter tops—Formica Corp., 120 E. 4th St., Cincinnati, O. 45202. Window shades—Ray's Roman Shades, 517 N. Western Ave., Los Angeles, Calif. 90004. Track lighting—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305. Sewing machine—Singer Sewing Machines, Thirty Rockefeller Plaza, N.Y., N.Y. 10020. Typewriter—Smith-Corona.

SOUP'S ON

Page 123: Wine decanter and glasses—Waterford Crystal "Lismore"—Waterford Glass Inc., 225 5th Ave., N.Y., N.Y. 10010. Small white bowl—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610. (Back): White tureen—Denbyware, Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010. Small tureen—Chas. Sadek Import Co. Inc., 35 Winthrop Ave., New Rochelle, N.Y. 10801.
Page 124: Wooden Board—Int'l. Designers Group, Inc., 231 10th Ave., N.Y., N.Y. 10011. Orange saucepot—Le Creuset, Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, Ill. 60654. White saucepot—Finel Waertsilae, U.S.A. Inc., 225 5th Ave., N.Y., N.Y. 10010. Small soup bowl—Fabrik Inc., 3241 Eastlake Ave. E., Seattle, Wash. 98102.
Page 125 (left): Brown tureen—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010. Small brown bowl—Sears Roebuck & Co., Sears Tower, Chicago, Ill. 60684. (Right): Brown tureen—Designs West, 1651 18th St., Santa Monica, Calif. 90404. Small soup bowl and tureen—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010.

SET FOR SOUP

Page 128 (top): Soup bowl "Toffee"—Franciscan Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Goblets and sherbets "Helga"—Ceramar Inc., 225 5th Ave., N.Y., N.Y. 10010. Soup spoon "Beaded Antique"—Towle Silversmiths, 260 Merrimac St., Newburyport, Mass. 01950. Cutting boards—Colonial Kitchen/Div. Bemis Mfg. Co., 300 Mill St., Sheboygan Falls, Wis. 53085. Place mat (napkin)—Crate and Barrel, 190 Northfield Rd., Northfield, Ill. 60093. Table and chair—The Keller Mfg. Co., Inc., Corydon, Ind. 47112. (Center): Tureen and soup bowl "Yorktowne"—Pfaltzgraff Co., 140 E. Market St., York, Pa. 17405. Plastic mug and bowl—Heller Designs, Inc., Mamaroneck, N.Y. 10543. Soup spoon "Bayside"—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. Mexican print bandanna—The Horchow Collection, P.O. Box 34257, Dallas, Tex. 75234. Tablecloth fabric—Domus, 845 N. Michigan Ave., Chicago, Ill. 60611. (Bottom): Soup bowls and saucers "Albany"—Doulton & Co. Inc., 400 Paterson Plank Rd., Carlstadt, N.J. 07072. Coffee server, creamer, sugar bowl and tray "Venetian Scroll"—Oneida Ltd., Silversmiths, Oneida, N.Y. 13421. Soup spoons "Prelude"—International Silver Co., 500 S. Broad St., Meridan, Conn. 06450. Coffee table—Peters-Revington Furniture—1100 N. Washington St., Delphi, Ind. 46923.

PRIZE TESTED RECIPES

Page 131 (left): Platter "Toffee"—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.
Page 132 (far left): Miniature coffee grinder—Dudley Kebow, Inc., 2631 Southwest Drive, Los Angeles, Calif. 90043. Plates—Bonniers, 605 Madison Ave., N.Y., N.Y. 10022. (Center left): Pie plate liner—The Pfaltzgraff Company, P.O. Box 1069, York, Pa. 17405. (Center right): Dinner plate and coffee cup "Vanilla"—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010.

HE COOKS—WHOLE WHEAT PANCAKES

Page 144 (right): Dinner plate, pitcher, small bowl "San Surf"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204.

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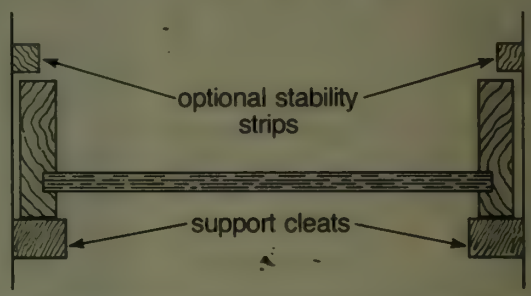
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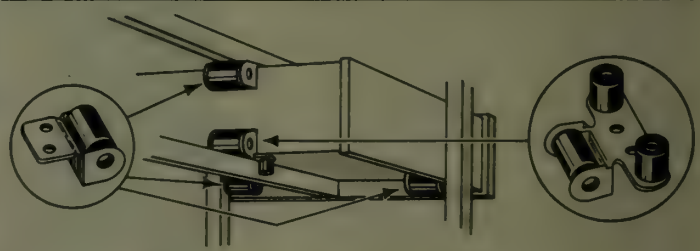
BUILDING

3 ways to install a drawer

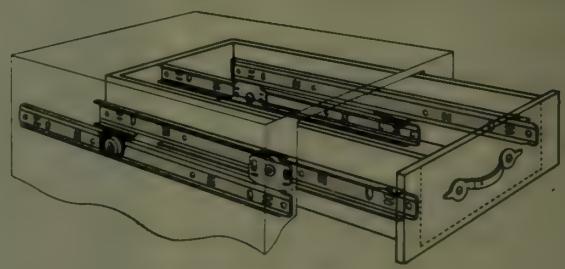
Depending on the design of your drawer, there are several ways you can install it. Some are relatively simple; others require manufactured hardware. Here are three of the most common methods:



Simple wood cleats are probably the most elementary of all drawer supports. Cut them at least the length of the drawer and slightly thicker than the drawer sides, then tack them temporarily to the cabinet sides. Slip the drawer in place and check the fit. If necessary, move the cleats until the spacing is right and the drawer opens and closes smoothly. Then screw or glue-and-nail the cleats in place. Add wood strips above each side, if you wish, to prevent the drawer from tipping forward as it's opened.



Rollers usually come in sets of three or four. The style shown here consists of four rollers—two you attach to the back of the front cabinet frame and two you screw to the back of the drawer back. The front two serve as riders for the drawer bottom; the back two ride against stabilizer strips you install.



Side-mounted metal slides are the most expensive and most sophisticated manufactured drawer guides and are usually recommended for kitchen and bathroom cabinets. Some sets have ball-bearing nylon rollers and are designed to support heavy loads. Mount one-half of each slide on the cabinet panel, the other on the side of the drawer. Both halves ride smoothly on rollers. ■



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By George Bush



Photographs: George Bush

The Gulf of Mexico is our national reservoir of warmth. From its waves, spring is born to pulse across the northern lands and finally possess them. This doesn't mean, however, that all the Gulf shore is tropical all year. In February, only the southern coasts of Florida and Texas are balmy enough for languorous beaching. In the northern Gulf regions, it isn't until March that days begin to feel like summer and everything bursts into bloom. And even then, the waves that lap the shores of Louisiana, Alabama, Mississippi, and Florida's panhandle usually are still too chilly for comfortable swimming. By early April, though, spring—indeed summer—is entrenched. Then you can't go wrong no matter which vacation spot you pick.

Moreover, those very best weeks—from late March into May—won't wreck your travel budget. Except for Easter, this period is not considered high season along most of the Gulf Coast. Southern Florida "prime-time" winter-month prices drop drastically in mid-April, and in the northern areas they don't peak until summer.

On the following pages we present a sampler of Gulf Coast vacations often overlooked by refugees from rawer climes—the splendid Texas beaches of Padre Island, the drowsy fishing villages and deserted strands of northern Florida, an Alabama state park that has more to offer than many touted resorts, an almost-desert island off Biloxi, beach house bargains on Galveston Island, and more.

We've also included a couple of very popular destinations—New Orleans, for instance. Not because you haven't heard of its French Quarter, with all those great restaurants and Dixieland jazz, but because an old tradition, the French Market, is being revived, and few outsiders as yet know of it.

We've covered Sanibel for a similar reason: Its shelling is famous, but nobody ever tells you where on the island you're likely to find the most exotic specimens.

Right now, of course, southern Florida (or southern Texas) is the place to go for an early spring vacation. From Marco, at the edge of the Everglades, past Naples, Fort Myers, and Venice, the Coast is almost continuous beach right up to Tampa Bay, and everywhere you'll find lots to do besides soaking up the sun —a variety of good tourist attractions (like the Caribbean Gardens near Naples) and nature trips (such as a visit to the Corkscrew Swamp Sanctuary of the National Audubon Society).

For the most diversions, you'll want to park yourself near Sarasota. There you can literally spend days exploring the Ringling complex, with its unique circus museum, art museum, and mansion. Nearby is the Circus Hall of Fame, which offers live performances at this time of year.

St. Petersburg and Tampa have no less to offer: a paddle-wheeler journey in Tampa Bay; Busch Gardens; the Latin restaurants of Ybor City; and the Greek haunts of Tarpon Springs, old headquarters of sponge fishermen. And, Disney World lies within a day's range.

In planning a vacation in the central Gulf states, you'll want to keep in mind some special events. To start with, this year's New Orleans Mardi Gras parades will be held February 11 through 22. Then there are the tours of antebellum homes and gardens that traditionally celebrate spring in the South, and the blessing of the fleet in some fishing ports. For dates and general travel information about the Gulf states, write: Alabama Bureau of Publicity and Information, State Highway Building, Montgomery 36130; Florida Division of Tourism, 402 Collins Building, Tallahassee 32304; Louisiana Tourist Commission, Box 44291, Baton Rouge 70804; Mississippi Agricultural and Industrial Board, Tourism Department, Box 849, Jackson 39205; Texas Tourist Development Agency, Box 12008, Capitol Station, Austin 78711.

continued

FLORIDA: A CORNUCOPIA OF HIDEAWAYS



Even booming southern Florida has its share of retreats. To find them, just explore the byways with an eagle eye. Between Fort Myers Beach and Naples, for instance, on State-865 south of the high-rise condominiums of Bonita Beach, there's a small motel with its own private stretch of sand. The Beach House Motel isn't fancy, but it's well run and a bargain. A family of four can rent a Gulf-front apartment here for $36 a day ($210 a week), and as of April 17th —the Sunday after Easter—it will be cheaper yet: $24 a day or $140 a week. A double runs $21 now, and will drop to $13 after the season. The address of this particular find (at Big Hickory Pass) is Rt. 2, Box 1370, Bonita Springs 33923, but there are plenty of others like it elsewhere.

Or say you're staying at a hustle-and-bustle resort and want to get away from it all for a day. As an out-of-stater, you wouldn't ordinarily think of visiting a county park. Yet those unpublicized local recreation areas can be delightful, and except on weekends they're practically empty. Here's one example: At Carl Johnson County Park, only a few miles south of Ft. Myers Beach, a little tram takes you through mangrove tangles to empty sandspit beaches.

But to find hideaways galore, you have to go to northern Florida. Get out a map: Between Tallahassee and Panama City, the Florida panhandle bulges out. Almost anywhere here along US-98, you can find deserted beaches like the one in the picture above. But there's better beaching yet on the string of narrow islands that parallels this stretch of coastline.

Take the St. Joseph Peninsula, at the western end of the bulge off Port St. Joe. On this peninsula is T. H. Stone State Park with 20 wonderful miles of bright white sand. There are two campgrounds, one right behind the dunes, the other on the sheltered bay side. The latter is by far the better choice. Its sides, shaded by pine trees, are more secluded, and while it's not quite so close to the beach, you can wade in the bay and collect a dinner's worth of clams.

The other sandy retreat, fronting Apalachicola Bay to the east, is St. George Island, much of which is privately owned. This is probably the most desirable beach-front property in Florida that still awaits development. Although a few homes have been built, most of it remains wilderness, and only on weekends will you see more than a handful of people on its 30 miles of strand. Besides, the Island's eastern tip remains public land —it's to become a state park. You can park on the recently blacktopped road, cut through the dunes (in order not to ruin more of these fragile configurations, make sure you pick a trail others have walked before you), and beach-camp in utter privacy.

Occasional beach house rentals can be arranged on the spot through the real estate office on the Island. Most of the accommodations in the area, however, are to be found in Apalachicola on the mainland, one of Florida's oldest towns, full of picturesque gingerbread houses. Doubles in local motels range from about $14 to $18. The Rainbow Motel sits on stilts and overlooks piers where oystermen come in with their harvest. You can walk right up to the boat being unloaded and, if you don't make nuisances of yourselves, look in on the sheds where the oysters are shucked.

There's yet another kind of retreat that's strictly a northern Florida specialty. You'll note on your map that the Gulf Coast from the panhandle's base south of Tampa is all but devoid of settlement. The scattered communities, all on spur roads from US-19 and at the mouths of rivers, are sleepy fishing villages, tucked away in forests overhung with Spanish moss.

For saltwater fish, you put-put downriver into the Gulf. For freshwater fish, you head upriver, or simply cast right from your doorstep.

At Yankeetown, on the Withlacoochee River (turn west on State-40 at Inglis), skiffs with motors rent for $20 a day. And lodgings are yesteryear-priced. The charming Izaak Walton Lodge charges $26 for a suite that sleeps five. Nearby housekeeping cottages go for $10 to $15.

Another such hideaway is Suwannee, at the mouth of the mysteriously dark (from cypress seepings) Suwannee River. Bass, bream, crappie, and gigantic channel cats teem in this coffee-colored stream, but you must bring your own fishing skiff or go out with a guide (about $45 a day). The local fish camps, Bill's, Moore's, and Bass's, charge about $12 for cottages. To reach Suwannee, turn west on State-349 at Old Town.

Finally, there's Steinhatchee, which gets more visitors than the others, but still qualifies as a fishing retreat. Turn off US-19 onto State-51 at Tennille.

continued



ELEANOR NURISSO
DALY CITY, CALIFORNIA

"WITH CHICKEN,
MY HUSBAND
WOULD PREFER POTATOES.
HE LOVES POTATOES."

GUESS AGAIN

"WITH CHICKEN...
STUFFING.
I LOVE STUFFING."

EMILE NURISSO

Boy, was Eleanor Nurisso surprised! Like other wives, it never occurred to her that her husband would actually prefer stuffing to potatoes. But when you think about it, isn't delicious, perfectly seasoned stuffing a natural choice with chicken? No wonder Emile prefers it. Bet your husband would, too!



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RELAX ON A HOUSEBOAT IN THE EVERGLADES



Photograph: Hedrich-Blessing

Behind the nature trails of Everglades National Park lies a vast wilderness that hardly anyone ever sees. No wonder: To survive in its mangrove swamps, gumbo-limbo jungles, and sawgrass prairies, one must be made of pioneer stuff. Crossing the park by canoe takes a week or more of camping out. Sometimes you can't even find solid ground to lay your head on, for the Everglades is really a river, only knee-deep perhaps, but stretching 50 miles from bank to bank.

There's a way, however, to conquer these wilds in comfort and complete safety, and that's by houseboat. You can rent one in Flamingo (Flamingo Houseboat Corp., Flamingo, Florida 33030), the southernmost outpost on the U.S. mainland, 78 miles from Miami on Florida Bay. One hour of instruction will check you out.

A full week aboard a 36-footer roomy enough for two families costs $500 until May 1. Then the rate drops to $445. Slightly smaller craft rent for $465 in the spring, $410 in summer and fall. You can also get three- and four-day rentals at reduced rates.

Favorite destinations are jungle-fringed Coot and Whitewater Bays, noted sites for watching several species of birds, and excellent for fishing. Spend an evening anchored in open Ponce de Leon Bay and watch the sun set over the Gulf. For mangrove canoeing, tow a canoe behind your houseboat (rental $10 a day). You can't go swimming, though. There are sharks and alligators.

EXPLORE SWEETWATER SPRINGS



When you vacation on Florida's Gulf beaches, you don't have far to go to visit several delightful springs in splendid jungle settings. These founts bubble up from way down deep, spewing water that's so unbelievably transparent you can see fish cavorting at the very bottom.

Not surprisingly, some of the springs have become famous attractions, like Silver Springs near Ocala, with glass-bottom boat rides and jungle cruises.

Less developed and all but unknown is one of the finest: Wakulla Springs, south of Tallahassee, off US-98. Wakulla, on the grounds of a private wildlife sanctuary, wells up 185 feet. The waterway it spawns, which you can cruise in an electric boat ($2.25; kids $1.50), abounds with birds, reptiles, and otters.

Swimming right in a spring is a special thrill at Manatee Spring State Park, off US-19 about halfway between the Georgia line and Tampa. Turn west on State-320 at Chiefland.

Scuba divers (see picture) make it all the way down, but any decent swimmer can get a good look. Equipped with goggles (and, better yet, also flippers and snorkel) you can hover over the springs and watch the lush underwater greenery flutter ever so slowly in the current.

Manatee Springs is swimmable all year, and there's camping in the park ($4.50).

BROWSE FOR SHELLS ON SANIBEL



Sanibel Island, south of Fort Myers, sticks out into the Gulf like a crescent moon, and as a result catches gobs of shells with every tide, the way a net across a stream snags fish. You'll find cockles of all colors, paper figs and whelks, jubjubes and staircases, conchs and murices, angel wings and Chinese alphabets—just about everything exotic in the book.

The beaches at the Island's tips are most productive: near the lighthouse at the southern end, and Bowman's Beach at the northern end. The same is true of Captiva, Sanibel's neighbor, which is connected by a bridge.

When you tire of stooping, lie in the surf. The water is warm, the sands drop off slowly, and you can drift in the tidal stream.

Other diversions: Canoe the shady mangrove waterway of the J. N. "Ding" Darling National Wildlife Refuge (rentals $7 a half day at the Tarpon Bay Marina). Fish the Blind Pass, the inlet between Sanibel and Captiva. Boats are for rent at the Blind Pass Marina and other Island marinas.

Motel doubles average about $45 at this time of year, $25 after mid-April. Reservations are advisable, and absolutely essential if you intend to come for the annual Sanibel Shell Fair, this year March 3 to 5. Contact the Chamber of Commerce for vacancy referrals; the zip is 33957. Camper hookups are available at the Periwinkle Trailer Park ($7 a night; $10 deposit required with reservations).

continued

TEXAS: THE ENDLESS SANDS OF PADRE ISLAND



With the establishment of the Padre Island National Seashore in the 1960s, the American people gained possession of one of the choicest chunks of real estate in the country: more than 80 miles of unspoiled wilderness seascape.

Only the northern tip of Padre Island at Corpus Christi and the southern tip off Brownsville are at all developed. Between them, there's nothing but sand, windswept dunes, and the flotsam washed ashore by the tides—driftwood, shells, the planking of unlucky ships. Solitary terns swoop over the surf in search of dinner. Swarms of sandpipers race the waves on their rapid little feet to snatch tidbits from the sand. Gulls wing overhead hoping for handouts.

The official access to the National Seashore at Corpus Christi is organized much like a regular national park. Here, 35 miles from the lively downtown of that sparkling city, you'll find a supervised campground ($2 a night, 14-day limit, no hookups), nature trails through the fragile dunes, rangers to answer your questions, boat-launching ramps, and a lifeguarded day-use swimming beach.

It's at this beach that the road ends. You can drive for about another five miles on solidly packed sand. But don't venture beyond the posted warning unless your vehicle is equipped with four-wheel drive.

No matter. That safe five-mile stretch is roomy enough to let you camp in complete isolation. Bring enough food and drinking water, find yourself a sheltered cut between the dunes, pitch your tent, and build yourself a driftwood fire. Even on weekends nobody will crowd you. There's nothing else like it today.

Of course, when it comes to far-flung exploring, four-wheelers have the edge. They can bump along for another 65 miles on a mix of sand and shells that would trap a normal car.

On South Padre Island, too, you couldn't get very far in a passenger car. But here you have the chance to climb aboard a touring jeep that'll take you beachcombing way off in the boondocks. This service is offered by Judy and Don Veach (Box 663, Port Isabel, Texas 78578) at the cost of $20 per passenger. Once four full fares are aboard, children under 15 are charged only $5.

The seven-hour tour covers the whole length of South Padre Island, right up to the inlet that separates it from the northern beaches. The Veaches stop whenever there's something interesting to see, like old shipwrecks and piles of flotsam and jetsam. Finds include coconuts that floated all the way from South America, the remains of shrimp boats, life preservers that set you wondering, sea beans from Jamaica, unusual shells, and all kinds of fishing floats, including those attractive, shimmering balls of greenish glass that Japanese fishermen use to keep their nets in place.

At this time of year, you are likely to see countless birds: It's nesting season and the Gulf islands are popular with migratory waterfowl, which then supplement the local population of grebes, blue-footed boobies, frigate birds, plovers, herons, and many other species. Indeed, spring is a particularly good time to explore Padre Island—that's when the morning glories bloom on the dunes.

If you lodge in the Port Isabel area at the tip of South Padre, the Veaches will pick you up at your motel. You'll like the housekeeping units at the Surf Motel ($20 for a family of four; $16.50 in summer). Most luxurious of the local accommodations is the Condos Isla del Sol (double, $40). Excellent seafood is served at the Beachcomber Corral and Pirate Ship.

Also on South Padre, be sure to visit the Pan American University Marine Biology Laboratory, whose tanks display all sorts of exotic sea life (1 p.m.-4:40 p.m. weekdays, 10 a.m.-4 p.m. Sundays; free).

Brownsville, Padre's southern gateway, is also a major gateway to Mexico (see following page). This border town even runs its own annual Charro Days Fiesta, with flower-float parades, mariachi bands, and dancing in the streets; the 1977 dates are February 17-20. Besides, Brownsville has the outstanding Gladys Porter Zoo, one of the best in the country. Thirty minutes north of the city on US-77/83 is Harlingen, the home of the "Confederate Air Force" and its Ghost Squadron, a unique collection of still airworthy World War II machines.

Corpus Christi, at the other end of Padre, has its own roster of attractions, including some up-to-date aviation: the U.S. Naval Air Station where jet pilots train. Two hours up the coast from Corpus Christi is the famous Aransas Wildlife Refuge. The rare whooping crane nests here from November through April. A special excursion boat ($6; under 14, $4) takes you right up to the rookeries.

For information write the Brownsville Chamber of Commerce, Box 752, Brownsville 78520, and the Corpus Christi Tourist Bureau, 78403.

continued


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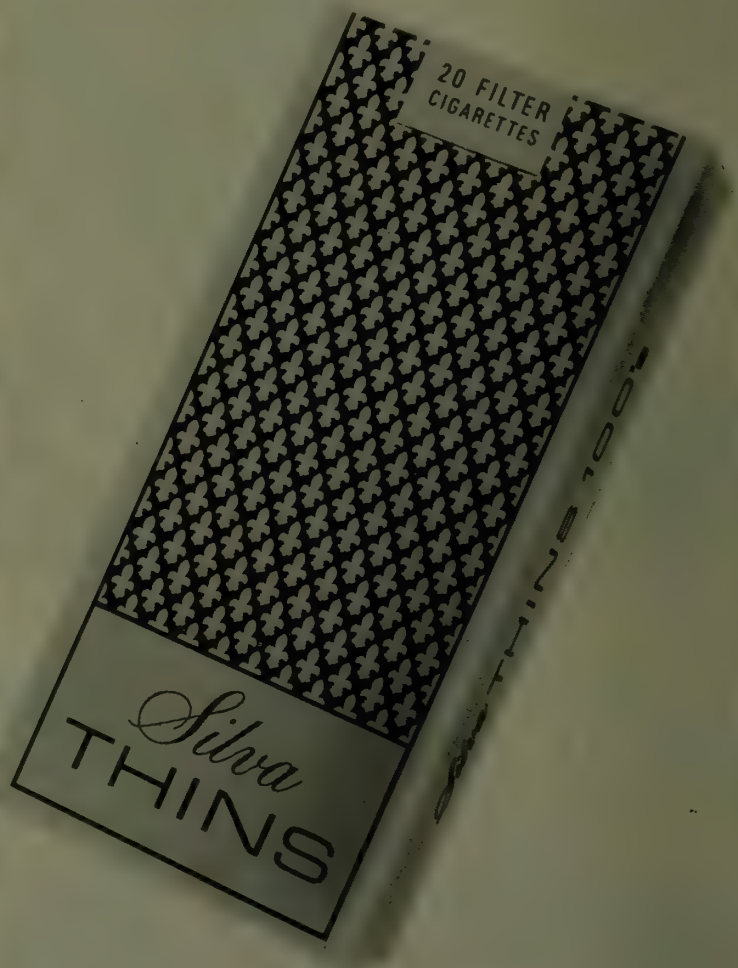
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RENT A BEACH HOUSE ON GALVESTON SHORE



There's nothing cottagey about the vacation homes that overlook Galveston Island's splendid beaches. They are modern two- and three-bedroom homes, with baths for everybody and fully gadgeted kitchens. Even the homes that are older show hardly any wear because their owners live there only in summer. The rest of the year most of the homes are for rent, at amazingly low rates. Until about mid-May, even the biggest go for only about $250 to $350 a week, and some can be found for $200.

It's the most self-indulgent vacationing imaginable. A few steps across the dunes and you're in the balmy surf. Back inside you have all the conveniences of home. Since the houses sit on stilts, the views are great, and it's easy to watch the kids play in the sand while you laze on the veranda, listening to the sea.

You can surf-cast in your front yard, or fish from a number of piers. Besides, more than a dozen party boats operate daily from the port basin ($15 to $30 per person, plus $2.50 for tackle). If you like seafood but don't want to fish, prowl the wharves where the commercial shrimpers and fishermen sell their fresh catches.

Sailboats are for rent on the sheltered bay side of the Island ($20-$28 per day), and there are several public golf courses and tennis courts.

For names of real estate rental agencies, write the Galveston Visitors Bureau, 2106 Seawall Boulevard, Galveston, Texas 77550.

CATCH THE BIG ONES OFF PORT ARANSAS



Catches off Port Aransas often include sharks—at which point you holler for help: Sharks are dangerous even on the hook. What you're really after, though, are red snappers ranging from seven to 30 pounds. When they run that heavy and you fish deep, it's hard work to bring them in. So aboard the catamaran *Scat Cat,* the fastest snapper boat on the Texas coast, you are given electric tackle. You press a button—and zip. But don't kid yourself. It's still real sport.

The choice *Scat Cat* trip leaves from the Port Aransas Marina on Fisherman's Wharf, about a 40-minute drive from downtown Corpus Christi, at 2 a.m., Thursdays and Sundays. The run to the snapper banks, some 40-75 miles out, takes close to three hours, time for a snooze in the boat's lounge. The 12-hour adventure costs $32 per person, including tackle and bait. Breakfast and refreshments are available aboard.

The *Scat Cat* also makes daytime snapper runs (6:30 a.m. to 6 p.m.) on Tuesdays and Saturdays. June through August it goes out for kingfish three times a week.

Shorter jaunts are offered by the *Scat Cat's* smaller sister catamaran, the *Wharf Cat.* On these four-hour trips, you catch assorted game fish. The charge is $9; tackle rental, $2.50.

Reservations are advisable. Contact Fisherman's Wharf, Box 387, Port Aransas, Texas 78373.

SHOP THE MEXICAN MARKETS OF MATAMOROS



From Brownsville, Texas, you can go to Mexico for a nickel. That's the pedestrian toll on the bridge across the Rio Grande. Or you can catch a bus to Matamoros for a quarter, crowding in with package-burdened Mexicans who have been shopping in the U.S., and on your return trip with package-burdened Americans who have been shopping in Mexico. There's also a Gray Line rubbernecker ($7.50). Or you can drive; this, however, requires not only courage but a special insurance policy.

The first shop on the other side is Garcia's, which carries all sorts of stuff from shlocky souvenirs to fine silver. Remember it for last-minute duty-free liquor shopping; you don't want to carry bottles all over Matamoros. Next comes a string of elegant stores along the avenue to downtown. These stores carry quality merchandise (handmade clothing, jewelry, artifacts) at corresponding prices, and their owners do not bargain. Still, prices are lower than at home.

The real fun comes in downtown Matamoros, in the stalls of the Central and Old Markets, and in nearby alleys. Items are price-tagged, but you are expected to horse-trade.

Matamoros is touristy, but it's no Tijuana. You get the feeling that real people live here. And it's cleaner than many of our cities. Food is safe, and at the Drive Inn Restaurant it's terrific.

Get a map and details from the Brownsville Chamber of Commerce.

continued

ALABAMA: HISTORIC MOBILE AND A FABULOUS STATE PARK



As a seagull flies, Alabama has only about 60 miles of shoreline. Most people don't even think of it as a Gulf Coast state, nor does it come readily to mind as a focal point of our early history. Yet, because its shore opens into a big sheltered bay, the region has figured in every struggle since the days of the Spaniards. The French came next, then the British. Finally, Admiral Farragut barked, "Damn the torpedoes," and took Mobile Bay from the Confederacy in 1864.

All this is reflected in the culture and varied architecture of Mobile, a city that isn't given to boasting and has never advertised that its Mardi Gras predates New Orleans'.

Mobile has three historic districts, including a reconstruction of Fort Conde, its old French stronghold. You can visit exquisitely furnished Oakleigh Plantation (see picture) and other homes of antebellum, Creole, and Victorian design. For strolling the historic byways, rent a tour tape ($5), available at most major motels.

Spectacular Gulf Shores State Park, a complete vacation resort with 30 miles of uncluttered, sugar-white beach, lies just 60 minutes south of Mobile. There are housekeeping cottages, a surf-side motel complex, a golf course, tennis courts, and boat rentals. Everything is reasonably priced. Party boats for snapper fishing, and deep-sea fishing charters, are found at nearby Orange Beach. The swimming season starts about mid-March.

MISSISSIPPI: BILOXI'S SHORE AND BACKWATERS



What sets Biloxi apart from other famed Gulf resorts is its array of unexpected pleasures. Sure, you have your choice of more than a dozen 18-holers, and can sail out on deep-sea charters, and rent sailboats, like the one at left. But there's more. Biloxi is where you embark for the Gulf Islands National Seashore Park, a preserve of desert isles far beyond the horizon. So far, only one has boat service. That's Ship Island—seven miles of the whitest, softest sand you'll ever see. There's an old fort (the only shady place on Ship), then nothing but beach and breakers. You leave from Biloxi (or neighboring Gulfport) for a whole day or half day ($4.25; under 13, $2.10).

Most visitors are even less aware of what goes on behind Biloxi, to wit some of the best freshwater fishing in the South. In the hidden bayous around Biloxi's Back Bay, largemouth bass up to four pounds are frequent catches, and crappie and bream often weigh in at close to a pound. Moreover, you are likely to hook saltwater fish on the same outing: sea and runoff mingle in the bracken, and so do their denizens.

Wick's Fishing Camp, on the Bay's north side, rents skiffs and tackle (about $15 a day). Up the cypress-shaded Pascagoula River, at Ocean Springs, Poticaw Camp also has housekeeping cabins ($16). Nonresident fishing licenses cost $3.50.

LOUISIANA: SOMETHING NEW IN NEW ORLEANS



Behind the familiar haunts of the French quarter, down toward the river from Jackson Square, a revival of old New Orleans is taking shape. It's the restoration of the French Market, where more than a century ago the city did its shopping. Today, in addition to long sheds fragrant with the good things that grow under the Southern sun, you have sidewalk cafes amidst shimmering fountains and colonnaded arcades lined with shops.

Heritage Hall, a rare shrine of traditional jazz that recently closed its doors in the French Quarter, will reopen in the Market in early summer. Along with Preservation Hall in the Quarter, this is a must; a few years hence you'll be able to hear the real thing only on records.

At the Cafe Du Monde and Cafe Maison, you get strong coffee and *beignets.* More substantial fare, also alfresco and no less French, is served at Jack DuArte's bistro, where you sit under Cinzano umbrellas as you would on a Parisian boulevard, and wash down sausages and cheese with wine. One of New Orleans' great restaurants, Moran's, occupies the second story of an 1800s-style market building; the dining room and terrace bar overlook the Mississippi.

For French Market particulars, write to the Market at 1008 N. Peters Street, New Orleans 70116. Lists of New Orleans lodgings and other general information are available from the Tourist Commission, 334 Rue Royal, New Orleans 70130. ■









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begins on page 64

Wildflowers

GENERAL INFORMATION

Each of the nine projects shown makes use of one, all, or a selection of the wildflower designs illustrated in the detachable booklet of Master Patterns found in this issue. Refer to the notes under each flower motif in the Master Pattern set for specific color and stitch instructions for each project.

Each project uses flower motifs on a different size scale. The scale appropriate to each project is listed before the instructions for that project. *(Note:* You can enlarge or reduce any of the projects by simply enlarging or reducing the scale of the wildflower patterns and adjusting materials requirements accordingly.)

Two of the projects featured on pages 66-67 (the quick point rug and crib-size quilt) use motifs that are the same size as they appear in the Master Pattern booklet. For information on how to enlarge or reduce the designs for other projects, see below.

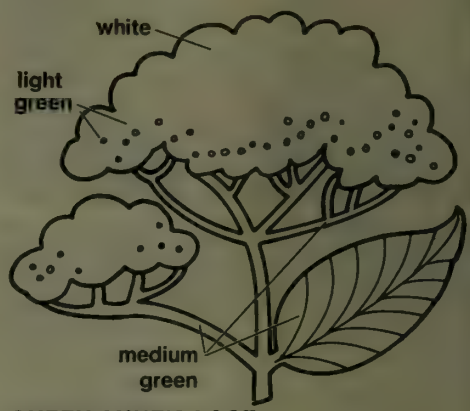
To enlarge or reduce flower motifs:

1. Take a sheet of unlined white paper or brown wrapping paper; rule it off in squares that are the size indicated by the scale accompanying each set of project instructions. For example, the motifs for the round embroidered pillow are ¼ the size of the Master Pattern, so one square on the original will equal ¼ inch on your graph. The motifs for the appliqué pillows are twice the size of the Master Pattern, so each square on the original will equal 2 inches on your graph pattern.

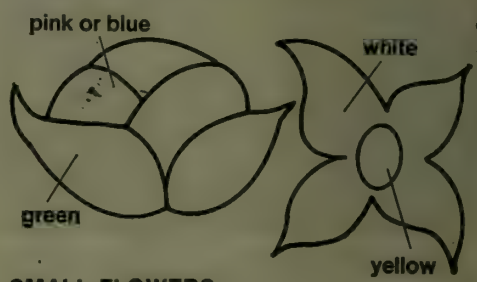
2. Use a separate sheet of paper for each flower motif. Rule off your paper in appropriately sized squares. There should be the same number of squares on your working graph as appear on the Master Pattern. Following the squares in the Master Pattern, enlarge or reduce each flower pattern on your paper pattern grid by copying each portion of the Master Pattern in the corresponding squares on your working graph.

Additional motifs:

Several projects use an additional motif (the punch rug, round embroidered pillow, needlepoint mirror frame). You may or may not want to include this motif (a spray of Queen Anne's lace) in your own designs (see pattern below). The designer of the punch rug scattered a selection of small, simplified flowers at random across the rug to fill in blank areas between the large motifs. Patterns for these additional motifs are also given below.



QUEEN ANNE'S LACE

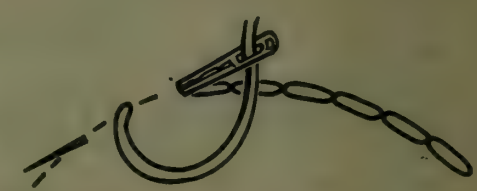


SMALL FLOWERS

STITCH GLOSSARY FOR CREWEL AND EMBROIDERY PROJECTS:

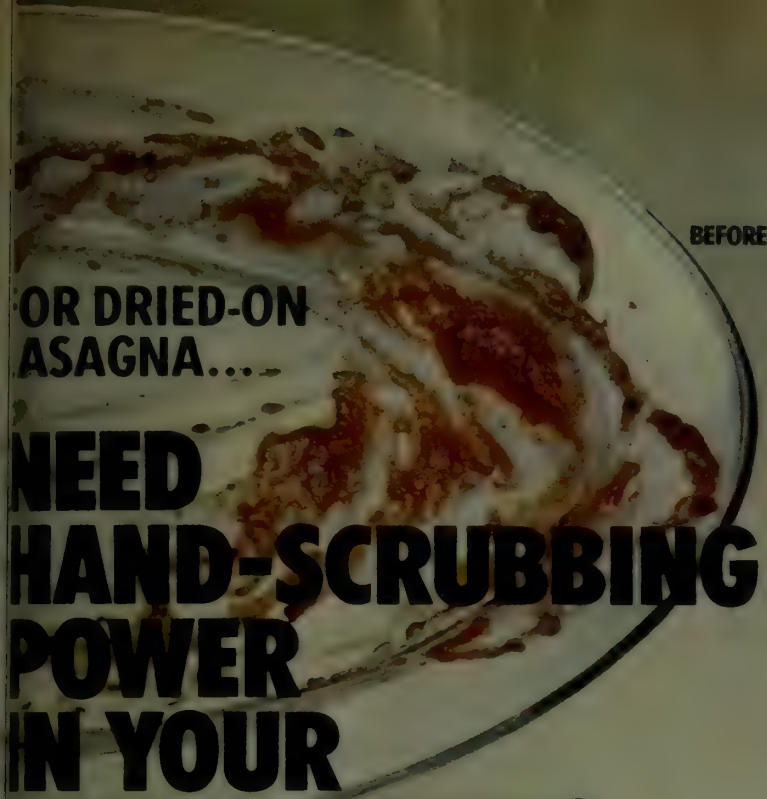
Several of our Wildflower projects use a variety of embroidery stitches. If the stitches listed in the instructions on the Master Pattern are unfamiliar to you, refer to the diagrams below.


stem stitch

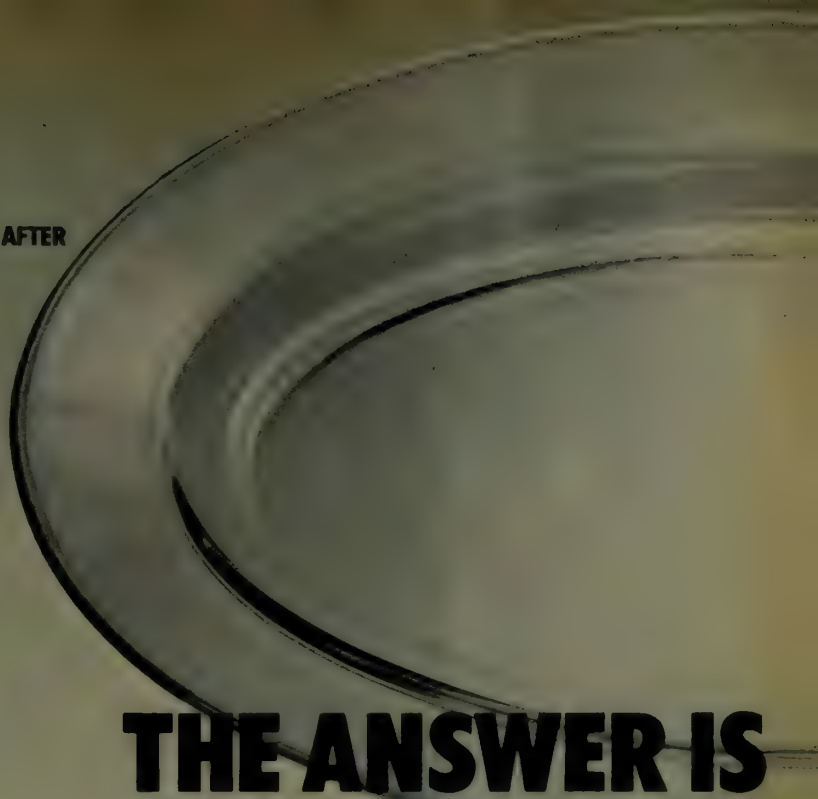

backstitch (or outline stitch)


straight stitch (or single satin stitch)

continued on page 185



BEFORE AFTER



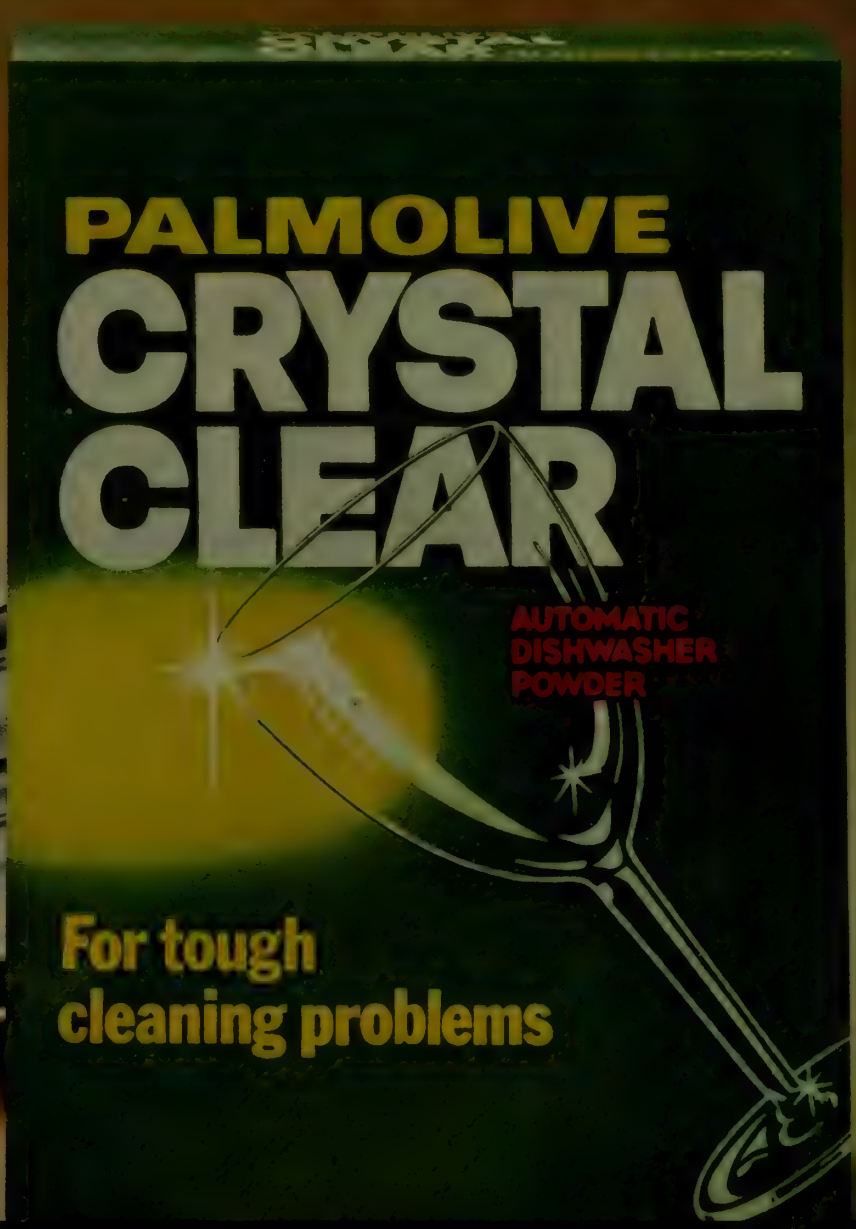
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The roof on this house is made of a new kind of asphalt shingle. The edges are thick and irregular, so they cast deep random shadows. The color is deep and muted, so it blends in naturally with the architecture and the surroundings. The result is a woodsy, rustic look. But with all the fire safety of asphalt.

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FURNITURE REFINISHING: Matching one section with another

If you need to refinish only part of a treasured piece of furniture, you probably wish you could conjure up an authentic old cabinetmaker to guide you through the tough spots.

Well, *you* can be that old cabinetmaker simply by adopting some of his tricks of wood restoration. Just follow along, and we'll show you how to give your favorite table or dresser a rejuvenated top to match its presentable underpinnings. The finished product will boast a satiny finish that will last as long as you take care of it.

Remember to: (1) refinish only when humidity is 60 percent or below, (2) do all the work *with* the grain of the wood, (3) be patient! The job takes only a little time per day, but you'll have to allow two or three weeks from start to completion if you're to achieve professional results.

STEP 1

Protect with plastic all areas of the piece *not* being restored. Buy a high-quality stripping compound to remove the old finish. Use only as much stripper as necessary, carefully scraping off the old finish, then removing any residue with medium-grade steel wool. (Don't use water to remove stripping compound, as you are apt to create ripples in the veneer.) With a soft rag, coat the entire area generously with mineral spirits to clean the surface and replace lost wood moisture. Then forget the project for a week.

STEP 2

Now it's time to remove the plastic and clean the remainder of your piece. Coat these areas with a half-and-half solution of boiled linseed oil and turpentine. *Very lightly* rub this solution into the wood grain with triple-O steel wool and remove immediately afterward by rubbing firmly with a lint-free cloth until dry. Now you know exactly what tone you will be matching.

STEP 3

Insurance time. Before staining the top, apply *one coat* of a high-quality sealer such as Tungseal Clear Finish. It's important that the sealer have a low concentration (under 30 percent) of solids, so one coat will allow some surface staining. If you don't use a sealer, and you goof later when applying stain (too much or the wrong color), you'll have to go through the complete stripping process again. And that can be difficult because the stain probably will have penetrated deeply.

STEP 4

Borrow a range of wood stain strips from the hardware store or lumber/paint outlet and hold them next to the wood tone you're reproducing. (Stick with *oil*-base stains, especially for older furniture.) Select the sample stain strip that's one shade *lighter* than the optimum color match. This stain shade will darken slightly on your wood; moreover, it's always easier to go darker by gradual steps until you approach an exact match, rather than try to lighten a too-dark stain job.

Apply the stain generously and work it in with a rag—in the direction of the grain. Ignore stain puddles with professional detachment, and allow the stain to soak in for a few minutes. Follow with a light wipe to remove excess stain; allow 24 hours' drying time.

STEP 5

Test time. If the pigment (color) has the correct amount of red, brown, or black and is only a shade *lighter* than the untouched areas, *stop*. Go to Step 6 and begin bragging!

But probably you haven't yet achieved a satisfactory match. Your "new" top may need more red, brown, or black to match the rest of the wood tones. If more red is desired, use a tube of red colorant or the pure pigment from the bottom of an *unstirred* can of cherry stain. You will add only a small amount to your original stain to restain the entire top. (Moving in very gradual steps, approach the closest match. For your peace of mind, you can test a series of mixtures on the underside of the top until you achieve a match.)

If you want a browner tone, add a small amount of dark walnut stain to your original stain and shake the mixture thoroughly. If a blackish tone is required, use a bit of burnt umber from a tube or a little pigment from the bottom of an *unstirred* can of dark walnut stain. Move by tiny progressions in this manner. The desired color is *one shade lighter* than the unrestored areas. That one extra shade of depth will come during the finishing.

STEP 6

Concoct an old cabinetmaker's finish: Mix one part wood turpentine, one part marine varnish, and two parts linseed oil in a jar and shake *thoroughly*. (Always re-shake before and during each use.) Use raw linseed oil if the wood is dark, boiled linseed oil if light. (The proportion of varnish can be increased to 40 percent, but the result will be glossier.)

STEP 7

Dip a soft cloth in the mixture and wipe the finish on until the surface is well coated. One hour later, wipe off the excess with a clean lint-free cloth, and allow to stand for 48 hours.

STEP 8

Rub down the treated surface very lightly, with triple-O steel wool; dust carefully, using a tack rag.

Repeat the Step 7/Step 8 cycle five times if the furniture will receive constant use, three to four times for moderate or light use.

Is the finish still too light? The joy of this method is that you can now apply yet another coat of stain to darken the tone. It really works! Follow this face-saving step with two more coats of the cabinetmaker's finish. (Your new top will darken with age, so don't be too hasty about adding another stain coat.)

FINAL STEP

Apply two thin coats of a good paste wax, covering the entire piece with each coat. Buff furiously with a soft cloth—in the direction of the grain. Plan to re-wax every two weeks if you expect to use the furniture regularly. As time passes, you can remove wax buildup anytime with a light wipe of paint thinner. ■



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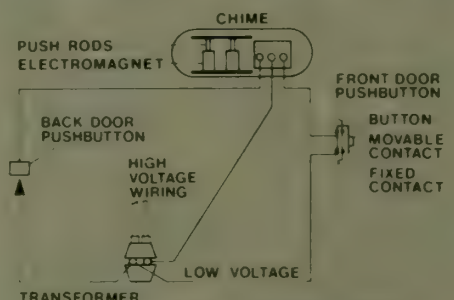
Doorbell troubleshooting

If your doorbell occasionally lets you down—or has stopped working altogether—there's no need to call an electrician. Troubleshooting a doorbell is a simple, safe, and—with luck—short job that you can handle. Here's how:

If the bell works occasionally, the trouble can most likely be found at (1) the button or (2) in a loose connection at the bell or transformer. Start with the button. Take off the cover and hold the two bare wires together—or hold a screwdriver across the two contact points. If the bell doesn't ring, the trouble is elsewhere. If it does ring, clean the contact points with emery paper and see that the movable contact reaches the fixed contacts.

Assuming the button is OK, check for loose connections—at the bell itself and at the transformer—by moving the wires while someone presses the bell. The transformer (a two-inch cube) is usually located in the basement or garage, attached to a joist or junction box. You'll find the transformer by tracing the bell wire—which is generally white wrapped with a blue or red stripe. The wire is lightly insulated (whereas high-voltage house wires are heavily insulated and are in cable or conduit) because it carries less than 20 volts. You can safely work on the *low-voltage side* of the transformer without disconnecting a fuse or circuit breaker. Do *not* work on the 120-volt side without shutting off the power.

If the transformer connections are tight, test the transformer by holding a screwdriver blade across the bell wire connections. If you don't get a weak spark, the transformer needs to be replaced. If you do see a spark—however weak—the transformer is OK, and the trouble can be narrowed down to either the bell itself or the bell wire.



BASIC TWO-DOOR SYSTEM

Check the bell first—that's easier—by removing it from the wall and taking it to the transformer. Connect the bell with wires to the bell wire connections. If the bell rings, the trouble is in the wiring. If it doesn't ring, don't assume the bell is defective until you've cleaned it. Clean lint and dust from the hammer—or the rods and strikers if you have chimes—and rub a piece of emery cloth on the contacts at the side of the coils. If this doesn't do the job, you need a new bell.

If the bell is all right and the trouble is in the wire between the transformer and the button, check for breaks in the wire that's visible. If at first you don't succeed—better install new wire.

Whatever the outcome, you'll be glad you paid yourself a service call. ■

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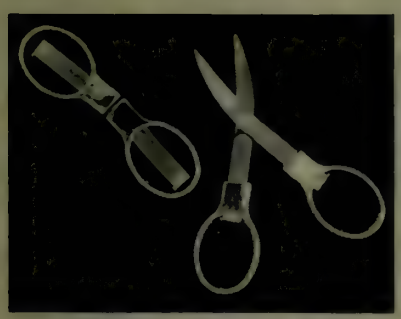
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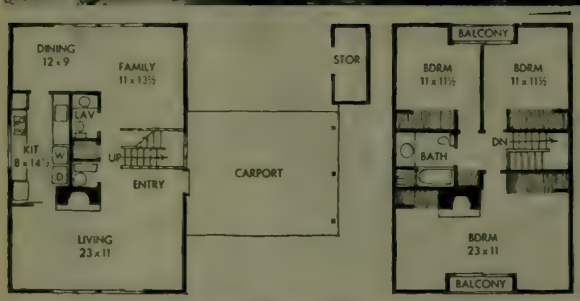
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The excellent design of this floor plan buffers living and sleeping areas with stairway, master bath, closets, and a hall. The bedrooms are clustered together, yet none shares a common wall. The family playroom is downstairs along with a bedroom, bath, laundry, storage and open to the rear. A large fireplace in the living room and dining room create a feeling of warmth, while the cathedral ceiling with dark beams gives a sense of spaciousness. The kitchen has its own eating area and leads directly to the dining room, entry hall, and garage. The decks make outdoor living only a step or two away. 76′ x 61′, Plan No. 19695 has 3,553 sq. ft. of living space.





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GARDENS

Plant stands from scratch



Photograph: William Hopkins. Source: Pat Carpenter

Want to hang a plant without drilling into the ceiling or wall? Make a portable cobra stand from a 12-foot-long piece of ½-inch rod. Have an ironworker heat and shape the coil, with a hook at the top end to hold the planter.

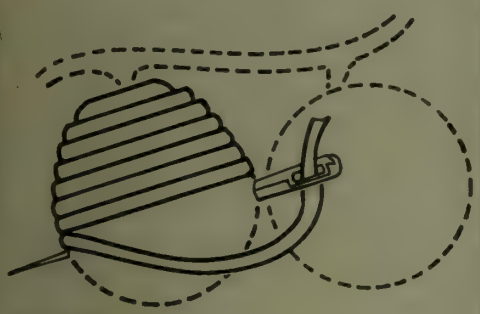


Photograph: Fred Lyon. Designer: Betty Mellen
Source: Helen Heitkamp

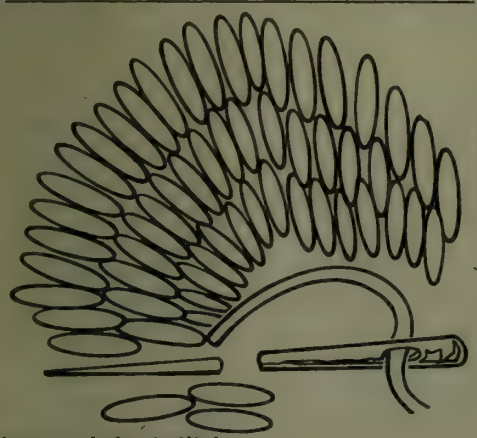
You can give a favorite plant added status with this mirrored pedestal. The framework is simply four pieces of ¾-inch particleboard, each 11 3/16 by 36 inches long. Self-sticking 12-inch-square mirror tiles cover the sides. For the top, use either a mirror tile or flooring tile. To conceal the pot and saucer, mount one-inch stops inside the framework, 12 inches down, and recess top. ■

continued from page 184

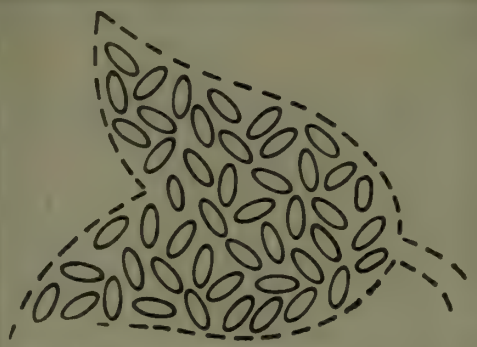
Wildflowers



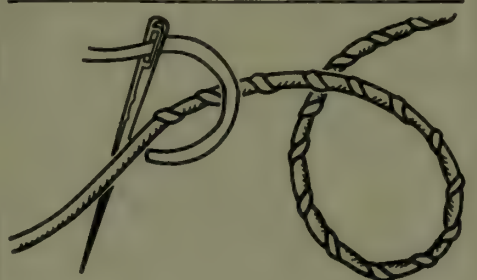
satin stitch



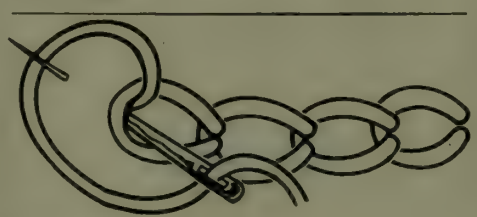
long and short stitch



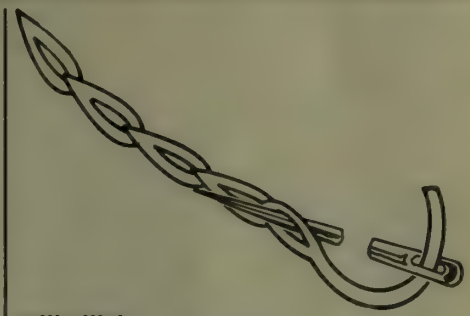
seed stitch



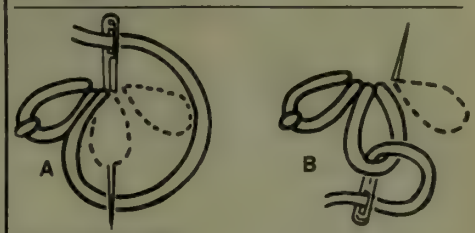
couching



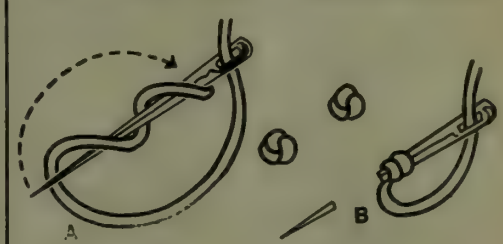
chain stitch



split stitch



lazy daisy stitch



rench knots

continued

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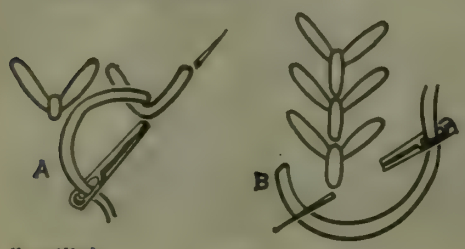
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continued

Wildflowers



fly stitch

PROJECT INSTRUCTIONS

ROUND PUNCH RUG, page 64

Finished size = approx. 50 inches in diameter (with fringe).

Materials: Bucilla Multi-Craft Acrylic Rug Yarn (or equivilant weight rug yarn) in the following colors and amounts: Green (#16)—20 skeins, Green (#56)—3 skeins; 1 skein each: Violet (#54), Yellow (#23), Yellow (#17), Green (#33), White (#28), Orange (#57), Violet (#18), Brown (#32), Blue (#7), Orange (#27), Pink (#10), Pink (#55).

Also: 60-inch square of burlap fabric; rug punch tool; rug frame; latch hook; #13 tapestry needle; embroidery transfer pencil; waterproof pen; staple gun; ½ gallon rug backing latex.

Scale: 1 square = ¾ inch.

Instructions:

1. It's difficult to achieve precise detail with a rug punch tool and heavy rug yarn, so each flower motif is simplified for use on this project. See the notes under each Master Pattern for color and design details on each flower.

2. Scale each flower motif down to size on a separate sheet of paper. (For this rug, each flower is reduced to ¾ of the size given on the Master Patterns.) Draw a 44-inch-diameter circle on a piece of paper. Trace flowers at random across this paper pattern until you achieve a pleasing arrangement. Work from the pattern's center out; do *not* place motifs too closely together. Add Queen Anne's lace and several of the smaller motifs if you like. Sketch these motifs in scale with other flowers on pattern. (Refer to color photo, page 64, for placement suggestions.)

3. Using embroidery transfer pencil, trace over the *front* of each design on the paper pattern. With a waterproof marker, trace a 44-inch-diameter circle on the center of the burlap fabric. Trim the fabric, leaving a 6-inch hem allowance all around. Transfer the completed paper pattern to the burlap circle. Retrace designs onto burlap with waterproof marker. The design is reversed (rug is worked from the back and will appear right side up on the rug front).

4. Tack burlap to rug frame with staple gun or small tacks, design facing up. Fill in flower motifs with yarn (refer to Master Patterns for color instructions). Next work the background in yarn. Fill in all areas on burlap. Move burlap on frame as necessary.

5. Remove finished rug from frame; coat rug back thoroughly with latex following label directions. Trim burlap hem to 4 inches. Hook on a row of fringe that's ¾ inch away from punched edge using latch hook and 3½-inch-long loops of dark green yarn.

6. Sew another row of loops between fringe and edge of punched yarn. Clip loops and trim.

7. Turn rug over and trim hem to 2½ inches all around. Apply a thick band of latex around the rug edge. Press hem into latex with your fingers (hem should be thoroughly soaked in latex). Be sure hem is flat; allow to dry completely. Turn rug to right side; trim long yarn ends.

EMBROIDERED PILLOW, page 64

Finished size = approx. 14 inches in diameter.

Materials: 1 yd. green velveteen fabric and thread to match; 5 yds. cording; 1 spool each #5 DMC pearl cotton thread in the following colors: white, 2 shades of pink (#604 and #603), 5 shades of green (#907, #906, #905, #954, #992), 2 shades of violet (#553 and #552), 3 shades of yellow (#725, #742, #307) blue (#775), brown (#898), red (#666), 2 shades of orange (#740 and #742); embroidery transfer pencil; needle; large embroidery hoop (15 inches or larger); polyester fiberfill for stuffing *or* 14-inch pillow form.

Scale: 1 square = ¼ inch.

Instructions:

1. When working with velveteen, use an embroidery hoop that's larger than the diameter of your finished project. (Hoops can crush the nap of the fabric.) Trace the embroidery design on the *back* of the velveteen using an iron-on transfer pencil. If you're using a different fabric type, the design may be transferred directly to the fabric front.

2. Trace a 14-inch-diameter circle on the wrong side of the velveteen. Cut around the circle, leaving an additional 2-inch margin all around so fabric can be held securely in embroidery hoop.

3. Scale down flowers to size and trace at random on a 14-inch round paper pattern (see color photo, page 64, for placement suggestions). Trace over each flower outline with the transfer pencil on *front* of paper pattern and iron onto *back* of velveteen so design will be faceup when embroidered. Iron lightly over padded surface (terry cloth towel) to avoid marking fabric's nap.

4. Embroider flowers following stitch suggestions for each motif given on Master Patterns. Refer to diagrams in Stitch Glossary, page 184, if necessary.

5. To make pillow, press wrong side of finished work on padded surface. Steam lightly; avoid crushing nap. Cover cording with bias strips of velveteen, or use purchased cording in matching or contrasting color. Pin cording to edge of 14-inch circle and machine stitch using zipper foot. Cut a 3-inch-wide strip of fabric for boxing and stitch to cording, right sides together (½-inch seam). Sew another row of cording to raw edge of the box strip. Cut a 15-inch circle for pillow back and pin to the box strip's raw edge, right sides together (½-inch seams). Using zipper foot, stitch along cording seam. Leave a 12-inch opening for turning. Turn pillow right side out, insert pillow form; slip-stitch closed.

CREWEL EMBROIDERED THROW, page 65

Finished size = approx. 82x55 inches, including crocheted edging.

Materials: 2 yds. 44/45-inch-wide white wool fabric; 16 oz. Spinnerin Sweater and Afghan Yarn to match fabric; small skeins of Paterna Persian Yarn in the following colors: 6 shades of green (#G64, #545, #589, #505, #524, #Y50), 5 shades of orange (#960, #970, #958, #Y40, #Y42), 4 shades of blue (#741, #611, #621, #631), 3 shades of violet (#650, #640, #642), 2 shades of pink (#649, #659), brown (#295), yellow (#450); embroidery transfer pencil; crochet hook, Size 0; crewel embroidery needle.

Scale: 1 square = ½ inch.

Instructions:

1. Scale flower motifs down to size; draw a 14-inch circle on a piece of paper and trace each motif once within the circle. Retrace front of flower pattern with embroidery transfer pencil; transfer embroidery pattern to *wrong* side of fabric to avoid lines. Center circle of flowers in one corner of the wool rectangle, about 9 inches from edges.

2. Following color and stitch directions under each Master Pattern, embroider each motif using 2 strands of Persian yarn. To block, press wrong side of fabric over terry cloth towel.

3. To make crocheted border, follow directions below:

Crochet Abbreviations:

ch ..... chain
sc ..... single crochet
dc ..... double crochet
tr ..... triple crochet
sk ..... skip

continued


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sl .....slip
st(s) .....stitch(es)
sl st .....slip stitch
lp(s) .....loop(s)
sp .....space
rep .....repeat
yo .....yarn over
* .....repeat whatever follows * as indicated.

(Note: Border width is approximately 5 inches.)

First scallop: Starting at center of scallop, ch 20; join with sl st to first ch to form ring. Work 30 sc in ring, join with sl st to first sc. Work back and forth in rows.

Row 1: Ch 5, (sk next sc, dc in next sc, ch 2) 5 times; sk next sc. Work (dc, ch 3, dc) in next sc, (ch 2, sk next sc, dc in next sc) 6 times. Ch 1, turn. *Row 2:* Sc in first dc, (2 sc in next ch-2 sp, sc in next dc) 6 times; 3 sc in ch-3 sp at tip of scallop, sc in next dc, (2 sc in next ch-2 sp, sc in next dc) 5 times, ending with 3 sc over turning ch. Ch 1, turn. *Row 3:* Sk first sc, sc in each sc to center sc at tip of scallop, 3 sc in center sc, sc in each sc to end. Working as for Row 3, work Rows 4, 5, 6, and 7. *Row 8:* Sl st in first sc, ch 4, tr in same sc, (ch 3, sk 2 sc, holding back the last lp of each tr, work 2 tr in next sc, yo and draw through 3 lps on hook—tr-cluster made) 7 times; ch 3, (work tr-cluster, ch 3, and tr-cluster in center sc), (ch 3, sk 2 sc, tr-cluster in next sc) 8 times. Ch 1, turn. *Row 9:* Work (sc, 3 dc, sc) in each ch-3 sp around scallop. Break off.

Second scallop: Work same as for first scallop until Row 8 is completed. Ch 1, turn.

Row 9: Work (sc, 3 dc, sc) in each 3 ch-sp around scallop to within last 2 ch-3 sps, (in next sp work sc, dc, drop lp from hook, insert hook on right side in corresponding dc on preceding scallop, draw dropped lp through, work 2 more dc and sc in same sp on new scallop) 2 times. Break off. Continue making and joining scallops in this manner for 36 scallops.

Heading:

Row 1: Working on the right side across straight edge of scallops, attach yarn with sl st to last sc in Row 9 of first scallop; ch 5, * sk ½ inch on horizontal edge, dc in edge, ch 2. Rep from * across, ending with ch 2, dc in last sc on ch 4, ch 3, turn. *Row 2:* Tr in first ch-2 sp, * ch 1, holding back last lp of each tr, work 2 tr over next ch-2 sp, yo and draw through all 3 lps on hook —tr-cluster made. Rep from * across, ending with tr-cluster over turning ch. Ch 1, turn. In each ch-1 sp make sc, dc, sc. Sl st in first sc; break off.

To block: Block strip of border scallops by steam pressing. Place fabric on table and pin border in place on afghan, using one scallop to form corner. Trim fabric to fit. Whipstitch raw edges of fabric. Re-pin border and sew onto fabric using two rows of stitching. Press.

NEEDLEPOINT THROW PILLOWS, page 65

Finished size = 12 inches square.

(Note: Only three needlepoint pillows are shown in the photo on page 65. However, under each Master Pattern you will find directions for executing each flower motif in a needlepoint square design. Keep in mind you can also enlarge or reduce the size of the motif by varying mesh size of the canvas.)

Materials: For each pillow you will need a 14-inch square of #10 Penelope canvas (or larger if you want a larger background). Each 12-inch pillow requires approximately one 4-oz. skein of #505 green Paterna Persian Yarn

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for the background, plus small amounts of Persian yarn in each of the other colors suggested for each motif (see color notes on Master Patterns).

Also: Waterproof marking pen; fabric for backing pillow; polyester fiberfill for stuffing *or* pillow form.

Scale: 1 square = 1¼ inches.

Instructions:

1. Scale up flowers and trace each design onto the center of a 14-inch square of canvas with waterproof marking pen. (Bind canvas edges with masking tape to prevent raveling.)

2. Using continental stitch, fill in flowers first, then stitch background yarn. Block pillow fronts on wrong side of canvas and sew into pillows.

EMBROIDERED VELVETEEN BOX, page 65

Finished size = approx. 10½x7x4 inches.

Materials: Purchased wooden craft box (10½x7x4 inches); hinges to fit box; green spray paint to finish inside of box; ½ yd. green velveteen and 2 yds. ¼-inch-wide velvet ribbon to match; large embroidery hoop; 2 shades pink and 2 shades green #5 pearl cotton embroidery thread; embroidery transfer pencil; fabric glue; sandpaper; quilt batting scrap.

Scale: 1 square = ¾ inch.

Instructions:

1. Scale clover pattern down to size and transfer to *back* of velveteen on which you have traced outlines to be cut for box lid. Leave a wide margin so that edges of embroidery hoop do not crush nap of fabric. (Refer to instructions for Embroidered Pillow, above, for more information on working with velveteen.)

2. Embroider clover pattern according to color and stitch guidelines listed on Master Pattern.

3. To mount design on box, sand and spray paint inside of box. Cut scrap of batting to fit over the top lid; glue into place. Mark back of box lid for hinge placement.

4. Center embroidered fabric on top of box lid; hold in position with straight pins. Trim back edge of box lid fabric to ⅛ inch from box edge, allowing room for turning raw edge under. Spread a thin coat of glue across the back edge of the box lid. Press velveteen onto glued surface. Repeat procedure for top front of box lid. Fold in the sides of the velveteen fabric, trim excess at corners and edges, glue in place.

5. Proceed covering bottom of box in same manner. Be sure fabric's nap is running in the same direction as on the box lid. Glue fabric to box bottom. Glue ribbon along edges, leaving spaces for the 2 hinges on the box lid and bottom. When ribbon has dried, attach hinges.

MACHINE-APPLIQUÉD PILLOWS, page 66

Finished size = approx. 20 inches square.

Materials: For each pillow you will need ⅔ yd. white Haitian cotton fabric (44/45-inch width) *or* other closely woven, medium-weight material; scraps of fabric in colors recommended for each motif (see Master Patterns); scraps of iron-on interfacing (such as Pellon); thread to match; stuffing, *or* a 20-inch pillow form for each pillow.

Scale: 1 square = 2 inches.

Instructions:

1. Enlarge patterns to size; trace each section of each motif pattern on a separate piece of paper. Iron interfacing to wrong side of fabric scraps to add body to fabric, then cut each pattern piece from appropriate fabric color (refer to specific instructions under Master Patterns).

2. Arrange each flower on a 22-inch

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continued

Wildflowers

square of white fabric; pin in place. Machine appliqué pieces on fabric using a ¼-inch satin stitch; press fabric. (Note: Some motifs have outlines and details filled in with satin stitch. Sketch these details on fabric with chalk; cover chalk lines with machine satin stitch.)

3. Cut 1½-inch-wide bias strips of various green fabrics. For each pillow border, cover 90 inches of cording using zipper foot and matching thread. Pin covered cording to pillow front, turning cording in toward design and rounding corners; stitch. Where edges of cording meet, fold raw edge of fabric under to form clean edge. Place pillow front to pillow back, right sides together. Stitch edge closed along previous seam line; leave an opening for stuffing. Trim seams and clip curves; turn and press. Stuff pillow and slip-stitch closed.

QUICK POINT WOOL RUG, page 66

Finished size = approx. 62x36 inches.

Materials: 2 yds. of 40-inch-wide #5 needlepoint rug canvas; 4-oz. skeins of Pat-Rug Yarn by Paternayan Bros. Inc. in the following amounts and colors: 15 skeins Green (#505), 10 White (#005), 2 each Green (#545 and #589); one skein of the following: Green (#580 and #527), Orange (#958, #986, #424, #978), Gold (#421), Brown (#144), Blue (#741 and #731), Violet (#662 and #622), Pink (#239, #259, #279), Yellow (#483); 3 skeins Green (#569).

Also: 2 yds. 36-inch-wide burlap or rug backing cut to fit; 5½ yds. rug binding; #13 tapestry needle; waterproof felt marker; masking tape; staple gun; carpet thread.

Scale: Actual size (1 square = 1 inch).

Instructions:

Note: Each motif is worked actual size on a 10½-inch square of dark green background. White rug borders and lines between each green square are six stitches wide (approx. 1¼ inches).

1. Bind raw edges of canvas with masking tape to prevent raveling. Beginning 2 inches below top raw edge of canvas, mark off the first band of 6 rows for the white border using felt marker. Measure down 10½ inches and mark off another band of 6 rows. Continue in this manner until you have measured off six bands in this way.

2. Next, working from the wide (sel-

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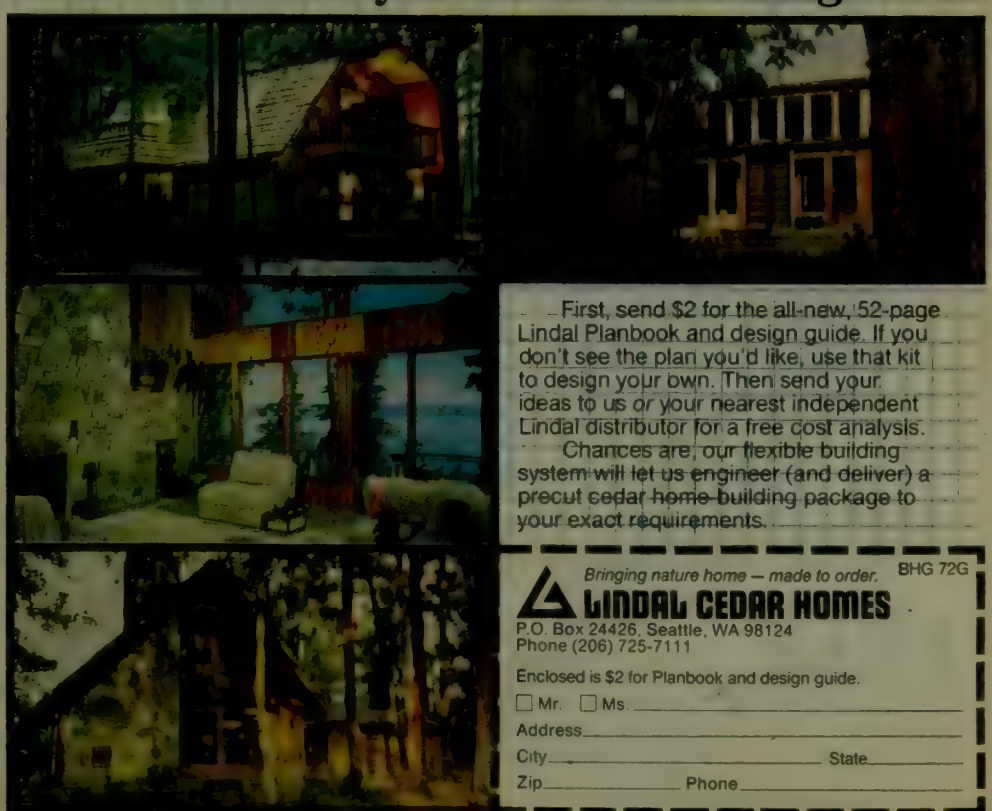
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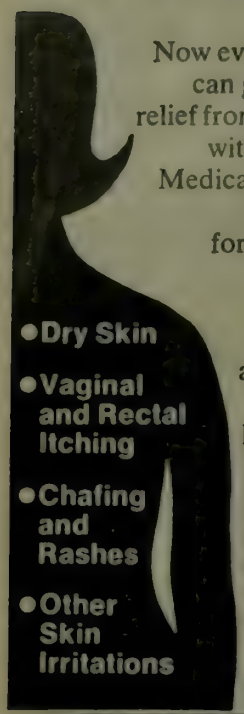
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continued

Wildflowers

vage) edge of the canvas and starting 1½ inches in from the edge, mark off a band 6 rows wide. Measure 10½ inches and mark off another band of six rows; continue until you have 4 bands of six rows each spaced evenly across the canvas. The canvas should now be divided into five rows of three squares each, with each square separated by a 6-row-wide band of white.

3. Using felt marker, trace one flower motif in the center of each square. Vary direction of flowers so that all flowers either face out or toward center of rug.

4. Work flowers first, following color instructions on the Master Patterns, and using continental or basket-weave stitch. Next work white borders, increasing one stitch in each of the last five rows at the corner of each square to achieve the angled corner effect shown on rug. Fill in background last.

5. To block, steam canvas gently on wrong side and stretch to shape. Tack in place until dry. Press seam allowance under and handstitch in place. Stitch rug binding to cover raw edges of canvas, then cut rug backing to fit. Stitch to rug binding on back of rug.

NEEDLEPOINT MIRROR FRAME, page 67

Finished size = approx. 16½x23 inches.

Materials: 22x28-inch piece of #10 mono or #10/20 Penelope canvas; Paterna Persian Yarn in the following amounts and colors: 3 oz. each of White (#010) and Green (#505) for background; 25 yds. each of Green (#G64, #545, #589) for stems and leaves; 5 yds. each of colors designated on Master Patterns for petals and buds (#Y50, #450, #960, #970, #Y40, #611, #621, #827, #828, #650, #642, #R50, #295, #733, #741). Note: Any equivalent Persian-type yarn in appropriate colors may be substituted.

Also: Waterproof marking pen; ½-inch plywood frame to fit finished canvas; 14 feet of ½-inch half-round molding cut to fit edges of frame; white glue; paint to match background yarn; mirror and brackets; staple gun.

Scale: 1 square = ⅓ inch.

Instructions:

1. Scale designs down to size and trace on individual sheets of paper. Include a pattern for Queen Anne's lace, if desired (see Additional Motifs, page 184.) Bind edges of canvas with masking tape to prevent raveling.

2. On canvas, draw frame as follows: two inches up from bottom edge of canvas, mark off three rows of threads (for first white border). Use waterproof marker. Mark off a similar 3-row-wide border along left-hand side of canvas (leaving a two-inch margin at edge). Beginning in lower left-hand corner of frame, mark off one 2¾-inch square, one 3-row band of white, and continue in like fashion across the bottom of the canvas. The end result is 5 squares divided and bordered with 6 rows of 3-mesh-wide white borders.

3. Mark off the top edge of the bottom frame border. Working up the left side of the frame next, mark off a total of seven 2¾-inch squares divided by 3-mesh-wide borders. Repeat procedure for right side and top of frame.

4. Trace 1 motif into each square of the frame, centering flower within the square. Fill in flowers, using half cross-stitch; fill in borders and end by filling in green background. (On white borders, increase one stitch in each of last three rows at the corner of each square, to achieve angled corner effect shown in color photo, page 67.)

5. Block canvas carefully. Measure canvas and cut a plywood frame to fit.

6. Trim canvas frame so edges can be wrapped to back of plywood frame and tacked. Coat one side of plywood with white glue. Stretch finished frame in place, staple to back of frame and allow to dry. Cut half-round molding to fit outside and inside edges of frame, mitering corners carefully. Paint molding and glue to edge of frame. Attach mirror to back of frame with brackets.

CRIB-SIZE QUILT, page 68

Finished size = approx. 40x52 inches.

Materials: 2½ yds. of white cotton blend fabric (44/45 inches wide) for squares and backing; 1½ yds. of spring green fabric for strips and borders; 40x52-inch piece of quilt batting; scraps of cotton or cotton blend fabric and pearl cotton embroidery thread in the colors indicated on Master Patterns; quilting hoop (optional).

Scale: Actual size (1 square = 1 inch).

Instructions:

1. Trace each Master Pattern onto a sheet of tracing paper. Cut out all pattern pieces. Pin paper pattern pieces to appropriate colors of fabric, allowing room for ¼-inch seam allowance on each piece. Cut out fabric pieces; group pieces for each flower and set aside.

2. Cut out twelve 11x11-inch squares of white fabric. Lightly trace the outlines of one flower on 11 of the squares, centering each design carefully. (See

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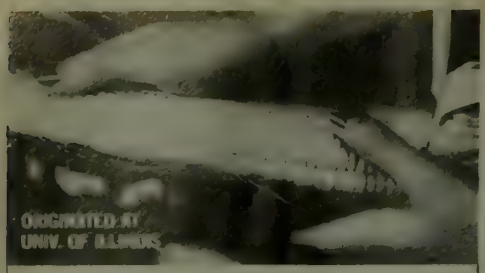
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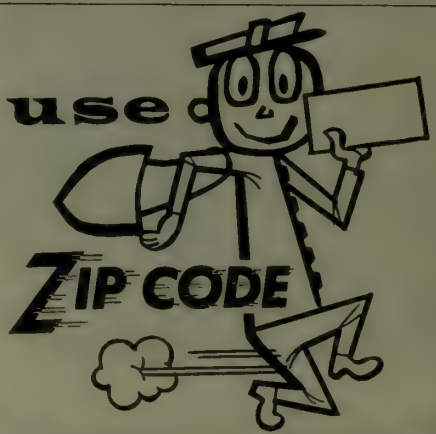


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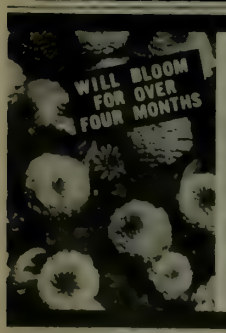


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continued

Wildflowers

color photo, page 68, for placement of flowers). Press under seam allowance on each piece, and appliqué all pieces by hand, fitting each piece over the traced pattern on the fabric square. Embroider all details on petals, stems, and leaves, following instructions on Master Pattern for each motif. Press squares on wrong side of fabric.

3. For the twelfth square (lower right-hand corner) improvise three appliquéd buds (refer to section on Additional Motifs under General Instructions, page 184). Embroider a message, date, name, or motif of your choice.

4. To make quilt top, cut strips of green fabric as follows: nine strips 3x11 inches; two strips 3x47 inches; two strips 4x35 inches; two strips 4x47 inches; and four squares 4x4 inches. Assemble strips and squares as shown below, using ½-inch seams.



assembled quilt top

5. To finish quilt, cut a piece of white fabric 42x54 inches for the backing. Place backing on a table; lay quilt batting on top, and place quilt top, right side up, on top of batting. Center top and batting on backing. Pin and baste all three layers together.

6. Hand quilt along outlines of each square, using small running stitches in matching green pearl cotton and working from center square of quilt out toward edges. Stitch through all three layers of fabric. When quilting is completed, turn edges of backing fabric under ¼ inch, fold backing over raw edges of quilt top, and secure to green border with tiny quilting stitches, catching only the quilt top. Do *not* stitch through all three layers of fabric. ■



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BNO2

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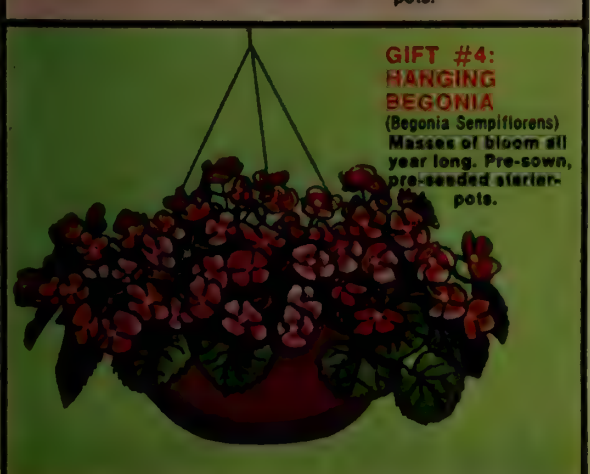
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Question 5. I would ☐ I would not ☐ be interested in participating in a further research program you are considering, whereby I would receive from you on a monthly basis FREE houseplants to test-grow and give my opinion. (Should I be selected for such a program, there would be no obligation on my part, of course . . . and naturally all plants you send would be mine to keep, FREE.)

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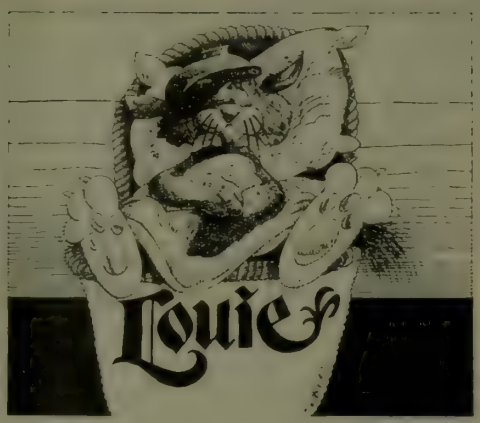
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DOG FOOD



How to tell when your cat needs a vet

Even though cats are reputed to have nine lives, your feline deserves the best care you can give him this time around. Your veterinarian, of course, is the one to diagnose ailments and prescribe treatment. But you can help out by staying alert to early signs that may spell trouble.

Changes in behavior

A cat that sleeps more than usual, has a rough coat or "smeary" eyes, shows a marked change in appetite, bowel, or urinary habits, or becomes less responsive may be signaling he's sick. These clues should alert you to at least take your cat's temperature. Ask your veterinarian to show you how (normal ranges from 100 to 102.5 degrees). If any of these signs persist more than two days, consult your veterinarian; and if symptoms get worse, or start ganging up on your cat, or include a fever, it's time to take him in for a checkup.

Fever

Usually fever indicates an infection, though there can be other causes as well (exertion, hot weather, or excitement). A moderate fever (102.5 to 104 degrees) should be brought to your veterinarian's attention after two days. High fever (over 104 degrees) or low body temperature (under 100 degrees) requires immediate professional care. Don't reach for the baby aspirin at the first sign of fever. Unless your veterinarian prescribes the exact dose, your good intentions could prove fatal. Remember, fever is only a symptom; give your veterinarian a chance to treat the cause.

Don't rely on your cat's temperature as a foolproof guide to whether or not he's sick. Metabolic disturbances or deficiencies and cancerous growths, for example, may not be accompanied by fever.

Dehydration

Cats that don't eat or drink when they're sick can rapidly become dehydrated. To test for dehydration, gather up a fold of skin along the middle of your cat's back, then release the skin. It should be pliable and spring into place. If it doesn't, your cat probably is dehydrated and should be checked by a veterinarian.

Coughing

A cough that persists more than two days is almost always a trouble sign. It may signal throat blockage, upper respiratory infection, internal parasites, chronic allergic bronchitis, or asthma. Only your veterinarian can determine what the problem is for sure.

Shivering

A shivering cat may or may not be sick. Cats shiver when they're cold, frightened, or excited; also when they're in pain or have a fever. Eliminate external causes first; then take your cat's temperature to determine whether or not to visit your veterinarian.

Convulsions

Any pet that suffers from convulsions—or seizures, as they're sometimes called—needs a veterinarian's care. Poisoning, infectious disease, and brain injury are just a few things that trigger seizures. A thorough examination is required to pinpoint the cause.

Vomiting

Vomiting is fairly common in cats and can signal a variety of illnesses or conditions—from feline enteritis to parasites, ingestion of hair balls and other foreign objects, or simple stomach irritation. If your cat vomits repeatedly or forcefully retches unproductively, or if you notice blood or signs of abdominal pain, have him examined by your veterinarian.

Diarrhea and constipation

Diarrhea, too, is common among cats, and its causes vary. Usually the problem is dietary or emotional. If diarrhea persists more than two days without improvement or is accompanied by vomiting, fever, lack of appetite, or dehydration, get your veterinarian's help.

Constipation, on the other hand, is unusual for healthy young cats. A cat that has recurrent bouts with constipation needs a checkup. Straining you attribute to constipation may be caused by bladder infection or intestinal inflammation.

Urinary trouble

Male cats in particular are prone to problems of the bladder and urethra (the tube carrying urine out of the body). A cat that drinks abnormal amounts of water, urinates or attempts to urinate more often than usual, or seems to forget his house training should be watched carefully. If he begins yowling when he urinates or you notice a bloody discharge, take him to your veterinarian. In addition to treating your troubled pet, the veterinarian may prescribe a special diet to help keep the problem from recurring.

Scooting

A cat that occasionally scoots around on his rear quarters doesn't necessarily have worms. More often, he's trying to relieve excess pressure in his anal glands. Your veterinarian can evacuate these glands quickly and show you how to tackle the job on your own, if you're game. Left unattended, this condition may require surgery. ■

Drawing: Dudych Shirck and Associates



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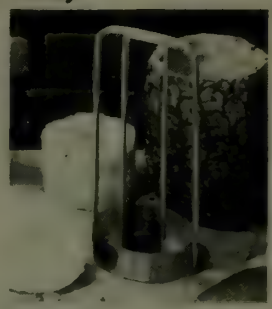
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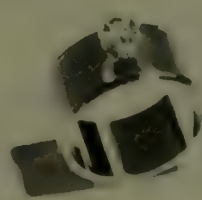
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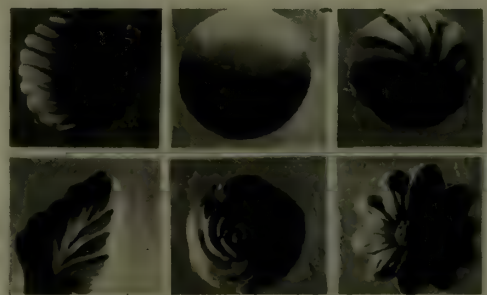
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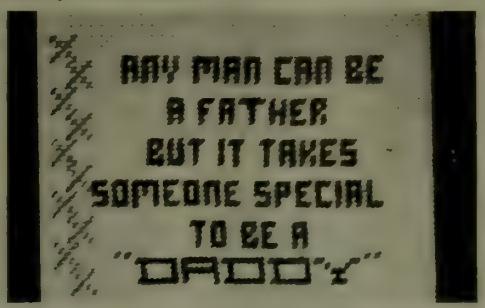
For your team, candidate, club, etc. Up to 30 letters on cotton sweat shirts ($5.99) or tee shirts ($3.99). Machine washable, powder or navy blue; S, M, L, XL. Specify size & color. Add $2 for extra printing. Holiday Gifts, Dept. 402-7K, Wheat Ridge, CO 80036.

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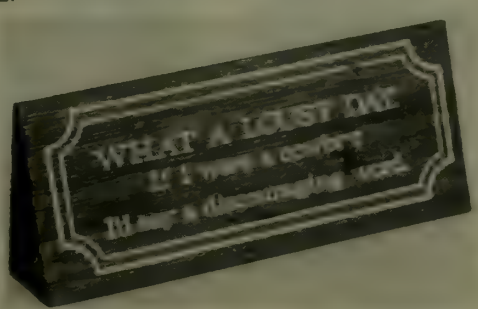
Convenient dryer fits all shower heads. Dry your washables overnight, slips on & off instantly; fits in a suitcase. Solid steel, white rustproof vinyl finish. Holds 11 hangers. $3.25; 2/$5.75 + 50¢ post. American Century, Dept. BH-27, Box 36232, Los Angeles, CA 90036.

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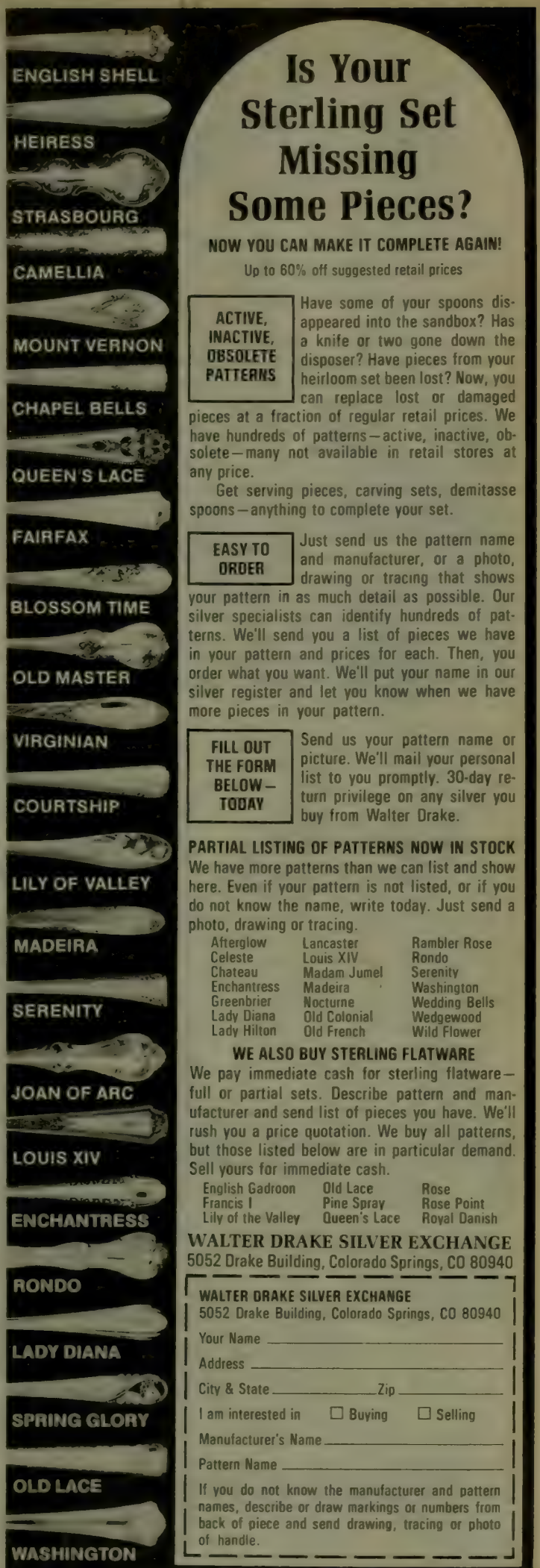
Black ink on white, blue, pink, yellow, silver or gold labels. 1¾" x ½". Any message up to 26 letters per line, up to 4 lines. 225 for $3; 450 (alike) for $5; 1,000 (alike) for $10 ppd. Specify color. Catalog 50¢. Bruce Bolind, Dept. BH-2 Bolind Bldg., Boulder, CO 80302.

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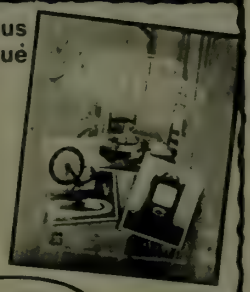
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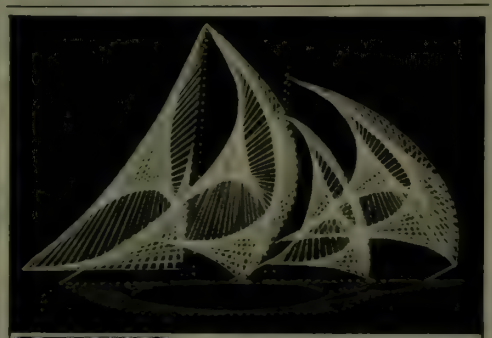


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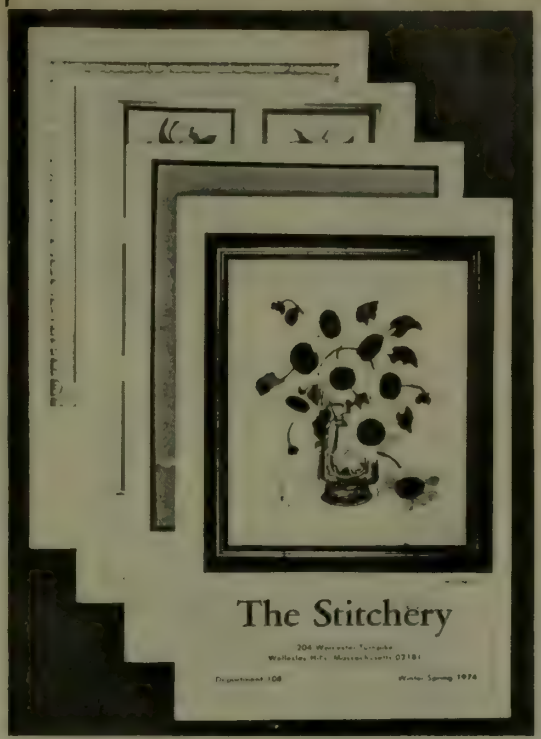
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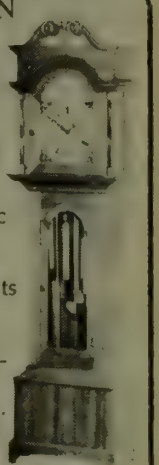
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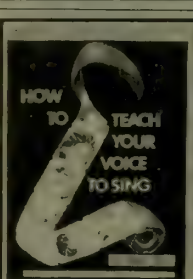
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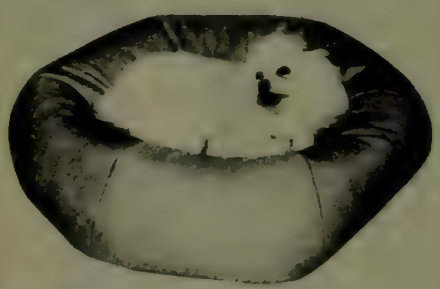
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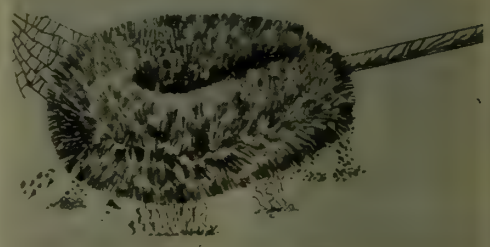
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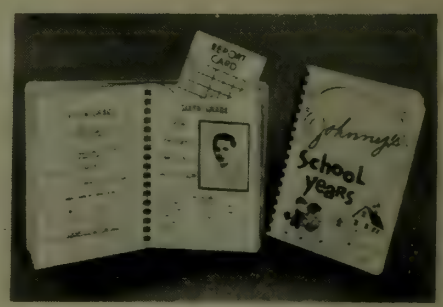
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A comfortable fashion first with plantation crepe sole, rope & straw vamp, 1¼" heel. Adj. buckle, padded insole & canvas trim. In Nat. only; Slim 6½-10; Med. 5-10. $16.95 + $1.25 post. Order "Polermo." Blum's, Dept. 7G-2, 1 Milton St., Dansville, NY 14437.



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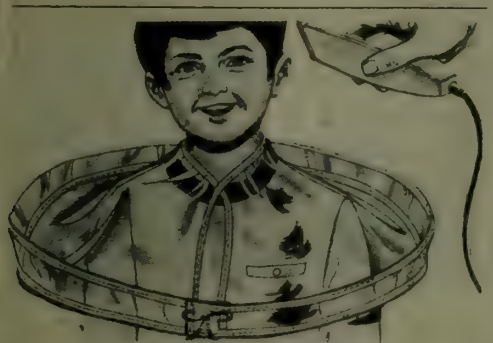
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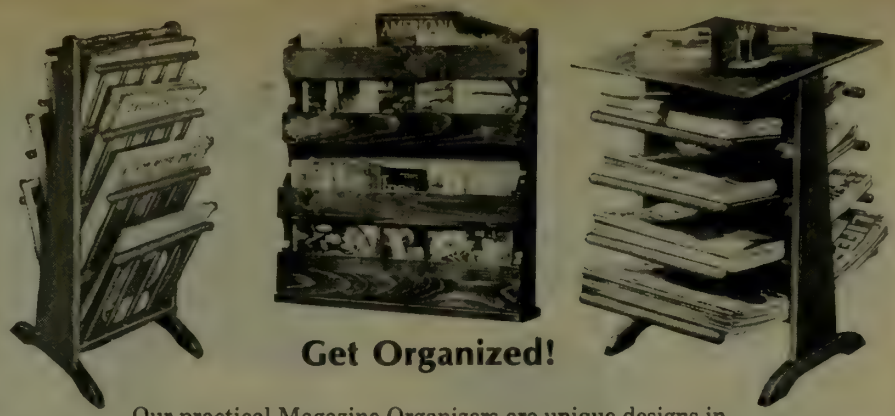


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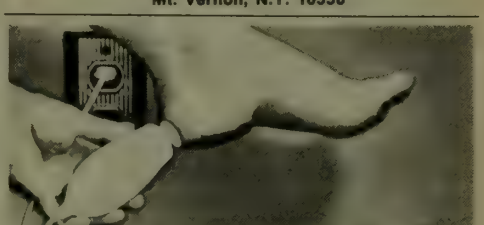
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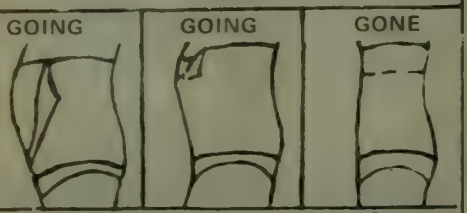
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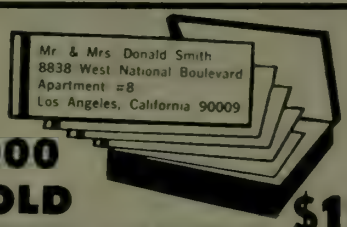


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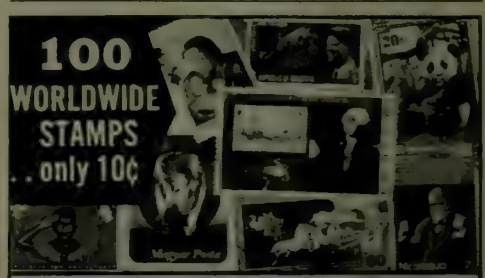
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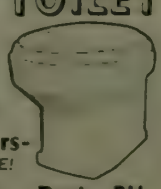
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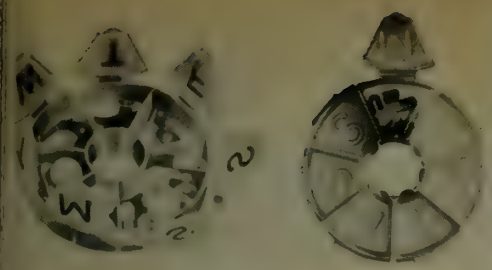
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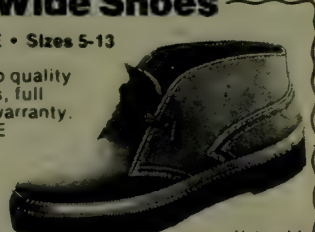
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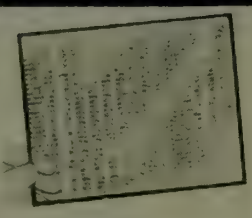
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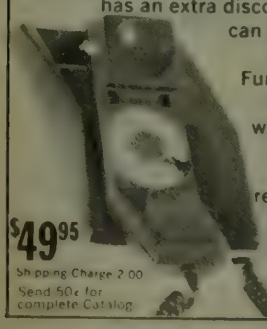


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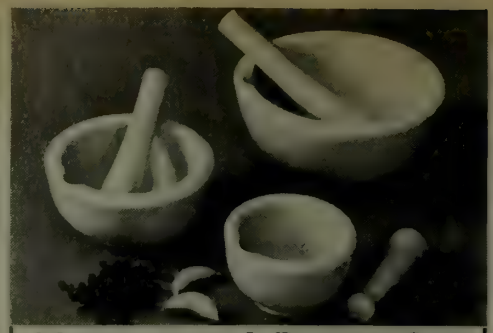
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1951 SILVER JUBILEE 1976

LILLIAN VERNON

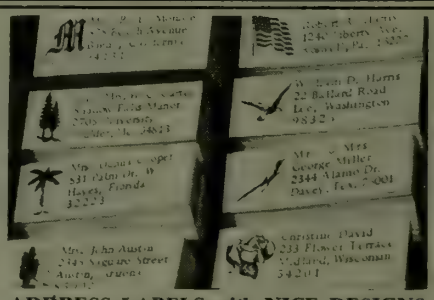
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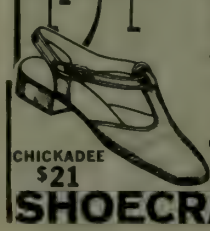
Send check or money order to:
ALL-BREED SHIRT CO., Dept.B4
3140 Harbor Lane No.
Mpls., MN 55441
(Add 75¢ per shirt for postage and handling.)



ADDRESS LABELS with NICE DESIGNS

Any Initial, U.S. Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose, Texas Flag, Maple Tree, Treble Clef, or Palette. To 20 letters per line, 4 lines. Printed in black ink on 500 white or 250 gold gummed labels. Two sizes . . . 1½" x ½" for $2.50 or Deluxe size 1¾" x ⅝" for $3.50. Via 1st Class mail, add 35¢. Specify Design, size, and color desired. Useful 80-P. Gift Catalog, 50¢. Bruce Bolind, 152-L Bolind Bldg., Boulder, CO 80302. [Since 1956, thanks to you!]

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CHICKADEE $21

Send Today for FREE Shoe Fashion Booklet V
SIZES up to 13

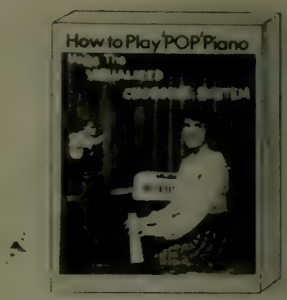
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Permanent press in Nat., ruffles in flower print in Brn, Red, Bl, Grn or Gld. 78"W pr., 2" ruffle. 25", 30", 36", 40"; $8 pr.; 45", 54", 63", $11; 72", 81", 90", $13.50; Val. 10"x70", $3.75. Add $2 post. Cat. free. Country Curtains, Dept. BHG-2, Stockbridge, MA 01262.



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Immediate Delivery. Prompt refund if not satisfied.

Lions
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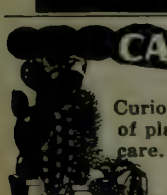


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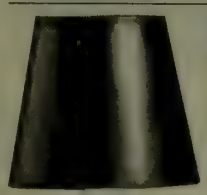


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$28
Plus $1.50 P&H
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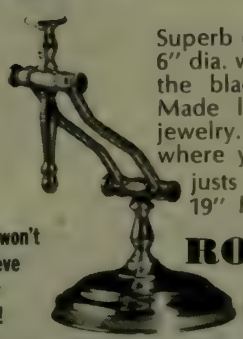
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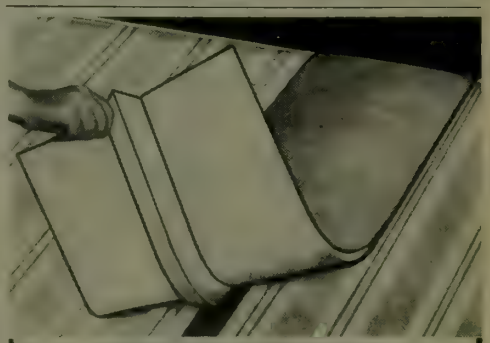
Waist size 24 to 34—$6.95 **Size 36 to 44—$7.95**

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State Waist size in inches

10 Day Free Trial Order Tummy Trim Brief today. Wear it for 10 full days. If not 100% delighted return for prompt refund of full purchase price.

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LILLIAN VERNON Dept. H22
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WICKER WALL LAMP—Handwoven completely wired with on/off switch, 10" dia. x 8" H. Painted in white, yellow, green, blue, orange, pink or black add $2.00. Use up to 100 watt bulb.



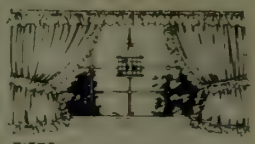
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NO-IRON MUSLIN
SUPERIOR QUALITY – VALUE PRICED!



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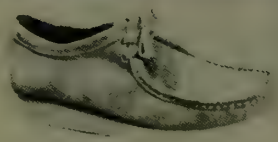


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24", 30", 36" lg ..... 7.50 pr.
WITH TIEBACKS
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INSERT VAL 54" w. ..... 2.50 ea.
VALANCE 11" x 72" ..... 3.25 ea.

Charming reproduction from Provincetown, Cape Cod. Extra-full 3" ruffles, extra-wide 80" to pair with attached top valance. 50% polyester 50% cotton muslin in **Natural or White**. Machine wash/dry. **Satisfaction unconditionally guaranteed.** Add $1.75 post./hdlg. Send check, M.O., Master Charge or Bank Americard. N.Y. Res. add tax. **Free Catalog.**

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$12.88
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You won't believe such fine quality can be had for so little money. Luxurious suede leathers are hand sewn into genuine tubular moccasins (where upper leather surrounds entire foot). Has thick genuine plantation crepe rubber soles, crepe wedge heel. We guarantee you won't be disappointed: wear for 10 days and if not delighted return for full refund.

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BUILD THIS LOVELY HORSE BARN

24 ft. wide x 36 ft. long x 18 ft. high featuring 3 9 ft. x 12 ft. stalls. Dutch doors to each stall. 17½ ft. x 8½ ft. tack room. 6 ft. x 9 ft. grain room. 12 ft. x 25 ft. with a 9 ft. sliding door to accommodate pick up truck, tractors, etc. 4 ft. rear sliding loft door. Concrete floors and stamped clay for stall area. Send $8.00 for step by step plans and material list. Also 24 ft. x 36 ft. x 18 ft. all purpose barn minus horse barn features $6.00.

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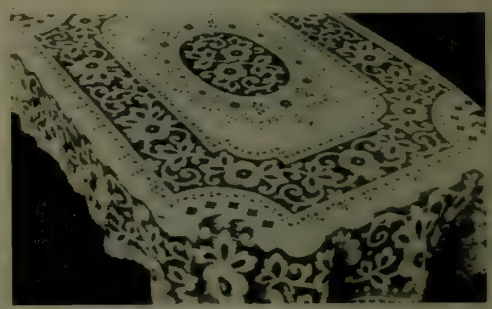


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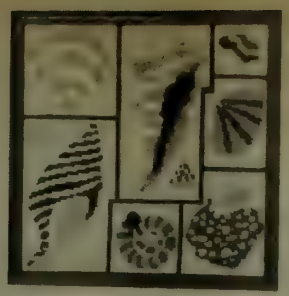
Ingenious device protects you wherever you are. Simply slip it between door & jamb, shut door, slide stopper toward door . . . you're locked in. Small enough to carry with you. 4¾"L, $1 ppd. Walter Drake, BH93 Drake Bldg., Colorado Springs, CO 80940.



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ıished size 10" x ". Kit: design on 12 sh interlock canvas, rsian wool yarn in ige, burnt orange, rk brown, gray, white, ld, needle and in- uctions. (Frame not l.) $7.50 + 60¢ post. The World of Stitch 'n Knit, Dept. 80-06, Box 9, Framingham, MA 01701.

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mbroidered ahara shirt



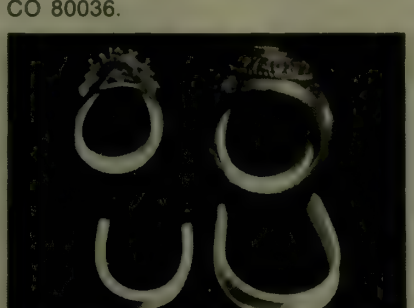
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we ship in 48 hours/satisfaction guaranteed or your money back

Spear DAY-n-NIGHT MARKERS

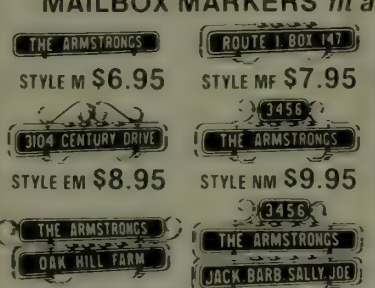
LAMP POST & WALL MARKERS *for home or office*



STYLE BR $7.95 STYLE EB $9.95 STYLE NB $10.95 STYLE OB $12.95

MAILBOX MARKERS *fit any curb style mailbox*



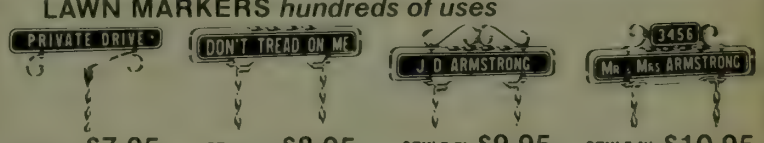


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LAWN MARKERS *hundreds of uses*



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☐ EARN MONEY SELLING OUR MARKERS – Send full details!

TOTAL $

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The Man Next Door®

Our annual blizzard is long overdue and we don't know whether to enjoy the reprieve or wish Mother Nature would go ahead and get it over with.

One of the intriguing things about having an older house like ours is the anticipation of going home each night to find out what broke down during the day.

The Rev. George Hall was relieved that the ladies of the church, in their booklet of original recipes, owned up to where they had stolen, uh, borrowed them.

Burt, Jr., reports with some surprise that his American history teacher seems just as interested in the subject as ever. Burt had thought the Bicentennial year had taken care of the whole business.

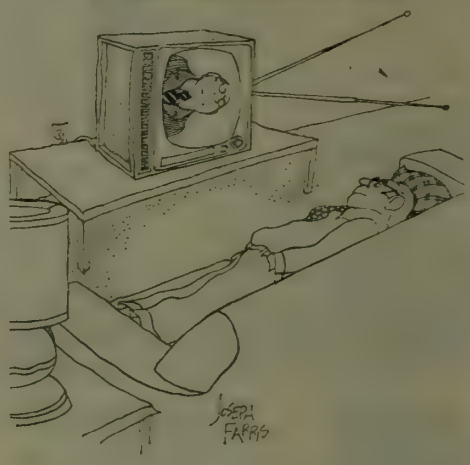
Judy, our 11-year-old feminist, is playing basketball this year and is limping slightly with what she calls a Charlotte horse.

Chuck Pomeroy says he has always liked the George Washington legend although recent experiences have led him to wonder how anybody could cut down a cherry tree without first filing an environmental impact report.

Rosemary's grades weren't too bad, but she sighs, "I wish I had gone to college back in Mom's day when girls weren't supposed to be smart." Her mother remained outwardly calm.

Ours isn't exactly a small town, but on a recent New York visit I was suddenly struck by how few times during the course of a month back home I ride in an elevator.

The appearance of the doctor's car on the block used to bring anxious calls from the neighbors. These days we get disturbed if the plumber's truck or the television repair van is parked in front of a neighbor's house.



When I say no to a movie, my children complain that PG means Parental Grouchiness.

When seeing an old friend after many years, I try to remember that nicknames were made to be outgrown and hope he extends me the same courtesy.

Judy thinks nature arranged to have so many famous people born in February and tossed in Valentine's Day to make up to the month for being short and often ugly.

At the dinner table I started reminding the children of how tough things were when I was a boy. Burt, Jr., said, "Daddy will be back right after this commercial message from his colorful past."



"First of all, we do not say, 'Mozart is a bummer.'"

The other morning as I was opening the kitchen cabinet where the cat food is kept, I felt, as expected, Cat rubbing against my leg.

Now the opening of that door made only the whisper of a sound. I hadn't even noticed it, nor had any other ears in a house full of ears. But that faint noise went straight to the ears of Cat and signaled food.

As I say, ours is a house full of ears. And yet what different things they hear, or don't hear. When Rosemary is home from college, studying in her room with her stereo blasting, she can't hear my loudest shout, "Turn that thing down!" But the first tinkle of the telephone, three closed doors and a flight of stairs away, brings her running.

Fred, our old dog, stirs from his place in front of the fire, lifts his head, and listens. To what? It is not for mere humans to know.

Burt, Jr., can hear the slightest interruption in the functioning of an internal combustion engine. The car may seem to me to be running fine, but if it doesn't sound quite right to Bud, I know I'd better take it to the garage.

Eleven-year-old Judy seems to have her ears tuned to birdsongs. When her feathered friends chirp for food, Judy hears and trudges through the snow to stock the feeder.

Christine, my wife, hears all sorts of things. She hears the note of discouragement that I try to keep out of my voice, or the undertone of hurt in one of the children's. The slightest sound from a crib used to wake her from the deepest sleep.

As for me, I don't know. Sometimes it seems that all I hear are things that I know are going to cost me money. But mostly I think I just listen to my family around me and am thankful for them. What never fails to amaze me is that all those ears, each pair individually tuned, still seem to hear enough of the same sounds to keep us close.

Burton Hillis

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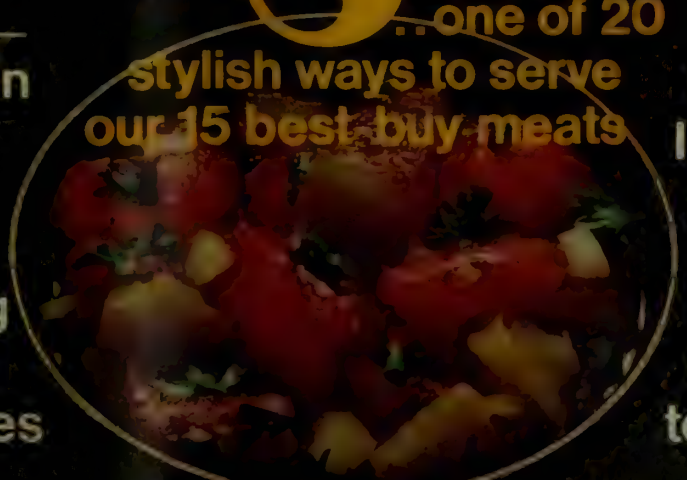
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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND GARDENS
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Cover photograph: Maselli

For shopping information on products shown in this issue, see Buying Guide, page 37.

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BinB® Mushrooms can transform ordinary chicken into a very special meal. One of the secrets of BinB's Chicken Benedict is the delicious flavor of the mushrooms. They're broiled in fresh, creamery butter, then packed in their own butter broth—a rich, buttery broth that makes the creamy sauce for the Chicken Benedict.

CHICKEN BENEDICT

1 2½ to 3 pound broiler-fryer chicken, cut up
1 can (3 oz.) BinB Sliced Mushrooms, reserve broth. Water added to mushroom broth to equal 1/3 cup
½ cup sour cream
½ cup mayonnaise
1 teaspoon prepared mustard
4 teaspoons lemon juice
⅛ teaspoon paprika
1 package chopped spinach
1 cup rice

Oven bake the chicken using your favorite coating. (Suggestion: roll chicken in 1 egg and ¼ cup butter, season and coat with cornflake crumbs.) Cook the rice and spinach according to directions. **THE SAUCE.** In a medium saucepan combine all sauce ingredients except mushrooms. Cook and stir over medium heat just until hot. Add mushrooms. Combine rice and drained spinach. Arrange on serving platter and top with chicken. Spoon sauce over chicken. Garnish with parsley and tomatoes. Makes 4-6 servings.



THE BUTTER MUSHROOM
for better meals.

Better Homes and Gardens®

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MARCH, 1977; VOL. 55, NO. 3

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GREEK-STYLE MACARONI BAKE

- 3/4 lb. ground beef
- 1/2 cup chopped onion
- 1 can (6 oz) tomato paste
- 1/2 tsp. salt
- 1/4 tsp. ground cinnamon
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/4 cup flour
- 2 cups milk
- 2 eggs
- 1/3 cup grated Parmesan cheese
- 1/4 tsp. ground nutmeg
- 8 oz. elbow macaroni, cooked, drained

Brown beef and onion. Drain fat. Stir in next 3 ingredients. Set aside. Combine next 2 ingredients. Gradually stir in milk. Cook and stir over medium heat until thick (do not boil). Beat next 3 ingredients. Gradually stir in sauce. Add macaroni. Spoon half macaroni mixture into 2-qt. oblong baking dish. Cover with meat mixture. Top with remaining macaroni. Bake in 325° F oven 45 min. or until set. Serves 4.



TUNA-TATER PIE

- 1 cup BEST FOODS Real Mayonnaise
- 1 Tbsp. grated onion
- 2 tsp. lemon juice
- 1 tsp. Worcestershire sauce
- 1/2 tsp. salt
- 1/2 tsp. prepared mustard
- 2 cans (7 oz each) tuna, drained
- 1 pkg. (10 oz) frozen mixed vegetables, thawed
- 1/2 cup sliced celery
- 2 cups mashed potatoes

Mix 3/4 cup Real Mayonnaise with next 5 ingredients. Stir in next 3 ingredients. Turn into 9" pie plate. Bake in 350° F oven 15 to 20 min. or until bubbly. Remove. Stir together potatoes and 1/4 cup Real Mayonnaise. Pipe or spoon around edge of pie. Broil 4" from heat source 8 to 10 min. or until lightly browned. Serves 4.

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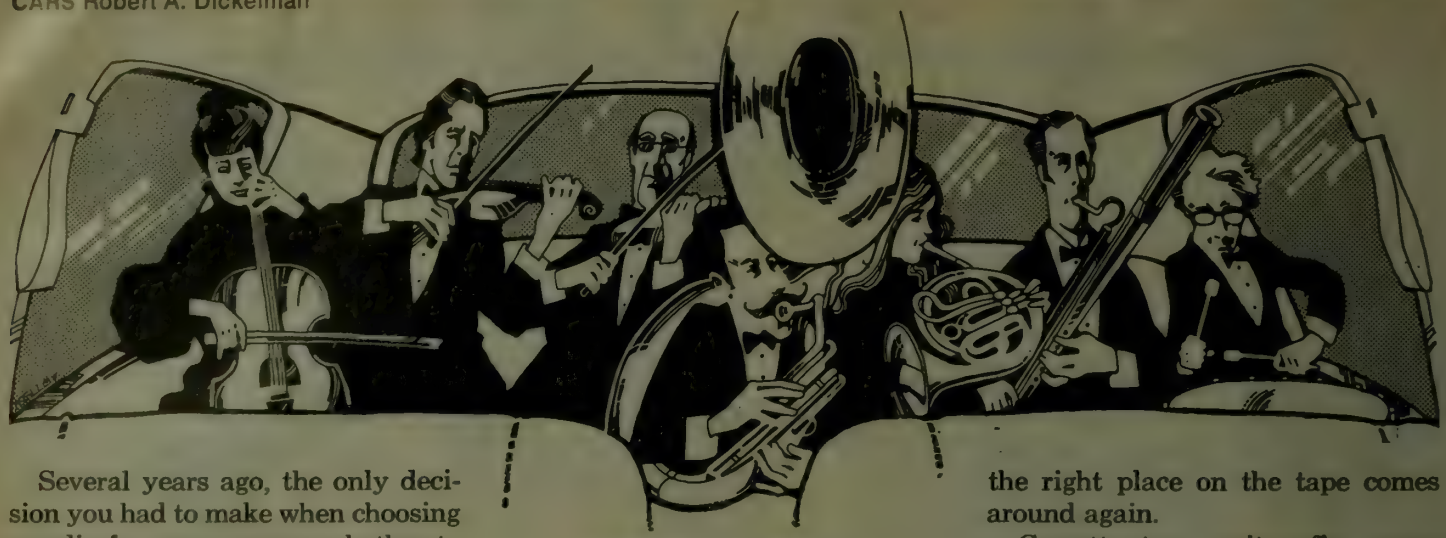
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CARS Robert A. Dickelman



WHAT'S WHAT IN CAR SOUND SYSTEMS?

Several years ago, the only decision you had to make when choosing a radio for your car was whether to buy the standard model with two knobs or the deluxe model with push buttons. Today, you can pick from dozens of different brands and types of sound systems designed for in-dash or under-dash mounting—at prices ranging from under $20 to well over $1,000. Here are some tips to help you make a sound investment for your car.

Who sells car sound?

Most car manufacturers offer at least one of each of the most popular types of components (radios, tape players, combination units, and speakers), so the easiest way to get a good sound system is to include one when you order a new car. You'll pay a premium for factory-installed sound, but on the plus side you'll have a system that is designed in, rather than added on.

Or you can buy a sound system from your car dealer. Most dealers handle good-quality sound equipment and usually have a greater selection than the car's manufacturer can offer.

If you want a system not available from your car's manufacturer or dealer, or if you're adding to what is already installed in your present car, or if you want to save money and handle the installation yourself, look for a reputable auto sound specialist in your area. He should have the best selection of radios and tape units for in-dash mounting, and will probably be the only outlet that has a good selection of add-on under-dash units. He'll also be able to show you competitive brands (and different types) of speakers.

What kind of sound do you need?

If you're interested in news, weather, and music to keep you company, buy an AM radio. Prices vary from $20 for an inexpensive under-dash radio to $75 for a factory-installed in-dash unit. An AM radio also makes sense if you do a lot of traveling through sparsely populated areas; on a clear day, you'll be able to listen to a strong station for 200 miles or more.

An AM-FM (or AM-FM stereo) radio is a good choice if you really enjoy music. FM programming is generally both more diverse and of higher quality than AM programming—but the effective range of an FM broadcast is usually limited to 30-40 miles. Expect to pay $50 to $140 for a standard AM-FM unit, and about $60 to $200 for AM-FM stereo radio.

Turned off by radio? Consider an eight-track or cassette tape player, and you'll have total control over the music that fills your car. Eight-track tape players aren't as versatile as cassette units, but they cost a lot less. You can buy an under-dash eight-track player for as little as $30; better units cost up to $100. The more expensive eight-tracks offer a fast-forward button so you can repeat a song by fast forwarding until the right place on the tape comes around again.

Cassette tape units offer many more features than eight-tracks. In addition to fast-forward, the cassette features include tape rewind and automatic reverse that let you play both sides of the tape without turning it over; some car cassette units also have a built-in recorder. Prices start at about $60, but a full-feature unit can cost over $200.

Other car sound options combine the different types of radios with either kind of tape unit ($100 and up). And one of the latest developments is an in-dash unit that has an AM-FM stereo radio, tape player, and Citizen's Band transceiver; expect to pay $300 or more.

How to make sound judgments

Just as you shouldn't buy a car without test driving it, you shouldn't buy a sound system for your car without a test listen. A good car dealer or sound shop should have a display that enables you to compare different components.

After deciding what type of sound system you want, find out which models will fit your car—and your budget. Then take as much time as you need to compare the way all the units function and sound. Don't pay too much attention to the manufacturer's specifications; let your ears decide which combination of components sounds best.

When you're sold on the sound and price of a system, ask about warranty and installation cost (or how much you can save by installing the system yourself). And most importantly, be sure to check other shops; a couple of extra hours spent shopping might save you a bundle. ■



ally really
ed her baby
shower.



Her mother thought
the centerpiece
was beautiful.



Her best friend
raved about
the clam dip.



And her cousin
noticed the
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Dissolve 1 tbsp. instant coffee in 2 tbsp. hot water. Stir into a 16 oz. can chocolate fudge topping. Spoon warm or cold over vanilla, chocolate or coffee ice cream. Splash on a little brandy. Top with lots of BLUE RIBBON Blanched Slivered Almonds, plain or toasted. TO TOAST: Place almonds in 350° oven about 8 minutes, stir once or twice.

For other fabulous almond and chocolate desserts send for the "Crazy About Almonds and Chocolate Cookbook." Send 50¢ to COOKBOOK, P.O. BOX 400, CHICO, CA 95927.

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How to make the most of a mini chain saw

Thanks to shrinking sizes and prices, the chain saw has recently moved out of the tall timber and into the homes of weekend lumberjacks. Unfortunately, making the saw smaller and cheaper didn't make it any safer—and a lot of mini chain saw owners lack the professional lumberman's experience and know-how. How can you reduce the hazards when you're learning to use the chain saw you've just bought—or borrowed? These tips should get you off to a safe start.



When you start the saw, always hold it firmly against a level surface with the bar and chain directed well away from your body, as shown in the photograph. Then place your foot over the rear of the grip to keep the saw in place while you are pulling the starter cord.

Don't try to start the saw while holding it unsupported in just one hand. As light as the saw may be, you'll need to brace it firmly when the motor kicks on. In fact, you should hold the saw with both hands all of the time it is running.



Make certain the log or limb you're about to saw is free to fall away from the cut. Then, when you get ready to cut, open the throttle fully just before letting the chain touch the wood. Keep the saw bumper (the front of the engine housing) firmly against the wood being cut. If you cut farther out on bar, the saw will tend to pull against you, making an accurate cut a lot more difficult.

Don't bear down on the saw; let its weight carry it through the wood. Release the throttle the moment the cut is completed.

How much saw do you need?

Estimate the amount of time you expect to use your saw, and then follow the chart when you go shopping.

Average annual cutting time	Power source	Bar & chain size	Engine displ. (cu. in.)	Tree-cutting capacity (dia.)	Price
up to 5 hr.	Electric	8″ to 14″	—	up to 8″	$30 to $90
up to 15 hr.	Gasoline	10″ to 12″	up to 2.2	up to 10″	$100 to $140
up to 40 hr.	Gasoline	14″ to 16″	2 to 3.5	up to 20″	$140 to $200
unlimited	Gasoline	18″ to 24″	3 to 4	up to 36″	up to $300

Mrs. Zierman says she got a Maytag Washer in 1966 because she heard they're built to last longer and need fewer repairs.

THE MAYTAG COMPANY, NEWTON, IOWA 50208



Tim and Beverly Zierman; Kris, 15; Joe 10; and Wynkyn.

She heard right.
In 10 workhorse years,
the repairman has been
practically a stranger.

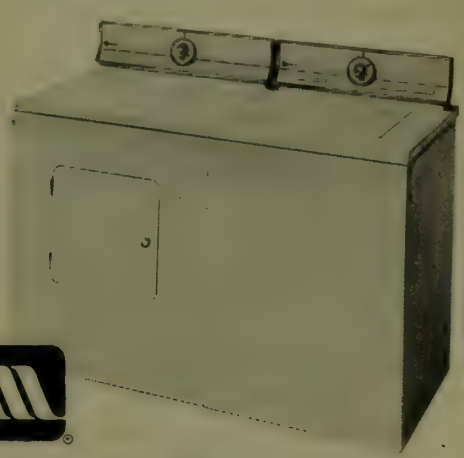
"We were purchasing our first washing machine," writes Mrs. Beverly Zierman, New Brighton, Minnesota.

Having heard people, including her own mother, sing the praises of Maytag dependability, she decided to get a Maytag Washer, continues Mrs. Zierman.

"That was 10 years ago," she states. "We are a family of four and our machine gets used every day, sometimes for just one load, and sometimes four or five loads."

Despite these long years of hard work, her Maytag Washer has seldom had a repair. "It works as good as the first day we bought it. I have come to depend on Maytag," Mrs. Zierman concludes.

We don't say all Maytags will equal that record. But long life with few repairs is what we try to build into every Maytag Washer, Dryer, Dishwasher, and Disposer.



MAYTAG

THE DEPENDABILITY PEOPLE



Is Owning A Home Still A Sound Investment?

Every time you open up a newspaper, it seems, out jumps a headline about another alarming increase in the cost of either buying or maintaining a house:

PROPERTY TAXES RAISED AGAIN
UTILITY RATES SOAR
AVERAGE NEW HOUSE TOPS $50,000;
BEYOND REACH OF 70% IN U.S.

Small wonder that so many families are growing more and more anxious about the value of their home—or potential home—as an investment.

But these stories make little sense unless you view them in perspective and understand how all the pieces fit together. Only then will it be possible to sort out the relevant facts and apply them intelligently to your own situation. Analyzed this way, today's housing market represents a uniquely attractive investment. If you're a homeowning family, you're fortunate indeed. If you're renting now but dream of someday buying your own house, the sooner you can manage it, the better off you'll be. Let's take a look at some of the elements involved and see why this is so.

Basic House Prices

What's important to keep in mind about the basic prices of houses is not simply that they're rising—what isn't these days?—but that they're rising a good bit faster than the economy as a whole. Most critically, they're rising faster than the average family's disposable income. And there's every indication that this trend will continue. This means that the average family striving to buy an average house—if they lack a financial nest egg to provide a healthy push—is like a man chasing a bus that's accelerating faster than he is. The harder he tries, the behinder he gets, as the Pennsylvania Dutch might put it.

But for families who already own their own home, this trend is not all bad. True, any new house they might have their eye on is rising in price with almost each passing hour. But so is the price of the house they now live in. If they sold it, they'd stand to make a better profit every day. And typically, the growing value of the house they now own will keep pace with the growing value of another house they might buy. In essence, they have a seat on the bus named inflation. It's only those families who do *not* own a house who are chasing the bus and falling farther and farther behind.

Mortgage Interest Rates

Whether interest rates for mortgage money will continue to climb, too, is uncertain. The experts suck their pipes, stare thoughtfully into the clouds, and issue conflicting predictions. Too much depends on governmental pressures, and the new administration hasn't had enough time yet to demonstrate the long-range effects of its policies.

There *is* general concurrence on one point, however: Any decline in mortgage interest rates in the foreseeable future will be relatively small—at best, from the present average of about nine percent nationally to, say, eight-and-a-half, conceivably eight.

What this means is that if you're postponing the purchase of a house because you're waiting for interest rates to drop, you're playing a losing game. How so? Because house prices are rising too fast to make it pay. During the time you delay, whether a long time or a brief time, the increase in the price of the typical house will more than eat up whatever money you might save by waiting for a modest drop in interest rates.

And of course you come out ahead if you buy now and interest rates climb; you're borrowing money for a lesser amount today than you'd have to pay to borrow it tomorrow.

Equity

Non-homeowners sometimes reason that by avoiding mortgage payments—principal, interest, insurance, the whole bit—they have more money available to spend on something else. Sure they do. And what they spend it on is rent. Unless you pitch a tent in a national forest or live off wealthy relatives, your family pays housing costs of one kind or another. If it's in rent checks, every penny of that cost is gone forever. But if you're making mortgage payments on a house of your own, you're constantly building up equity. Some day that house will be totally yours and you can live in it, rent free, for the rest of your life.

Leverage

"But how about the down payment?" non-homeowners may ask. "That's a big chunk of money, and if we don't buy a house, we might invest that cash in something else and make a killing."

Perhaps. But let's put a few perti-

continued

Drawing: Hellman Design Assoc.

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Read label for directions.

Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

continued

Is a home still a sound investment?

nent figures on paper to see how large a killing you'd have to mastermind to come out ahead of the family that invests in a house. What we're talking about is what economists call "financial leverage"—a minimum investment that reaps maximum profits. Here's how it works for a family that buys a house:

Say you take on a $40,000 house that requires a 20 percent down payment of $8,000. (We'll leave out the closing costs to simplify the math.) If that house increases in value by eight percent this year—a more conservative estimate than the recent average across the country of roughly ten percent a year—your investment will have grown by $3,200 (eight percent of $40,000). The relevant numbers speak for themselves. Divide the $8,000 you put down for the house into the $3,200 increase in its value and you come up with a 40 percent return. And that profit is all yours; you needn't share it with the lender. Where could the non-homeowner have invested his money with a realistic hope of making that big a gain? Your profit doesn't translate into cash unless you sell, of course, but neither does a killing in stocks and bonds, for example. Nor can you create a family home out of stocks and bonds. A house offers you a chance to put your money where you can live in it—as does no other investment you could possibly make.

Operating Costs

Another common delusion nonhomeowners harbor is that they're immune from the current upswing in the costs of home maintenance. Property taxes, utility rates, insurance, repair bills—it isn't only homeowners who get stuck with these charges. If you rent the place you live in, you're paying them, too. You just pay them indirectly as a part of your rent check (along with a profit for the landlord, by the way, an expense homeowners are spared).

So are homeowners better off on this score? Not much. No family really benefits from high maintenance costs. And, unfortunately, like house prices, they're climbing faster than family income, with not much hope of relief in sight. What America faces, whether we like it or not, is a future where housing will cost everyone more—not just more money in sheer dollars and cents but also a greater percentage of each family's disposable income. The only consolation homeowners enjoy is that they can deduct their property tax on their income tax form; non-homeowners cannot.

Income Tax Aspects

One of the best known advantages of buying your own house is that the interest included in your monthly mortgage payments is also deductible at income tax time. This advantage tends to be greatest the first years you own a home because the amount you pay in interest is always highest at the beginning, then steadily declines through the years. Figuring this savings to the penny is easy. If you're in the 20 percent income tax bracket, let's say, and assuming you itemize deductions on your return, your savings will be exactly 20 percent of whatever amount you pay that year in interest. If you're in the 25 percent bracket, you save 25 percent. And so on, up or down.

Because the government, in effect, helps out with the bill, the amount of interest you actually pay to borrow mortgage money may be substantially less than it seems. If you were to buy a house by borrowing money at eight percent, for instance, and if your finances put you in the 25 percent tax bracket, the government would absorb 25 percent of that cost. Out of your own pocket you'd be paying six percent, not eight.

And when you're borrowing money at eight percent, but paying for it at an effective rate of only six percent, meanwhile watching your new house grow in value at a nationwide average of around ten percent a year . . . well, you're not exactly losing out financially, are you?

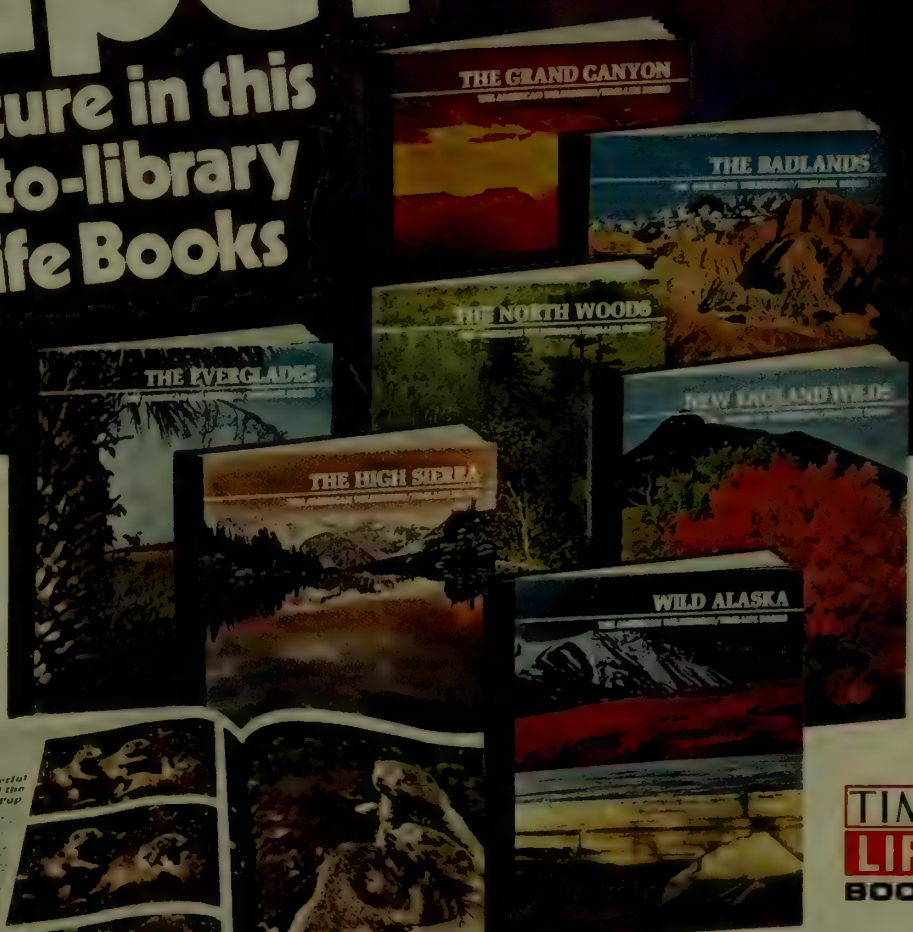
How It All Adds Up

For homeowning families, the conclusions are clear: Keep your house in good condition and it will probably grow in value more rapidly

continued on page 16

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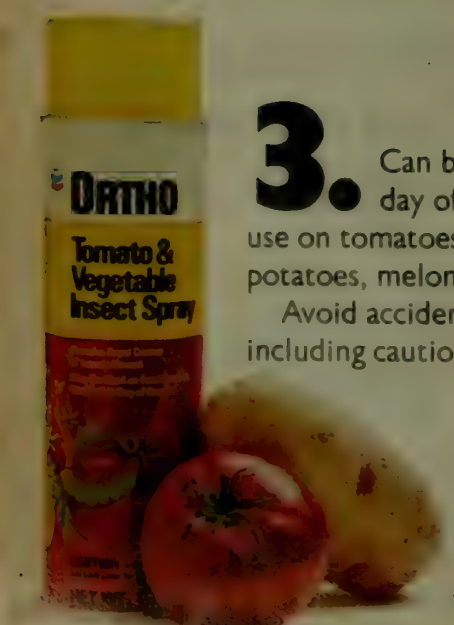
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continued from page 12

Is a home still a sound investment?

than any other investment you could make. Trading up to a better house is also a financially sound move if you're careful not to bite off more expense than you can chew. (Remember all those escalating operating costs when you're computing the total amount you'd have to allocate for housing.)

For non-homeowners, the situation is undeniably tougher, but hardly a legitimate excuse for despair. The first thing to do is to forget about averages. So what if the medium price of a new house in this country is now around $50,000? That means that half those houses sell for less than that amount—some of them, indeed, for a whole lot less—and even if they don't meet the criteria for your dream home, at least they represent a realistic opportunity to start building a nest egg that you can use later on as down payment for another house you like better.

In coming months, to help families on limited budgets, we're going to be examining various types of "affordable" housing, beginning with an article in next month's issue on the new look in mobile homes. (Don't choke over memories of drab, dingy "trailer parks" until you see how dramatically the picture has improved.) Later, we'll take a look at the "sweat equity" concept, which allows you, by doing some of the labor yourself, to cut the price of a new house by literally thousands of dollars. Yet a third budget alternative is commonly called the "no frills" house. It's the building industry's equivalent of the subcompact car: few or no luxuries and only limited space, but serviceable and not a bad buy for the money.

Not only financially, but in other ways, too, owning almost any home beats owning none at all. It's your castle, a nest for your children, a plot of land to call your own—in sum, a sort of psychological Middle C that offers comfort and stability in our jittery times. In that respect, a family home, whatever its price tag, has a value beyond all measuring. ■

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If bedding is queen size (60-inch width) these warranties only apply when the bedding is used with center support frame or bed rails that provide rigid center support.

*Prices higher in Alaska and Hawaii

PRUNE NUT BREAD





Photographs: Hedrich-Blessing; Dieter

Although Leonard Smucker has always enjoyed cooking, he says he really got "hooked" when he started experimenting with bread baking. Now, he leaves his practice (he's a clinical psychologist) early on Wednesday evenings to get a head start on his bread baking. Friends often receive a loaf of Prune Nut Bread as Len's special "thank you" for favors. Nuts, honey, and a spiral of prune filling make this whole wheat bread something special. It's a family favorite, served either with his wife's homemade soup or toasted and spread with rhubarb jam for Saturday breakfast. Even without the jam, the bread makes the best toast you've ever tasted!

Use kitchen shears to snip the prunes fine so you can spread them evenly over the dough. Then roll the dough up like a jelly roll; the prunes form a spiral inside the loaf—

- 3 cups whole wheat flour
- ½ cup whole bran cereal
- 2 packages active dry yeast
- 1 tablespoon salt
- 2½ cups water
- 1 cup nonfat dry milk powder
- ¼ cup cooking oil
- ¼ cup honey
- 1 egg
- 2 cups chopped walnuts
- 3½ to 4 cups all-purpose flour
- 2 cups finely snipped pitted prunes

In large mixer bowl, combine *2½ cups* of the whole wheat flour, the bran, yeast, and salt. In saucepan, heat together water, dry milk powder, oil, and honey just till warm (115° to 120°), stirring constantly. Add to yeast mixture in mixer bowl. Add egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in remaining whole wheat flour, the nuts, and enough of the all-purpose flour to make a moderately stiff dough. Knead on lightly floured surface till smooth and elastic, 8 to 10 minutes. Divide dough in half. Roll each half to a 12x9-inch rectangle. Sprinkle each rectangle with *half* the prunes. Roll up jelly-roll fashion, starting at short side; seal ends. Place each loaf in greased 9x5x3-inch loaf pan. Cover; let rise in warm place till double, 40 to 45 minutes. Bake in 350° oven for 40 minutes or till bread tests done. Remove from pans; cool on wire rack. Makes 2 loaves.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes submitted become the property of Meredith Corporation.

Introducing Fact Menthol. The low gas, low 'tar'.

You might not know it, but cigarette smoke is mostly gas—many different kinds. Not just 'tar' and nicotine.

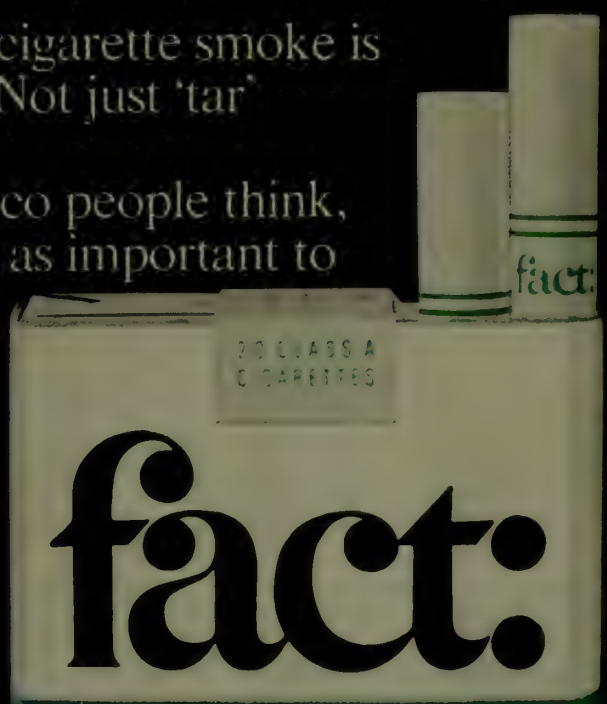
And, despite what we tobacco people think, some critics of smoking say it's just as important to cut down on some of the gases as it is to lower 'tar' and nicotine.

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And that's not fiction. That's a Fact.



Fact is the first menthol cigarette with Purite granules.
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Selective.
That means it reduces specific gases in smoke that taste bad.
Without removing the elements that taste good.
So, for the first time, you get low gas, low "tar," and satisfying taste in a menthol cigarette.
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HOW TO GET THE MOST OUT OF PARENT-TEACHER CONFERENCES

The parent-teacher conference has become an important extension of the report card in recent years. Teachers and school administrators generally believe that the conferences are beneficial. In fact, some elementary schools have substituted them for the traditional A-B-C grading system most of us grew up with. Regular conferences enlighten parents about their child's progress or problems in school while at the same time giving teachers a chance to learn more about the child.

Because teachers generally devote a significant amount of time to preparing for meetings with parents, it's only fair that parents come to the conferences as well prepared as the teacher. Here's how to do it.

BEFORE THE CONFERENCE

As soon as the conference is scheduled, jot down the questions you want to ask or comments you want to make. (Some schools ask parents to submit in advance a list of special concerns so the teacher knows what topics the parents want to discuss and will be prepared to answer their questions.)

Check with your child, too. Tell him about the conference and ask if there is anything he wants you to discuss with the teacher.

Ideally, both parents should attend the conference. Misunderstandings are less likely to occur when both parents hear what the teacher has to say, and the teacher can gauge the amount of support both parents give the child. When parents attend together, the child knows both are interested in his school progress. If it's impossible for both of you to attend every conference, then perhaps you can take turns.

Dr. Bernard McKenna of the National Education Association says that sometimes students should be included in teacher conferences. This helps students realize that the responsibility for learning is theirs, not their parents' or their teachers'. When students are included, they don't have to rely on secondhand information about what was discussed at the conference.

An ideal time to begin parent-teacher-student conferences is the third grade, when most students have matured enough to be active participants. However, if your school's policy excludes students from parent-teacher conferences, the teacher should inform your youngster about the topics that will be discussed.

School officials should provide a reasonably private spot for the discussion. A conference that can be overheard by students and/or other teachers or parents is bound to be nonproductive.

Preschool brothers or sisters should not be brought along to a conference. They are likely to disrupt the conversation and may "carry tales" home.

Be punctual. Conferences are often tightly scheduled and punctuality is greatly appreciated. And don't take more than your allotted time. If you think a specific problem needs further discussion, ask the teacher for another conference or follow up with a telephone call.

WHAT TO DISCUSS

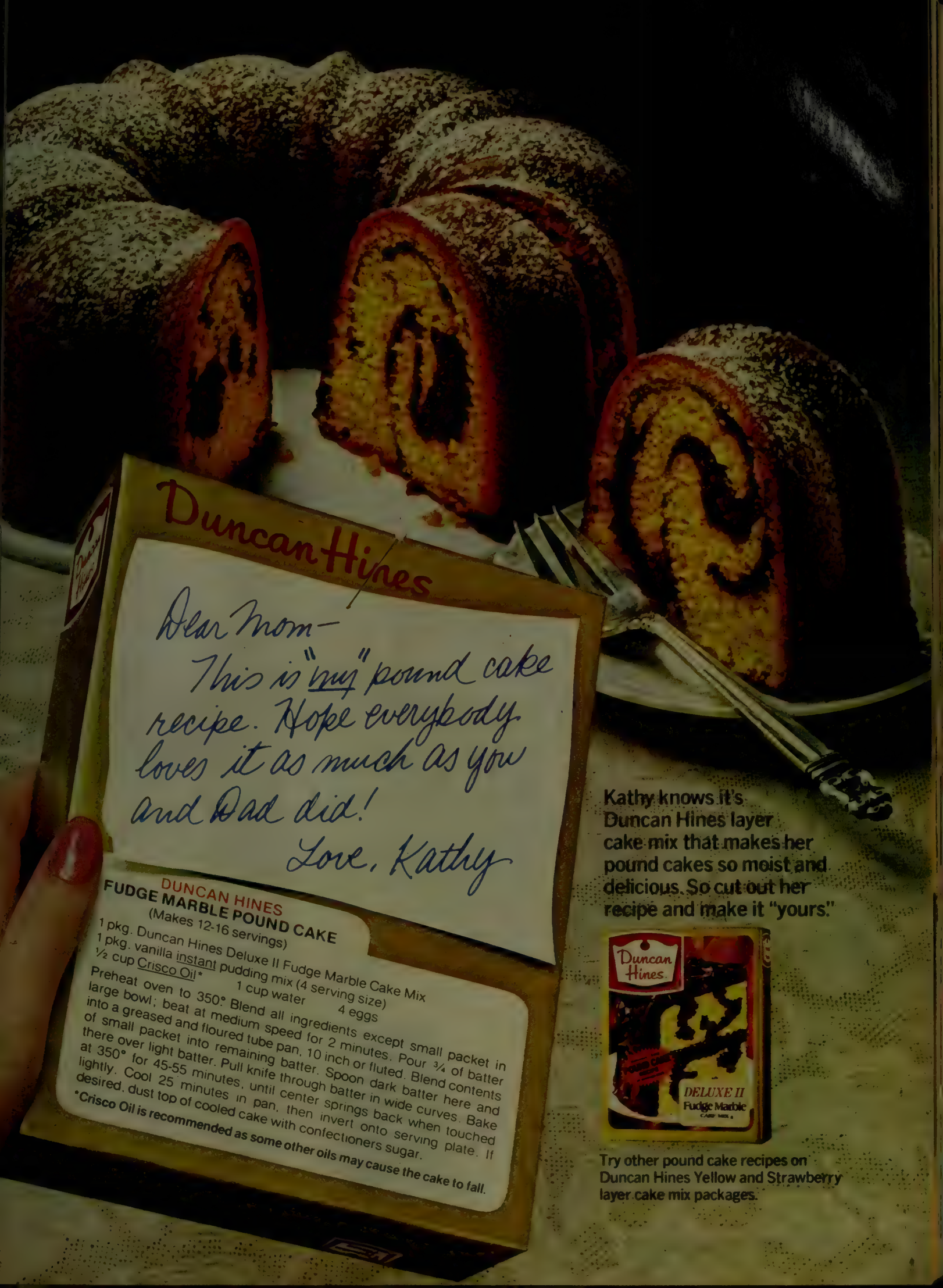
Fall conferences give teachers a chance to learn more about the child —his outside activities, health, home study habits, neighborhood friends —anything that might have a direct bearing on his work in school. *Spring conferences* usually consist of a review of the child's progress throughout the year with possible suggestions for summertime learning activities. If your child regularly brings home graded papers, you already have a good idea of how he is doing scholastically. The spring conference fills you in on other aspects of his schooling: how he gets along with classmates, how he handles himself in difficult school situations, and what the teacher thinks of him.

In addition to answering your questions, the teacher may want to ask some, too, such as how your child feels about school or a particular subject (or about the teacher, for that matter). If the teacher doesn't ask, feel free to bring up your child's reactions yourself, especially if he or she has expressed strong feelings about school.

If you see strengths in your child that the teacher may not see, feel free to mention them. Some studies suggest that what a teacher expects

continued

Drawing: Carlson & Partners


Duncan Hines
Dear Mom—
This is "my" pound cake recipe. Hope everybody loves it as much as you and Dad did!
Love, Kathy
DUNCAN HINES
FUDGE MARBLE POUND CAKE
(Makes 12-16 servings)
1 pkg. Duncan Hines Deluxe II Fudge Marble Cake Mix
1 pkg. vanilla instant pudding mix (4 serving size)
1 cup water
4 eggs
½ cup Crisco Oil*
Preheat oven to 350°. Blend all ingredients except small packet in large bowl; beat at medium speed for 2 minutes. Pour ¾ of batter into a greased and floured tube pan, 10 inch or fluted. Blend contents of small packet into remaining batter. Spoon dark batter here and there over light batter. Pull knife through batter in wide curves. Bake at 350° for 45-55 minutes, until center springs back when touched lightly. Cool 25 minutes in pan, then invert onto serving plate. If desired, dust top of cooled cake with confectioners sugar.
*Crisco Oil is recommended as some other oils may cause the cake to fall.
Kathy knows it's Duncan Hines layer cake mix that makes her pound cakes so moist and delicious. So cut out her recipe and make it "yours."
Duncan Hines
DELUXE II
Fudge Marble
Try other pound cake recipes on Duncan Hines Yellow and Strawberry layer cake mix packages.

continued

Parent-teacher conferences

of a child can become a self-fulfilling prophecy. In a study done by Robert Rosenthal and Lenore F. Jacobson, for example, teachers were given the names of children who were expected to show considerable academic growth during the year (In fact, the names were picked totally at random and had nothing to do with the children's abilities.) The children whose teachers thought they would do well did improve academically more than the rest of their classmates about whom the teachers had been told nothing. This indicates that if parents give the teacher realistic expectations for their child's performance, the child will probably benefit.

One thing not to discuss is any problem relating solely to other students. There is no place in a parent-teacher conference for gossip.

TEST RESULTS

Interpreting the results of achievement or I.Q. tests can be a major cause of confusion during parent-teacher confrences.

The teacher should be prepared to thoroughly explain the functions, findings, and relative importance of tests, but it helps if you come prepared with a basic understanding.

Achievement tests compare one child's achievement with that of other children who have taken the test (nationally or locally). I.Q. (intelligence quotient) exams, on the other hand, may also indicate a child's potential. Both tests can help you learn more about your child's academic strengths and weaknesses, but sometimes the test results can be misleading.

The way a test is constructed and the way a child feels while taking the test can contribute to his scoring lower than his ability warrants.

As parents, you should not place too much importance on the results of standardized tests. Be aware of the results, discuss them with your child's teacher, but pay closer attention to the child's day-to-day progress in school.

SENSITIVE TOPICS

Some conferences aren't as useful as they might be because teachers may be reluctant to discuss particularly sensitive issues with parents. A teacher may sense from the parents' attitudes that they are likely to misinterpret his remarks and later "take it out" on the child. On the other hand, there are parents who refuse to listen to or believe a teacher's criticisms of their youngster. Parents tend to be subjective and emotional about their children.

If you want an honest and straightforward conference, listen carefully and as unemotionally as possible to both the good and bad. Ask specific questions such as, "Is she reading at her own grade level?" or, "Is his math work similar to others' his age?" or, "Do you have any trouble disciplining her?" Now would be a good time to ask to see samples of your child's schoolwork if you haven't already seen the re-

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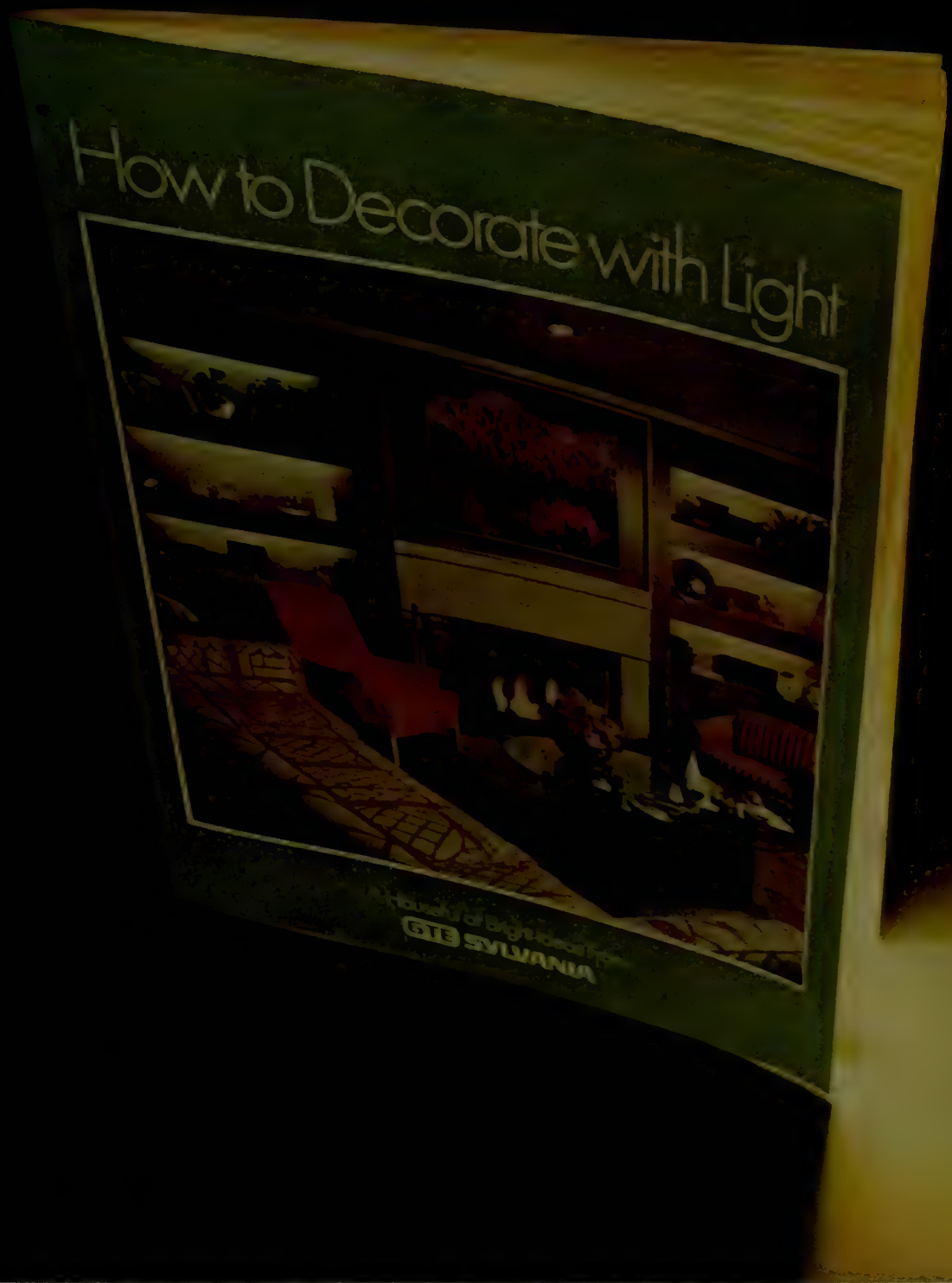
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SILK AND SILVER TURNS GRAY TO GREAT.



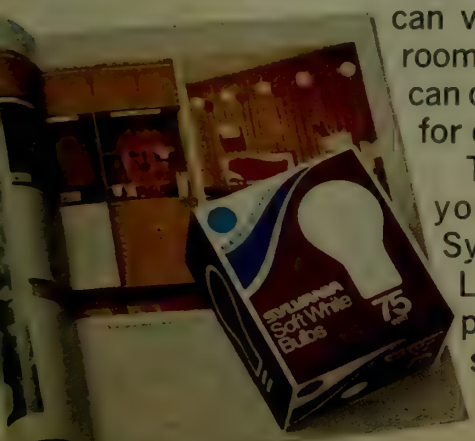
Say goodbye to that yellow tinge. And let your gray hair shine. With Silk and Silver hair color lotion. It's a breeze to use. Just shampoo it in. It colors away unwanted yellow without peroxide. Evens out your different gray tones. And adds silvery highlights that frame your face in softness.

SILK AND SILVER® HAIR COLOR LOTION.
Your gray hair can be one of the best things you have.



DON'T LIGHT YOUR HOME IN THE DARK.

There are lots of ways to brighten up your home with light. You can virtually change the design of a room by changing the lighting. Or you can create moods and highlight areas for dramatic lighting effects.



This 24-page booklet will show you the tricks. It's free from Sylvania, makers of Blue Dot™ Lightbulbs. Just send 25¢ for postage and handling and we'll send you lots of bright ideas about decorating with light.

How to order your free booklet.

Just send 25¢ to:
"How to Decorate with Light."
P.O. Box 9751
St. Paul, Minnesota 55197
Allow 8 wks. for delivery. Offer expires 9/30/78.

Name_____

Address_____

City_____

State_____ Zip_____

GTE SYLVANIA



Patch or panel your walls fast and easy.



DAP Interior Spackling Compound fills fine line cracks and deep holes in plaster and drywall. Comes ready-mixed so it's a snap to apply. Dries fast, sands to a feather edge and takes paint perfectly.



DAP Panel and Dry Wall Adhesive saves you time and work in paneling a room. Fastens paneling and wallboard to studding and furring faster, reduces need for nailing. Simplifies panel alignment.

Home fix-up's a snap with DAP

DAP is a trademark of DAP Inc

DAP Inc., General Offices: Dayton, Ohio 45401
Subsidiary of Plough, Inc

continued

Parent-teacher conferences

sults at home. If you feel the teacher is in error or doesn't know the whole side of the story, feel free to present your side. Parents need to show the teacher they are willing to work with the child who is having problems, and won't reject him or put undue pressure on him.

Ask the teacher for suggestions about how to solve a problem. Private tutoring, visits with the school counselor, a regular time for study, or curtailment of some outside activities may be solutions to specific problems. Try to reach an agreement with the teacher if possible, and be willing to compromise if necessary. If you commit yourself to a project designed to help your child in school, be sure you follow through with your side of the bargain.

Don't expect the school to perform miracles. If you've had problems with your child at home, it's unrealistic to think that the teacher can solve the same problem in a few months. After all, the teacher has other students in addition to your child. What if the teacher reports that your "problem" child is cooperative, cheerful, considerate, and helpful in the classroom? Accept the praise gracefully, even though you may suspect his or her impeccable behavior is "company manners" or a response to peer pressure.

Above all, accept your child for what he is and don't try to make him into something he can't or isn't ready to become. We've all known someone who was academically marginal but later became a successful member of the community. Grades show scholastic achievement but are not necessarily indicators of later overall achievements. Your child might be a "late bloomer" or learn in a different way: some children never excel in "headwork" but do well in "handwork."

After the conference is over, it's a good idea to jot down the important points you discussed with the teacher. The notes will help you discuss the conference with your child and will remind you to check back with the teacher in a few weeks to find out how the child has progressed since the conference.

IF YOU WANT TO KNOW MORE

In most schools, very little time is allotted to the parent-teacher conference. That means that questions about curriculum, the teacher's philosophy, discipline, and homework must often take second place to questions about the child's progress.

How can you find out more about the overall educational philosophy of your school system? You might try attending school open houses or go-to-school nights, reading school bulletins or newspapers, volunteering in your child's classroom or elsewhere in the school system, or visiting your child's class (after notifying the teacher, of course).

Another good way to broaden your knowledge is to participate in parent-teacher groups such as the PTA. They not only provide information about the school but give you an opportunity to participate in some of the decisions that affect your child's education.

There are significant fringe benefits to being in your child's school regularly, rather than just attending one or two conferences a year. Parents who are "on the scene" are attuned to what's happening in the school. Often they gain a new appreciation of how much teachers actually do—and how skillfully they handle a roomful of children who have various abilities and interests.

But effective as they are, school visits and regularly scheduled conferences sometimes need to be supplemented by more direct lines of communication between parents and teachers. Often the answer is a note or telephone call from home to school: "Susan's dog died last evening, so please understand if she seems upset today." Or from school to home: "Tom's work on his science project was exceptional—special thanks to his parents who gave him permission to raise the mice."

When a problem requires a personal visit, parents and teachers should feel free to request a conference. ■

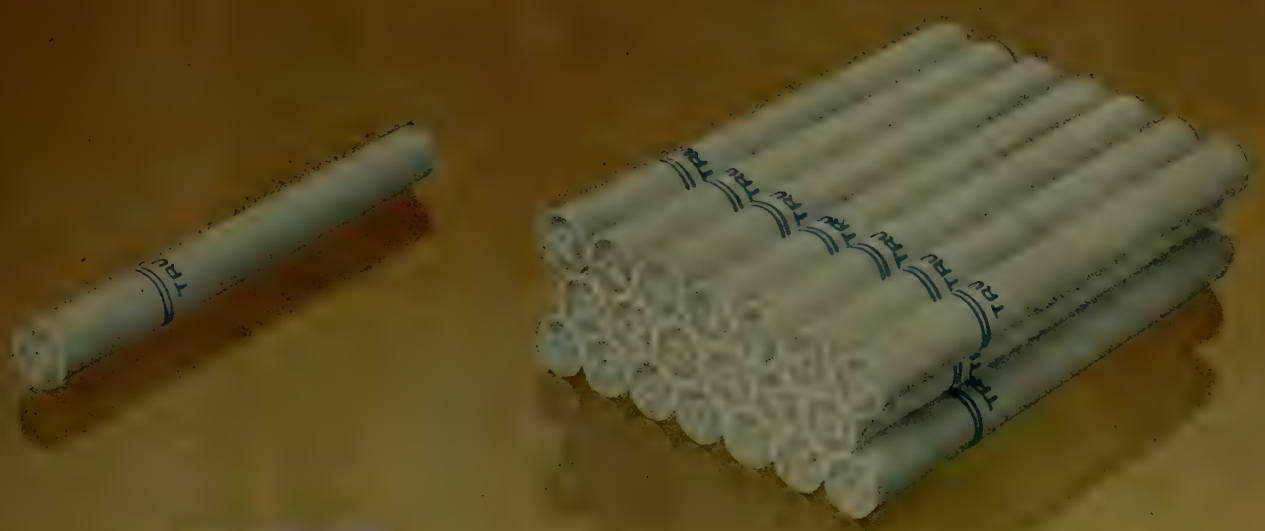
(Produced in cooperation with Donna Paananen.)

©Lorillard, U.S.A., 1976

True slashes tar in half!

Down to only 5 mgs. tar per cigarette.

Down to only 100 mgs. tar per pack.



5 MGS. TAR



And a taste worth changing to. Think about it.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Regular: 5 mgs. "tar", 0.4 mgs. nicotine av. per cigarette, FTC Report-October 1976.

GOOD NEWS

Hassle-free aquarium



◀ **If you've always wanted an aquarium—but rejected the urge to buy one because you were afraid it would take too much time to set up and maintain—this is your answer. The life support systems for this aquarium are automatic; and since they're all neatly hidden in a drawer under the tank, you'll enjoy an unobstructed view of the fish.**

UniQuarium, about $100. Metaframe Corp., 41 Slater Dr., Elmwood Park, N.J. 07407.

This stopwatch never forgets



▶ **Just in time for spring sports, here's an electronic stopwatch with a liquid crystal display that's legible even in bright sunlight. The watch has a split-action function that allows you to time and record consecutive lap times. For sports events with interruptions, a time-out feature lets you resume timing from the last reading displayed.**

Microsplit 320 Stopwatch, about $85. Heuer Time and Electronics Corp., 960 S. Springfield Ave., Springfield, N.J. 07081.

Do-it-yourself brick wall--in a bucket









Add the warmth of brick to any room in your home with this authentic-looking simulated brick. The brick compound comes in red, brown, white, gray, beige, and pink—and the foolproof patterns let you design your own special effects without any measuring. Here's how:

Step one: **Roll on the mortar base coat (gray, white, or black) over any solid, smooth surface.**

Step two: **Apply the pattern tapes to the wall; the color coding on the vertical and horizontal tapes helps you make the pattern for the design.**



Step three: **Mix a batch of bricks (use about three quarts of water for each bucket of powder) and trowel the compound on the wall over the pattern. Be creative; the swirls, thick spots, and texturing add realism.**

Step four: **Starting at the top, pull the pattern tapes from the wall. Your brick wall is finished!**

WonderBrix, about $1 per square foot (includes base coat, pattern tapes, and mix). The WonderBrix Co., 222 Wisconsin Ave., Lake Forest, Ill. 60045.

continued

Only at Sears

The Kenmore convertible sewing machine.



Flat surface for all your regular sewing.

You also get all these features:

A snap-in buttonholer that sews 5 different kinds—including keyhole. No other machine sews as many—so easily.



You get 44 different stitches—including 7 stretch stitches.

Solid-state controls give you full power, even at the slowest speeds.

With the no-skip needle and foot, you may never skip a stitch again—no matter how slick the fabric.

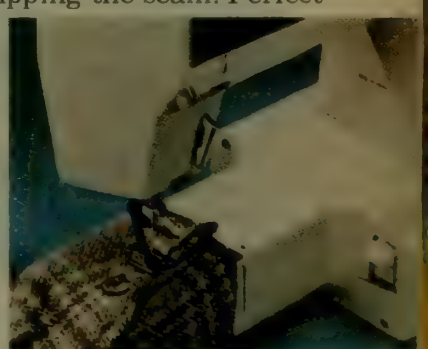
There are at least 20 other features you ought to know about.

Free arm for the things you used to sew by hand.

Sleeves, armholes, cuffs and collars slip right on. So do pants legs—without ripping the seam. Perfect for blind hems, too.

Shop around. Compare machines. You'll soon see what a *value* Sears offers. And don't forget Sears service and dependability. Get a demonstration at most Sears, Roebuck and Co. stores.

Also available through the catalog: #1914.



Kenmore. Solid as Sears

GOOD NEWS

Battery-operated doorbells



◄ Hate to spend a lot of time on simple around-the-house tasks like installing a doorbell? These doorbells give you a choice of either transformer or battery power. If you pick the latter, all you have to do is wire between the chime and the doorbell button—and mount both units.

Door Chimes, clockwise from upper left: Herald, about $6.50; Flora, about $18; Franklin, about $18; and Mission, about $19; other models available. General Electric, P.O. Box 462, 2777 Summer St., Stamford, Conn. 06905.

Pushbutton foam insulation



► With this foam, you can fill and insulate odd spaces around pipes, door jambs, and electrical boxes. The foam comes out of the can like whipped cream, but as it cures it expands to two or three times its original volume.

Fomofill Urethane Foam, about $7 per 18-oz. can. Fomo Products, Inc., 3250 West Market, Akron, Ohio 44313.

Ripley's "Believe It or Not!"



JIM BEAM

orange juice and grenadine unleash a

"KING KONG COCKTAIL!"

START WITH 1 OZ. JIM BEAM OVER ICE IN A TALL GLASS, ADD ¾ OZ. GRENADINE, FILL WITH ORANGE JUICE, ADD WEDGE OF LIME AND YOUR FRIENDS WILL GO APE OVER YOUR "KING KONG COCKTAIL"

Beam. Serving the United Tastes of America.

KENTUCKY STRAIGHT BOURBON WHISKEY. 80 PROOF. DISTILLED AND BOTTLED BY JAMES B. BEAM DISTILLING CO., CLERMONT, BEAM, KY

"When you buy thousands of vacuum cleaners, you get to be a good judge of quality."

by Robert Good,
Merchandising VP,
The Higbee Company



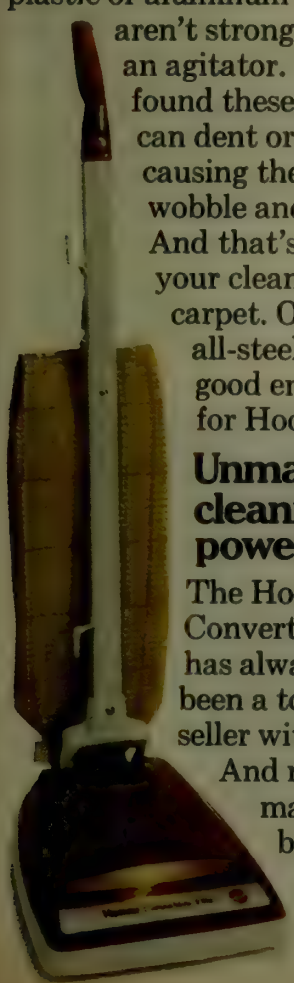
We buy thousands of vacuum cleaners for our stores, so we know which ones are made to last. That's why we've always been impressed by Hoover's quality. And the way they're always trying to make good vacuums even better.

One example of their quality is the all-steel agitator that gives you the Hoover deep-down cleaning action.

Only a steel agitator is good enough.

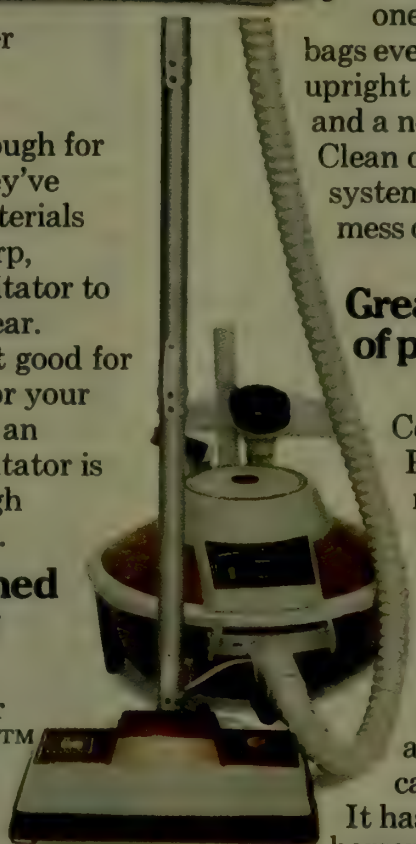


Hoover knows that softer materials — like wood, plastic or aluminum — aren't strong enough for an agitator. They've found these materials can dent or warp, causing the agitator to wobble and wear. And that's not good for your cleaner or your carpet. Only an all-steel agitator is good enough for Hoover.



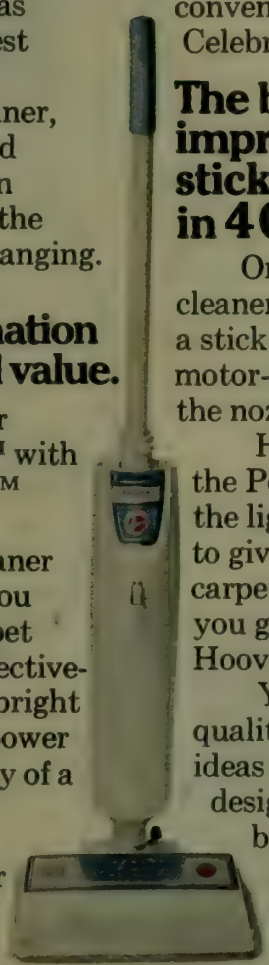
Unmatched cleaning power.

The Hoover Convertible™ has always been a top seller with us. And now Hoover has made it even better. It's the most powerful upright Hoover has ever made. It has one of the biggest bags ever put in an upright vacuum cleaner, and a new Quick and Clean dirt collection system that takes the mess out of bag changing.



Great combination of power and value.

The Hoover Celebrity II™ with Powermatic™ nozzle is a vacuum cleaner that gives you all the carpet cleaning effectiveness of an upright and all the power and versatility of a canister. It has a 3.4 peak horsepower* motor in its canister plus another motor in the nozzle to run the agitator. For power, performance, and convenience, the Celebrity II has it all.



The biggest improvement in stick cleaners in 40 years.

One of the newest cleaners from Hoover is a stick cleaner with a motor-driven agitator in the nozzle.

Hoover has added the Powermatic nozzle to the light weight stick to give you the thorough carpet cleaning ability you get with bigger Hoover vacuums.

You can count on quality and the latest ideas in vacuum cleaner design, when you buy a Hoover. See the full line at your nearest Hoover dealer today.

INSIST ON HOOVER.®

The Number One name in vacuum cleaners.

*1.2 VCMA HP

Could YOU hold out for the 5 months the U.S. asks you to wait?



A look at one of your most valuable Government benefits

If you think that Social Security and Medicare are strictly for folks over 65, you couldn't be more mistaken! Today, eligible people *under* 65 could not only collect under both programs, but collect tens or even *hundreds of thousands of dollars* in some cases.

U. S. Dept. of H.E.W. figures show that right now, nearly one person in every seven—including 11,000,000 under 65—receives a Social Security check every month. Nearly 2,000,000 folks under 65 have received benefits from Medicare.

That's why it's very important for people of all ages to know their rights under today's Social Security and Medicare, so they won't overlook valuable cash benefits they may be entitled to, now or later.

For example, among the most important Government benefits for working men and women under 65 are their Disability Income benefits under Social Security! Yet, not many people realize that—depending on age, income and family circumstances—these benefits could actually pay you $20,000, $50,000 or even $100,000 or more over the years.

Thus, when you're hit by a disabling sickness or injury and can't work, "Uncle Sam's" disability benefits can provide a good share of the money you'll need to keep the "wolf from the door."

But, there *is* this problem—you *cannot* start collecting these Government cash benefits until you've been disabled for *five* full months! Few people have enough savings in the bank to hold out *that* long!

But, fortunately, it's easy to add supplemental disability income insurance protection that can provide you with a steady income until "Uncle Sam's" benefits begin.

In addition to your disability benefits, there are actually over 10 *other* ways people under 65 could collect cash benefits under Social Security and Medicare.

For an informative "Blue Book" with important facts on benefits under Social Security and Medicare, and how you can supplement them for your future security—simply mail the postage-free card next to this page. The "Blue Book"—which also tells about "Over-65" plans to help with Medicare—will be mailed to you by Certified Life Insurance Co. of California, whose famous White Cross Plan policies now protect thousands of California families. There's no cost or obligation for this service.





BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

MAKE BIG ROOMS OUT OF LITTLE ONES

Page 68 (bottom right): Cabinets and counters—Formica Corp., 4614 Spring Grove Ave., Cincinnati, O. 45232. Counter range, counter-saver, coffee pot—Corning Ware, Corning, N.Y. 14830. (Bottom left): Cloth on table—Fabrications, 146 E. 56th St., N.Y., N.Y. 10022.

Page 69 (top): Velvet upholstered sofa—Dunbar Furniture, Berne, Ind. 46711. Fabric on sofa—Jack Lenor Larsen, Inc., 232 Eighth St., N.Y., N.Y. 10021.

Page 70 (bottom): Modular seating units—Compono, Norwalk, Conn. 06360. Rug, floor pillows, tea wagon—Design Research, Inc., 57 Brattle St., Cambridge, Mass. 36511. Track and recessed lights—Prescolite, 1251 Doolittle Dr., San Leandro, Calif. 94577.

Page 71 (top): Sliding glass doors—Arcadia, 995 S. Hatcher Ave., City of Industry, Calif. 91744. Place mats—Dansk, Roder Circle Road, Mt. Kisco, N.Y. 10549. (Bottom): Chairs—The Telescope Folding Furniture Co., Granville, N.Y. 12832. Fireplace—Portland Foundry, Portland, Me. 04101.

Page 73: White pedestal table—Knoll Intl., 320 Park Ave., N.Y., N.Y. 10022. Portable television—Sharp Electronics, 10 Keystone Place, Paramus, N.J. 07652.

HOW TO MAKE A ROOM SPECIAL WITH ACCESSORIES

Page 74: Chairs—Hickory Chair Co., Box 2147, Hickory, N.C. 28601. Light fixture—Lightolier, Inc., 346 Claremont, Jersey City, N.J. 07305.

Page 76 (bottom left): Wallpaper—C. W. Stockwell, Inc., 320 N. Madison Ave., Los Angeles, Calif. 90004.

Page 77 (bottom): Wallpaper—C. W. Stockwell, Inc. (address above).

GREAT SEWING MACHINE PROJECTS . . .

Sewing machines courtesy of Berrina and Sears Kenmore.

Pages 98-99: Footed vase on table—The Fan Co., 225 5th Ave., N.Y., N.Y. 10010. Ceramic box—Schmid Brothers, Inc., 55 Pacella Park Dr., Randolph, Mass. 02368. Chair—Door Store, 1 Park Ave., N.Y., N.Y. 10016. Lamp—Ceralon Mfg. Corp., Pinehurst Rd., Aberdeen, N.C. 28315. All silk flowers and baskets—Sigma Marketing Systems, Inc., 615 South St., Garden City, N.Y. 11530.

Page 102: Vase—Rockville Intl., Inc., 225 5th Ave., N.Y., N.Y. 10010. Plate "Argus"—Fostoria Glass Co., Moundsville, W. Va. 26041. Ceramic basket—Schmid Brothers, Inc. (address above). Spoon—Supreme Cutlery, 1214 Broadway, N.Y., N.Y. 10001.

Page 103: Wine glasses "Trumpet"—Block China Corp., 11 E. 26th St., N.Y., N.Y. 10010. Pitcher—R. F. Brodegaard & Co., Inc., 225 5th Ave., N.Y., N.Y. 10010. Wood bowls with spoons—H. A. Mack & Co., Inc., 165 Newberry St., Boston, Mass. 02116. Large wood bowl—B.I.A. Cordon Bleu, Inc., P.O. Box 627, Burlingame, Calif. 94010. Salt and pepper shakers—Denby Ltd., 4688 Paddock Rd., Cincinnati, O. 45229.

15 ALL-TIME BEST MEAT BUYS

Page 106: Ceramic jar—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010. Round white platter "Vanilla"—Denby (address above).

Page 108: White oval platter—Rosenthal Studio Haus, 548 5th Ave., N.Y., N.Y. 10036.

Page 109 (front): Pie plate—Heller Design Inc., 200 E. Prospect Ave., Mamaronek, N.Y. 10543. (Back): Casserole—Heller (address above). (Center): White mixing bowl—Denby (address above).

Page 110 (back): White skillet "Club"—Waterford Glass Inc., 225 5th Ave., N.Y., N.Y. 10010. (Front): White platter—Denby (address above).

Page 112 (front): White casserole "Fireking"—Anchor Hocking Corp., 5th & Pierce Sts., Lancaster, O. 43130.

PRIZE TESTED RECIPES

Page 117: Baking dish—Pyrex, Corning Glass Works, Corning, N.Y. 14830.

Page 118 (center left): Teaspoons—Oneida Silversmiths, Kenwood Station, Oneida, N.Y. 13421. (Center right): Plates "Papaya"—Franciscan Table Top Fashions, Interpace Corporation, 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Right): Pie plate—Pyrex (address above).



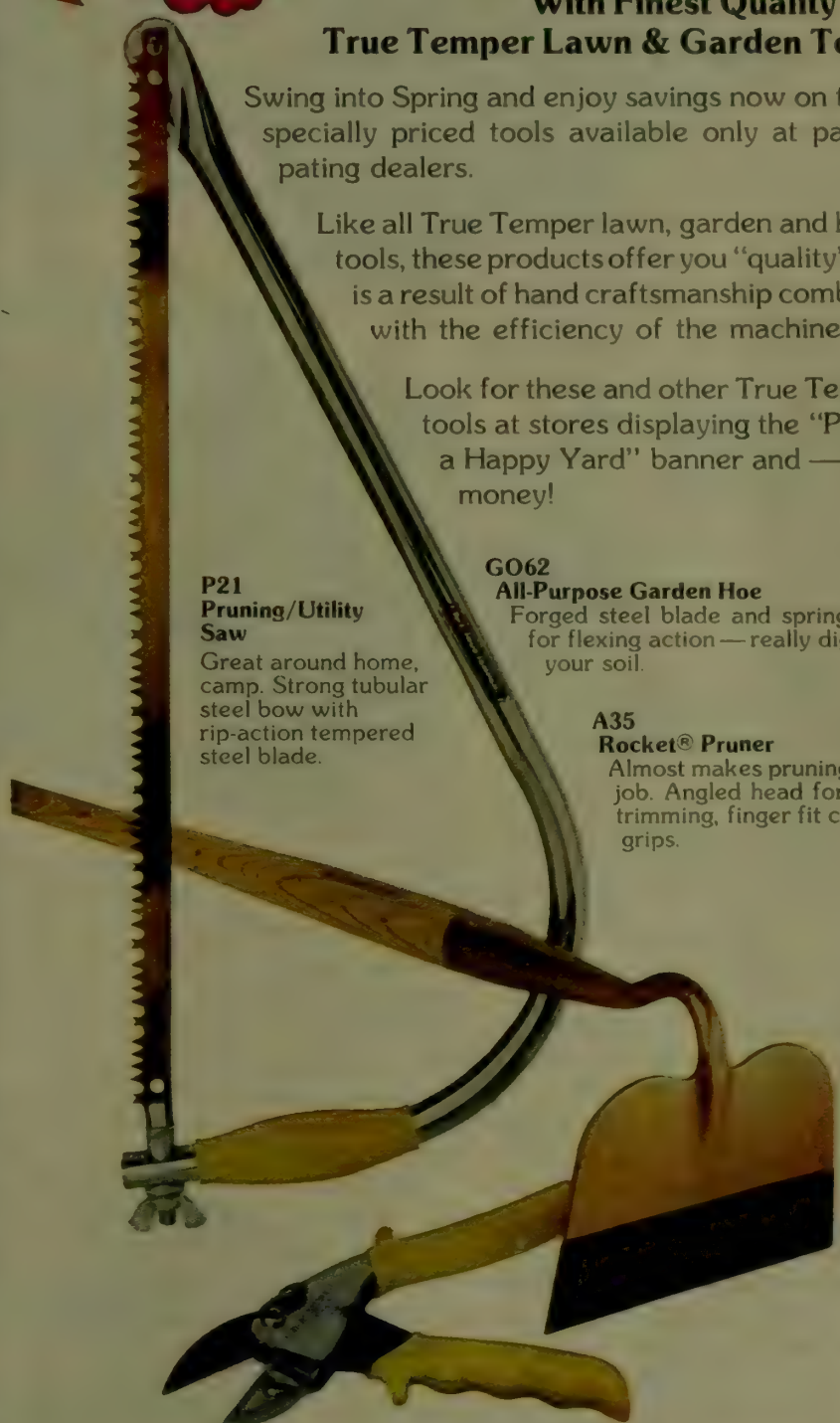
Put on a happy yard...

With Finest Quality True Temper Lawn & Garden Tools!

Swing into Spring and enjoy savings now on these specially priced tools available only at participating dealers.

Like all True Temper lawn, garden and home tools, these products offer you "quality" that is a result of hand craftsmanship combined with the efficiency of the machine age.

Look for these and other True Temper tools at stores displaying the "Put on a Happy Yard" banner and — save money!



P21
Pruning/Utility Saw
Great around home, camp. Strong tubular steel bow with rip-action tempered steel blade.

GO62
All-Purpose Garden Hoe
Forged steel blade and spring neck for flexing action — really digs into your soil.

A35
Rocket® Pruner
Almost makes pruning a fun job. Angled head for close trimming, finger fit cushion grips.

TRUE TEMPER®
An Allegheny Ludlum Industries Company



HOW CAN THE ARMED SERVICES HELP COVER COLLEGE COSTS?

With four-year costs already topping $16,000 at many colleges and heading nowhere but up, the military may provide just the financial help your youngster needs to get through school. The armed services are eager to sign on college-qualified personnel, especially in these days of zero draft, and excellent educational benefits are one of the inducements. Also, new opportunities have opened up to women.

The possibilities for both sexes are many. Benefits, eligibility requirements, obligations, and other details differ according to the particular armed service and plan. Some programs are similar in several services; others are unique. Typical opportunities are listed below, along with addresses where you can get further information on these and other educational programs.

The military academies

West Point and Annapolis, of course, are legendary, and the Air Force and Coast Guard Academies have their own prestigious images. But don't be dazzled by the glamour of dress parades and rah-rah football games. Your youngster should take a no-nonsense look at what he or she is capable of achieving, and whether this kind of military life-style is really suitable.

Academy graduates receive a bachelor of science degree, an officer's commission, and a career assignment. Any youngster applying should have a strong scientific bent in order to succeed with all the required courses in basic and applied fields—like engineering, nuclear physics, and aeronautics. Also, the academies are really looking for managers. Young people whose interests lie in the arts, sociology, or related fields probably aren't academy material.

The competition is keen: most successful applicants are in the top 20 percent of their high school class. Women are now eligible, and the academies encourage any woman who feels she is qualified to apply. The scholastic and aptitude exams are the same for men and women, though physical requirements and tests differ somewhat.

Admissions procedures are basically alike for all the academies. A good first step is to discuss possibilities with a high school guidance counselor or an advisory member of the service (usually a retired officer). Be sure to start these procedures in the spring semester of the junior year in high school.

● **Benefits.** In addition to receiving full tuition for four years, room and board, uniforms, and medical expenses, each student receives a monthly stipend of $317.10—and, of course, a bachelor of science degree and an officer's commission upon graduation.

● **Requirements.** An applicant must be an unmarried U.S. citizen of good moral character, at least 17 and less than 22 years of age on July 1 of the year of entry. Attitude and personal appearance count strongly during an applicant's interview for the academies.

An applicant must be nominated by a member of Congress or other authorized person. (This rule applies to all academies except the Coast Guard, which relies strictly on competition.) To cover as many bases as possible, apply to both your senators and your representative.

A student must take the Scholastic Aptitude Test (SAT) or the American College Testing Program (ACT). Youngsters may retake the SAT for a better score. These tests are primary, but the military academies are also interested in the whole person; athletic skills and leadership abilities are of equal consideration for admission to the academies.

Note: The Navy, Army, and Air Force Academies frequently select career-minded young men and women from the ranks, even though they have not had the opportunity to become fully qualified. What counts is a demonstration of outstanding leadership ability and dedication to service. Approved applicants who are selected from the ranks will be sent to an academy preparatory school so they can enroll later at one of the academies.

● **Obligations.** Each graduate must serve a minimum of five years

continued

Putting the accent on comfort made Volaré America's best selling wagon.



The proof is in the putting. And we put more value into Volaré than any wagon lover could ever rightfully expect. Put one through its paces. Discover for yourself the best-selling combination of size, comfort and economy that leaves Volaré virtually without competition.

Volaré offers more cargo space than other small American wagons. Other small American wagons in Volare's class just aren't. Comparisons don't exist. Better you should compare Volaré to big station wagons (83% as much space as a Chevrolet Impala wagon); or mid-size wagons (more passenger space than a Chevelle wagon). Pinto? Pacer? C'mon.

24 mpg/ 17 mpg. Volaré puts out some pretty impressive EPA estimates for highway and city driving, based on 6-cylinder 2-barrel engine and manual transmission. Your mileage could differ depending on how and where you drive and your car's optional equipment, and will be lower in California and certain other areas. But considering Volare's huge cargo capacity, 24 and 17 are nothing short of fantastic, sensational and terrific. To put it mildly.



The liftgate is gas assisted for ease of operation. At various times there have been 1-way tailgates, 2-way tailgates, 3-way tailgates, even vanishing tailgates. Everybody tries to design their own tricky way to get into the cargo area. But the test of a good tailgate is simply this: It should work. It should get out of the way in a hurry, yet close easily and efficiently. (Volare's does.) What it shouldn't do is pad out the price with rattle-prone gadgetry. (Volare's doesn't.)

Volare's isolated transverse suspension. Underneath the comforts of room, size and price is a ride that compares favorably to big wagons. It results from isolating, bending and mounting torsion bars in transverse fashion. Given time, other wagon makers may someday duplicate Volare's isolated transverse torsion bar suspension. Maybe. Someday.

Hidden spare tire and lockable storage compartment. The difference between Volaré and other small wagons is that it doesn't just pretend to be a wagon. Like big wagons, the spare tire is under the cargo floor, out of sight. And, like big wagons, there's a hidden storage compartment on Premier models to keep that "out-of-sight" camera out of sight.



Even the price is comforting. It all comes down to price. And it's our contention, nobody has more features coming down on a lower price than Volaré. Just $3941* for the base Volaré Wagon to your left. The Premier model shown above is, of course, more expensive. Putting the accent on comfort paid off. It has more people putting their money on Volaré than any other wagon in America.

*Manufacturer's Suggested Retail Price excluding: taxes, license, destination charges, whitewalls ($39.25) and deluxe wheel covers ($32.00). Prices higher in California.

Plymouth

A PRODUCT OF CHRYSLER CORPORATION

Volaré. The small wagon with the accent on comfort.

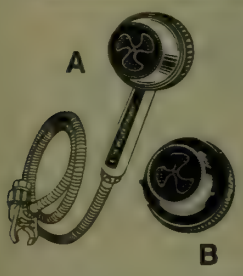


You'll like the store with the Sentry on the door!

Your neighborhood Sentry store is a friendly place where you can shop leisurely . . . browse to your heart's content. No rush! No high pressure selling! Just honest values and quality merchandise offered by an independent merchant who takes pleasure in serving you. He's listed under hardware.

yellow pages

THE SHOWER MASSAGE by Water Pik®

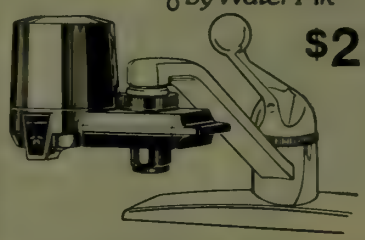


As featured on television. Gives you a pulsating, soothing, stimulating massage every time you shower. Adjusts from massage to spray or combination.

A. Stationary or removable personal shower. 60-inch chrome hose. **$28.44**

B. Wall-mount model. Replaces old showerhead in minutes. **$17.77**

instapure® by Water Pik



$23.88

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Ceramic Tile Idea Book

Tile Council of America, Inc., P.O. Box 2222, Room 702, Princeton, New Jersey 08540

continued

College costs

of active duty and one year of reserve. Naval Academy graduates may transfer to the Marine Corps at this time.

Reserve Officer Training Corps (ROTC)

ROTC programs are offered by the Navy and Marines (under the same authority, called "NROTC"), the Army, and the Air Force, though not by the Coast Guard. Under an ROTC plan, your youngster may choose any college or university affiliated with the ROTC. (There are from 50 to 250 of them, depending on the service.) At these "host" schools, a military science staff serves on the faculty. There also are facilities for some military drill on campus.

Your child may enroll as a regular undergraduate in one of many fields of study. He or she will be required to wear government-furnished uniforms only during drill periods on campus—ranging from one to four hours a week. In addition, the student must complete certain military science courses. And, prior to the junior year, he or she must undergo basic military training or summer training at a naval ship or station or at an Army or Air Force base. (The Navy requires training sessions each summer for the four-year students who are enrolled in NROTC.)

- **Benefits.** These include full payment for college tuition, books and lab fees, plus a living allowance of up to $1,000 a year for each year of the ROTC scholarship, and about $500 for each summer training period. In all, ROTC scholarships can be worth from $10,000 to $33,000 to the student.
- **Requirements.** They are similar to those of the military academies for both men and women, but no congressional or other form of nomination is necessary. Again, attitude and appearance count strongly. High school academic standing should be superior. Scores on SAT and/or ACT exams are required and will be accepted only when your youngster

continued



"Ever since I started selling Avon, I feel like a new person. I'm involved in something I love and I have a new confidence in myself."

Cheryl Tomlen

"Bored and very little self-confidence. That's how I would describe myself two years ago. Then I started selling Avon and everything changed.

I began to feel involved, challenged. A new life opened up for me and I came out of my shell. I discovered I had lots more energy around my children. And my husband Jim and I had many new things to share and talk about.

Going into the cosmetics business was a turning point in other ways. I had just moved to a new neighborhood and didn't know a soul. Avon helped me make friends. Also, having money of my own opened the way for me to enroll in art school—something I'd only *thought*

If you ever feel you don't have enough confidence to go out and do what you want to do, think of me becoming an Avon Representative. If I did it, you can too!"

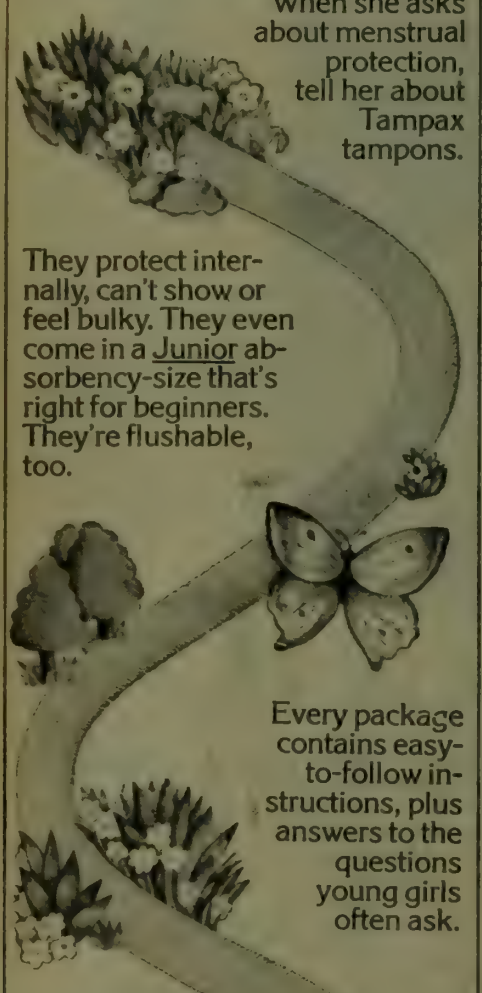
If Cheryl Tomlen's story interested you, why not find out how *you* can become an Avon Representative. Simply call 800-325-6400* (toll free) and someone from Avon will be in touch with you as soon as possible to answer all your questions. Of course, there is no obligation.

*(In Missouri call: 800-342-6600)

AVON

An easy way to help a young girl solve an awkward problem

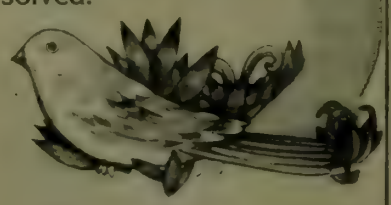
When she asks about menstrual protection, tell her about Tampax tampons.



They protect internally, can't show or feel bulky. They even come in a Junior absorbency-size that's right for beginners. They're flushable, too.

Every package contains easy-to-follow instructions, plus answers to the questions young girls often ask.

In fact, with Tampax tampons there are no awkward problems—they've already been solved.



The internal protection more women trust

TAMPAX® tampons

MADE ONLY BY TAMPAX INCORPORATED, PALMER, MASS.

continued

College costs

directs the testing agency to provide these scores directly to specific schools or organizations.

Acceptance must come not only from the ROTC program, but also from the school. It's wise to apply simultaneously to three different colleges or universities. To get a head start on qualifying for the program, begin preparations in the spring of the high school junior year.

● **Obligations.** At the end of four years, and upon satisfactory completion of all degree requirements, the student will transfer from reserve to active duty and be commissioned as an officer. Under current regulations, scholarship students must serve a minimum of four years, plus two years in the reserve. Reserve requirements differ with the needs of each service at the time of graduation, however; sometimes the obligation is waived.

What if your youngster wants to resign from the ROTC program? Dropouts in freshman or sophomore years have no problem; they can simply quit with no further obligation. However, the military obligation becomes binding once the youngster has entered the junior year in college. Anyone breaking the contract after that time through academic failure or personal choice may be required to serve on active duty as an enlisted person, in return for the scholarship benefits received in college.

Two- and three-year ROTC scholarships

These scholarships allow youngsters who have already completed their freshman or sophomore years in college to get in on the ROTC benefits. Two- and three-year scholarships are available to students already at an ROTC school or upon accredited transfer to an ROTC host school by students from community, junior, or other colleges. An applicant must compete for these scholarships and be selected and approved for appointment by a professor of military science. Terms and obligations are the same as those for four-year scholarships.

Non-scholarship ROTC programs

Under these plans, students enroll at an ROTC college without scholarship. Once they join the ROTC unit and sign up for the military science courses, the students receive uniforms at no expense, plus all books for required military science courses. Before entering their junior year, they must take a five- or six-week basic military or naval training course in the summer. In junior and senior years, military science books and uniforms are paid for and students receive a living allowance of up to $1,000 a year. Students also receive about $500 for the summer training session.

Military commitment may be fulfilled in one of two ways: The student may serve three years on active duty and three in reserve. Or the student may volunteer (or be chosen) to serve on Active Duty for Training (ADT) for three to six months, and at the completion of ADT serve the remainder of the service obligation in a reserve unit close to home. The same dropout/failure rules apply as with scholarship students.

Other officer-training programs

The Marine Corps Platoon Leaders Class (PLC) program for freshmen, sophomores, and juniors leads to officer's commissions, and it's possible for participants to receive financial aid along the way. What's more, the program involves only summer training: no uniforms or drills are required at all during the school year.

Students are paid for transportation costs plus about $100 a week for the summer training sessions (six weeks for two summers for freshmen and sophomores, ten weeks for one summer when the student joins up as a junior). After completing one summer training period, the student is eligible for financial assistance—$100 a month for nine months each year in the program from then on. Students taking that aid are obligated to add a half-year to their in-service commitment for every $900 they receive. (Payments for summer training carry no obligation for extra

continued

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Now even milder. Three little words that make a big difference for your hands. Try new Ivory Liquid and see.

Now even milder! Ivory Liquid helps hands stay young looking better than ever.



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Your dream room. For a long time, you've only imagined how beautiful it could be. But, now you can make it come true. With GAF® GAFSTAR® sheet vinyl flooring with the Brite-Bond™ surface.

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ou can mix and match knowing there's only limit to the looks you create. Your gination.

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continued

College costs

service.)

The PLC program can lead to commission as a second lieutenant in the regular Marine Corps or to further training as an aviator. A limited number of graduates can qualify for the PLC law program, deferring their active duty while they complete law school. The Navy offers programs somewhat similar to the PLC, but the Navy programs are geared just to potential pilots or students of nuclear power.

In-service tuition assistance programs

The armed forces also make it possible for men and women already in the service to continue their education while on active duty, no matter where they are stationed. These cooperative programs pay 75 percent of tuition, and they can be used to pursue a full college degree or an associate degree, or to gain technical training, or just to provide personal enrichment.

Your youngster must enlist in the service to qualify for these in-service programs. Details vary among the services, but each provides civilian educational counselors at military posts around the world to confer with students, ensure that proper classes are taken, and help the students establish an academic credit file so that all courses will be fully credited.

Even the National Guard offers in-service educational programs. Since the Guard is a state-by-state institution, education benefits and requirements depend on where you live. The National Guard armory or air unit in your community, or the Adjutant General's office located in your state capital, can spell out the details.

Degree completion program

The military services offer still another option to people already in the service who have some college credit and could earn a degree within 18 months or less. They can complete school by attending a regionally accredited college or university on a full-time basis, in any chosen field of study. The individual must pay for tuition, books, training supplies, and related fees, but V.A. benefits may be applied to these costs (see the information on the "new" G.I. bill). There are many variations in kinds of assistance provided and in reenlistment requirements, so it's best to check with the director of education of each branch.

The "new" G.I. Bill

Through December, 1976, service veterans who wanted to continue their education were entitled to certain financial benefits under the "G.I. Bill" sponsored by the Veterans Administration. For anyone entering the services after January 1, 1977, the benefit structure has changed to a matching-funds concept under the recent Defense Education Assistance Program for all services.

The basic principle is this: To qualify, your youngster must put aside from $50 to $75 a month for future education while he or she is in the service. The government will then match that amount two for one. Once the youngster finishes his or her service, all the personal savings, plus the government's matching funds, are available for schooling, to be allocated in monthly installments for each month of college or vocational/technical school completed. (Maximum is $225 a month.)

If the youngster decides not to go on to school, his or her own savings are returned in a lump sum. The government's matching funds will be paid only when used for school—but those extra dollars can provide a great incentive for the youngster to go on to school.

Health professions scholarships

The Armed Forces Health Professions Scholarship Plan provides full tuition, cost of books and lab fees, a monthly stipend of about $400 for 10½ months each year, plus full pay and allowances as an ensign or second lieutenant for the 45 days per year served on active duty. One year of active service as a medical officer for each academic year or portion of an academic year of study is required, with a minimum obligation

continued



RUN IN IT, BICYCLE IN IT, PLAY TENNIS IN IT OR JUST SIT AROUND LOOKING SMASHING IN IT.

THE GINNY JOGGER FROM VIRGINIA SLIMS

The Ginny Jogger will make you the hit of the weekend workouts. Designed especially for Virginia Slims by Carol Horn, the Ginny Jogger is 100% cotton in terra cotta, this year's hot fashion color. The jacket has deep front pockets and is topped off by a drawstring hood. The pants feature an elastic waistband for a snug, comfortable fit and exclusive tie-wraps that can be worn loose, tied at the ankle or tucked in.

It's only $22.00. The Ginny Jogger from Virginia Slims. For the woman on the run.



You've come a long way, baby.

Please enclose $22.00 (check or money order only, payable to the Virginia Slims Ginny Jogger Offer) and two pack bottoms from Virginia Slims, regular or menthol, for each Ginny Jogger ordered.

Check size(s):

☐ *Petite (sizes 4-6)* ☐ *Medium (sizes 10-12)*
☐ *Small (sizes 8-10)* ☐ *Large (sizes 12-14)*

Mail to: Ginny Jogger, Virginia Slims
P. O. Box 4710
Westbury, New York 11592

Name _____

Address _____

City _____

State _____ *Zip* _____

Offer available only to persons over 21 years of age. Offer good in USA only, except where prohibited, licensed or taxed. Offer good until September 30, 1977, or while supplies last. Please allow 8-10 weeks for delivery.-MADE IN USA.

PLEASE NOTE: *Our aim is to make sure you're completely satisfied with your order—and that you get it on time. But sometimes things go wrong. If they do, be sure to let us know.*

WRITE: Ginny Jogger, Virginia Slims, 100 Park Avenue, New York, New York 10017

16 mg "tar" 0.9 mg. nicotine av. per cigarette, FTC Report Dec '76

BH

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health..

continued

College costs

of three years.

This program is offered to the best qualified men or women entering the first, second, or third year of education in an accredited school of medicine, dentistry, or osteopathy. The student is required to put in 45 days of active service each year in a military hospital or training command doing clinical or research work in the appropriate field.

Internships or residencies may be served at a military hospital, but they won't be credited toward the student's obligations at the end of his or her study. Any participant may request the opportunity to delay active service in order to complete internship at a civilian institution, without military pay.

Advance study programs

Several programs for advanced study are open to officers in highly technical and scientific subjects—finance, management, law, and other areas of expertise. These opportunities are aimed primarily at the military careerist.

For more information

Sources of further information on the programs discussed here and other possibilities for military aid to education:

Army

- Admissions Office, U.S. Military Academy, West Point, New York 10996.
- Army ROTC, Fort Monroe, Virginia 23651.
- Army Opportunities, Box 1776, Mt. Vernon, New York 10550.
- Toll-free phone: 800/431-1976; in New York State 800/243-5614.

Navy

- Admissions Office, the United States Naval Academy, Annapolis, Maryland 21402.
- Capt. H. C. Atwood, Jr., USN, Navy Opportunity Information Center, P.O. Box 2000, Pelham Manor, New York 10803.
- Toll-free phone: 800/841-8000; in Georgia 800/342-5855.

Marine Corps

- U. S. Marine Corps, Box 38901, Los Angeles, California 90038.
- Toll-free phone: 800/423-2600; in California 800/252-0241.

Air Force

- Admissions Office, The United States Air Force Academy, Colorado Springs, Colorado 80840.
- Air Force Opportunity, P.O. Box AF, Peoria, Illinois 61614.
- Toll-free phone: 800/447-4700; in Illinois 800/322-4400.

Coast Guard

- Director of Admissions, U.S. Coast Guard Academy, New London, Connecticut 06320.
- Coast Guard Opportunities, DOT Building, Room 6209, Washington, D. C. 20590.
- Toll-free phone: 800/424-8883.

National Guard

- The Recruiting and Retention Officer, your local National Guard armory or Air Guard unit.
- The Adjutant General's Office, The National Guard, your state capital.
- Toll-free 800/638-7600. ■

Produced in cooperation with Ethel Sweeney.



You know that behind this name there's always something good.

This means the taste is now more like real crumbled bacon. Our taste is actually preferred to the leading bacon bits in cans.

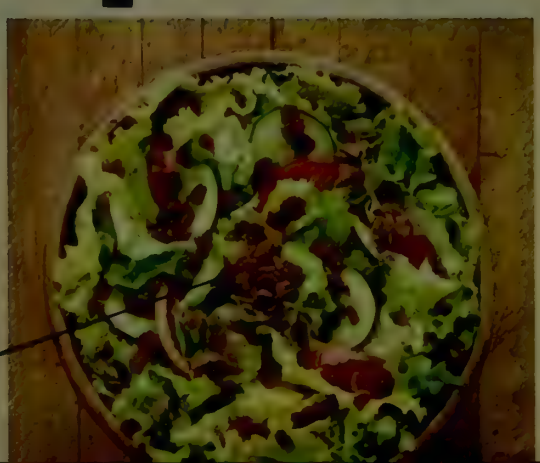
Now you can enjoy a taste like bacon without the artificial preservatives or nitrites.



This means America's favorite bacon-like garnish just topped itself. And it'll top itself on your salads, eggs, casseroles, and potatoes, too.

This name always meant tasty salads, now it means tastier salads.

What "new and improved" means to your next salad.



Taste tests prove New Bac*Os taste better in salad than any leading bacon garnish.



EYE SURGERY:

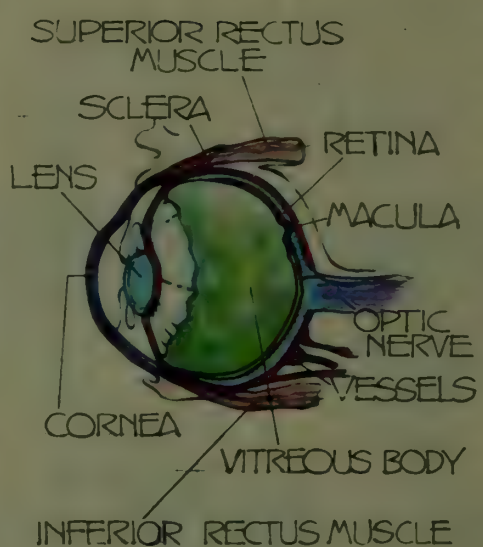
New facts everyone should know

Many people would almost rather lose their lives than lose their eyesight. A recent Gallup Poll conducted for Research To Prevent Blindness, Inc. (RPB) found that Americans fear cancer above all other afflictions—but that blindness ranks second, ahead of life-threatening heart disease and stroke.

Fortunately, the prognosis is improving. Over the past several decades—and especially in the last few years—medicine has devised miraculous new ways to restore or improve the sight of many who might otherwise have been sentenced to a lifetime of darkness. New drugs and nonsurgical techniques are used to treat such diseases as glaucoma and eye infections, and surgeons routinely probe the very interior of the eye. The operating microscope, miniaturized and highly specialized instruments, and innovative procedures can accomplish incredibly delicate repairs to restore useful vision.

Most people still believe that congenital defects or accidental injuries account for most loss of sight, although 80 percent of blindness is the result of diseases whose causes are unknown. Symptoms of failing eyesight can develop so gradually that they are often ignored instead of being called to the attention of a doctor. Neglected cataracts, for example, remain one of America's leading causes of blindness although cataracts usually can be removed quickly, safely, and successfully.

Obviously, impaired eyesight cannot always be restored in the operating room. An estimated 500,000 major eye operations are performed each year, yet some serious eye problems remain beyond the reach of even the most advanced medical or surgical methods. But hope remains that even the most stubborn conditions can someday be conquered. Meanwhile, here is a report on the state of eye surgery today:



Cataract Removal

Nearly 400,000 cataract operations are performed annually—and 95 percent of them restore the patient's sight. Cataract removal is one of the most common—and successful—of all forms of surgery.

A widespread misconception is that a cataract is a thin, opaque film obscuring the eye. Actually, it is an internal clouding of the crystalline lens or its capsule. Located just behind the iris, this normally transparent lens, like the lens of a camera, helps focus and reduce the visual image for projection onto the retina at the back of the eye. A few types of cataracts are congenital. For instance, the child of a mother exposed to rubella virus in early pregnancy may be born with cataracts. Other types result from illness, infection, or trauma. The majority, however, are "senile" or "degenerative" cataracts that develop with age. An estimated nine out of ten 65-year-olds show some sign of cataracts. The exact cause is unknown, but recent research indicates that "clumping" of protein molecules in the lens may be involved.

Early signs of cataracts may be hazy vision or poor night vision. When the cataract victim drives at night, the clouded lens may "scatter" the beams of oncoming headlights, causing a "dazzling" effect. The cataract usually develops painlessly and often at such a gradual

continued

The Sealy Posturepedic. Every morning your back will tell you there is a difference.



If it doesn't say Sealy Posturepedic, it isn't a Posturepedic.

Sealy Posturepedic is a unique kind of mattress, designed in co-operation with leading orthopedic surgeons for firmness and support, without sacrificing comfort.

And that's where the difference begins. Other mattresses that start out feeling firm may soften in a short time. The firmness and support built into the Posturepedic stay there for years to come. That's why we can promise you no morning backache from sleeping on a too-soft mattress.

Sealy Posturepedic is the unique back support system. Here's why:

1. Posturepedic's offset coils are hinged for resilience and support.
2. Five separate layers of cushioning assure comfort.
3. The patented torsion bar foundation provides extra firmness, and makes the set a total support system.

If we left out a single feature, it wouldn't be a Posturepedic.

So when you're ready to invest in a Posturepedic, be sure you *get* a Sealy Posturepedic.

SEALY POSTUREPEDIC

If it doesn't say Sealy Posturepedic, it isn't a Posturepedic



Chicken à la Francaise

- 3 cups hot cooked rice
- 2 whole chicken breasts, skinned, boned, and cut in thin strips (about 1 pound)*
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 2 tablespoons butter or margarine
- 1 cup sliced green onions with tops
- 1 can (8 ounces) sliced mushrooms (drain; reserve liquid)
- ½ cup dry sherry
- 1 cup fresh or frozen green peas
- 1½ cups chicken broth
- 3 fresh tomatoes, peeled and cut in eighths
- 2 tablespoons cornstarch

While rice is cooking, season chicken with salt and pepper; sauté in butter until browned. Add onions and mushrooms; continue cooking 2 minutes longer. Stir in sherry, peas, and broth. Cover and simmer about 20 minutes. Add tomatoes. Dissolve cornstarch in mushroom liquid and stir into chicken mixture. Cook, stirring frequently, about 5 minutes longer. Serve over beds of fluffy rice. Garnish with chopped fresh parsley, if desired. Makes 6 servings.

*1½ pounds before skinning and boning.

For other menu-stretching recipes, write to:
Rice Council of America, Dept. B
Box 22800, Houston, Texas 77027.

Name_____

Street_____

City_____

State_____ Zip_____

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RICE.
A great eating idea whose time has come.

continued

Eye surgery

pace that it does not advance to the point of destroying or seriously impairing eyesight during the individual's lifetime.

No effective treatment or preventive for cataracts is known except surgery. It is no longer necessary to wait for the cataract to "ripen" (become completely opaque), and once the lens and the capsule that contains it are removed, the cataract will not return. However, most persons with a cataract in one eye develop the condition in the other.

Treatment for cataract involves removing the clouded lens and replacing it with an artificial substitute such as eyeglasses or a contact lens. Under local or general anesthetic, an incision is made in the eye, the tissue is folded back, and the lens is lifted out intact. The surgeon may use either a small forceps or a super cold cryogenic probe, which instantly freezes the lens and capsule to the probe. Sometimes enzymes are injected to dissolve the ligaments that hold the lens in place.

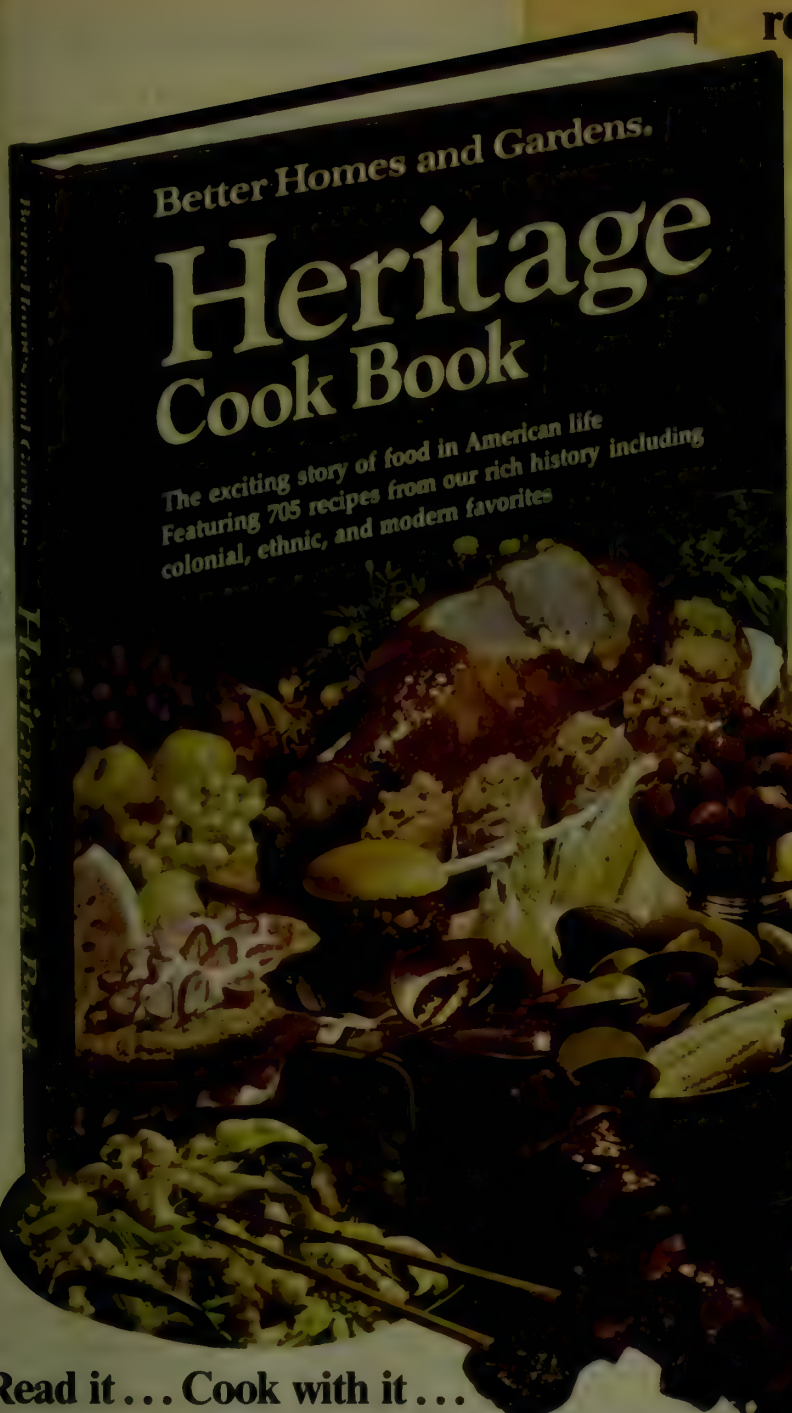
Phacoemulsification is a relatively new method of cataract removal which, although its use is restricted to certain types of cataracts, may make recovery faster than conventional methods. A tiny incision, less than one-tenth inch long, is made in the cornea, and a hollow titanium needle is inserted. An ultrasonic probe, vibrating at 40,000 times a second, pulverizes the lens and then sucks the fragments out through the needle. The wound is closed with microscopic absorbable sutures.

Years ago, a patient recuperating from cataract surgery had to remain hospitalized for several weeks. His head was immobilized between sandbags, lest he suddenly move and jar open the incision. Today after cataract surgery the patient is usually allowed to walk the same day, and his bandages are removed within three to five days. He can return home within a week and resume normal activities within six weeks. The ultra fine sutures used in cataract surgery are credited with speeding the recovery process.

continued

Enjoy this magnificent book with 705 recipes chosen from 400 years of Great American Cooking for

14 DAYS FREE



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From the time of the Pilgrims down to the present, succeeding generations of American cooks have turned their hands to the bounty of American produce . . . and created a dazzling array of native American dishes. Waves of immigrants turned American foods into uniquely Italian-American, German-American, Spanish-American, even Chinese-American foods . . . all contributing to the truly *native* American repertoire of good eating.

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Now this fascinating heritage of America's greatest cooking, having stood the test of time, is proudly presented by the Editors of *Better Homes and Gardens* in the *Heritage Cook Book* . . . a sumptuous volume of recipes, pictures, stories, lore, and history, for you and your family to use and enjoy. It is a cook book unlike any you have ever seen before! Really two-books-in-one with its history of American cooking and the heritage of 400 years set forth in 705 mouth-watering recipes.

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Yes! Send me *Better Homes and Gardens* HERITAGE COOK BOOK for a full two weeks' FREE examination. If for any reason I am not delighted, I may return it and owe nothing. Or I may keep it and pay for it in four easy installments of just $4.99 each, plus postage and handling, with no interest or carrying charges. In addition, RECIPES FROM FAMOUS PLACES will be mine to keep no matter what I decide about the HERITAGE COOK BOOK.

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With KitchenAid®, the dishes come out clean no matter who loads them.



The KitchenAid® Load-As-You-Like Dishwasher.

Loading a KitchenAid dishwasher is so easy anyone can do it.



That's because there are wash arms above and below both racks. Which means you can put pots and pans in either rack and know they'll come out thoroughly clean because of the up and down, all-around scrubbing action.

The top rack on the KitchenAid Superba adjusts to 16 different positions so there's plenty of room for big things above and below.

A built-in Soft Waste Disposer means you don't have to pre-rinse.

And the KitchenAid Superba has a Soak 'n Scrub™ pot cleaning cycle that gets dirty pans and casseroles really clean.

With all this, the KitchenAid dishwasher is the most energy efficient we've ever built.

People who own dishwashers say KitchenAid is the best. So, for quiet, dependable dishwashers, see your KitchenAid dealer. Or write KitchenAid Division, Department 7DG-3, Hobart Corp., Troy, Ohio 45374.



KitchenAid®

People say it's the best.

continued

Eye surgery

The most difficult part of having cataract surgery is adjusting to an altered field of vision. After the operation the patient may be outfitted with heavy, thick, convex spectacles that magnify the image by about one-third, causing some distortion and perception problems. Patients react in different ways—some experience difficulties with side vision—but most patients adjust to their new "sight" in one to three months.

Contact lenses are better, because they magnify only slightly, minimize distortion, and allow near-normal side and depth vision. Contacts are the usual choice for younger patients, but some older patients may have difficulty inserting and removing the lenses. The new "soft" contact lenses that are easier to wear may be beneficial to older patients.

A third method of restoring cataract-damaged vision is the implantation during cataract surgery of an artificial intraocular lens.

This exciting but still controversial procedure replaces the natural lens with one made of optical plastic which hooks or clips to the adjoining iris. More than 40,000 Americans now wear lens implants, and many ophthalmologists feel these patients make the best adjustment of all. However, little is known about the long-range effects of permanently inserting a foreign body in the eye. At UCLA, for instance, only elderly patients and others in special circumstances receive implants, because experience with implants in place for more than 15 years is very limited.

Correcting Crossed Eyes

Strabismus is the name for the condition in which the eyes fail to converge properly on an object. This occurs when some of the six muscles that control eye movement fail to work together. The deviation may be upward, downward, outward, or inward. The "crossed eye" or "wall eye" are two common forms of strabismus. Corrective strabismus surgery, in contrast to cataract surgery, is almost always performed on the very young—even infants. When

strabismus surgery is performed on adults, it is usually to improve appearance rather than vision.

About two percent of children are said to have strabismus, resulting from birth injury, heredity, faulty eye muscles, or illness. The condition usually becomes noticeable at about six months, at which time the normal infant's eyes come into focus. The misaligned eyes transmit different images to the brain, and the child may see a double image. Some children, however, learn to use their eyes alternately, depending on the direction they're looking; others learn to ignore one image and see with only a single eye. In the latter condition, called *amblyopia,* vision in the neglected eye begins to deteriorate. If steps are not taken to correct the condition at an early age, it may be impossible later to restore the vision in the lazy eye.

Most eye doctors first try to strengthen an amblyopic child's lazy eye. A patch is placed over the "good eye," forcing the child to use the weaker one. The child may be fitted with glasses to help realign his vision, or eye exercises may be prescribed to build up the muscles of the weaker eye.

Today strabismus surgery is considered no more serious than a tonsillectomy. The eyeball itself is not operated on. Instead, the muscles governing the movement of the lazy eye are shortened, or moved to alter their strength so the eyes become properly aligned. The child can usually go home in two to four days. Afterward, he may be given exercises to strengthen the muscles.

According to one follow-up of cases over a 17-year period, younger patients respond best to strabismus surgery. The best time is before the age of two. However, parents should call a doctor's attention to any deviation whenever they happen to notice it because it may indicate a more serious condition.

Retinal Repair

The *retina* is the "screen" at the back of the eye that receives light images, converts them to electrical impulses, and transmits them to the brain. Diseases of the retina affect nearly two million Americans, and retinal disease is now the leading cause of blindness in the United States, robbing 15,000 persons a year of their sight.

There are several categories of retinal disease, among them:

- Degeneration of the macula, a small orange-yellow area in the center of the retina, which gives us our daytime, color, and detailed vision.
- Diabetic retinopathy, a disorder of the tiny blood vessels in the retinal tissue that occurs in long-standing cases of diabetes.
- Retinal detachment, a separation of the inner and outer layers of the retina.

Macular degeneration most commonly occurs in the elderly (senile macular degeneration), although it can occur in children. Damage to the macula results in the loss of reading vision. Macular degeneration may also be hereditary or linked to blood vessel or inflammatory disease.

continued



continued

Eye surgery

An ophthalmologist can determine the extent of macular degeneration by using a technique called fluorescein angiography. He injects a fluorescent dye into the bloodstream and traces its progress through the eye's vessels.

There is no known treatment for macular degeneration, although special low vision aids allow some patients to continue normal activities.

A technique called *photocoagulation* is being studied to see if it can help some patients with certain early stages of the disease, although it is not now being used to treat patients with senile macular degeneration.

Retinal detachment occurs when holes or tears develop in the retina. The victim has blank spots and sees wavy lines or has the feeling that a curtain has been drawn across his eyes. Fluid from the vitreous—the jellylike filling of the inner eye—seeps through the holes or tears and between the retinal layers. eventually causes retinal det ment and permanent impairme vision.

An infection or tumor in the that causes an excess of fluid also result in retinal detachmer is most common among men, very nearsighted, and the elderl discovered in time, 85 percent o tached retinas can be repaired, in many cases vision restored.

The primary treatment for ret detachment is a technique ca scleral buckling. The sclera, or t covering of the eye, is folde "tucked" in order to shorten it, squeezing the eye together and f ing the retinal layers to close.

Photocoagulation may also used to repair detached retinas. intense beam of light—from a l or white light from a xenon arc focused through an operating mi scope onto the surface of the ret The light energy is turned into h that creates tiny burns on the ret When the burns heal, they le scars that act as a bond between layers of retinal tissue.

Thirty years ago, only about percent of retinal detachment op ations succeeded. Today surgery photocoagulation may help 85 p cent or more of retinal detachm cases.

Another eye disease affecting retina is *diabetic retinopathy*. O virtually unheard of, today it i major cause of eye disorder beca insulin has extended the lives of d betics. The occurrence of diabe retinopathy corresponds closely the length of time a person has h diabetes. It's estimated that 95 p cent of people known to be diabe for 25 years or more have develop retinopathy. However, the great m jority retain their sight, and most not require treatment.

Diabetic retinopathy cau bleeding into the vitreous, format of scar tissue, and retinal deta ment. There are two forms of the d ease. In the less serious form, blo and fluid leak from retinal vess affecting vision in some cases.

In the more serious form, n

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A Slice of the Day For Yourself

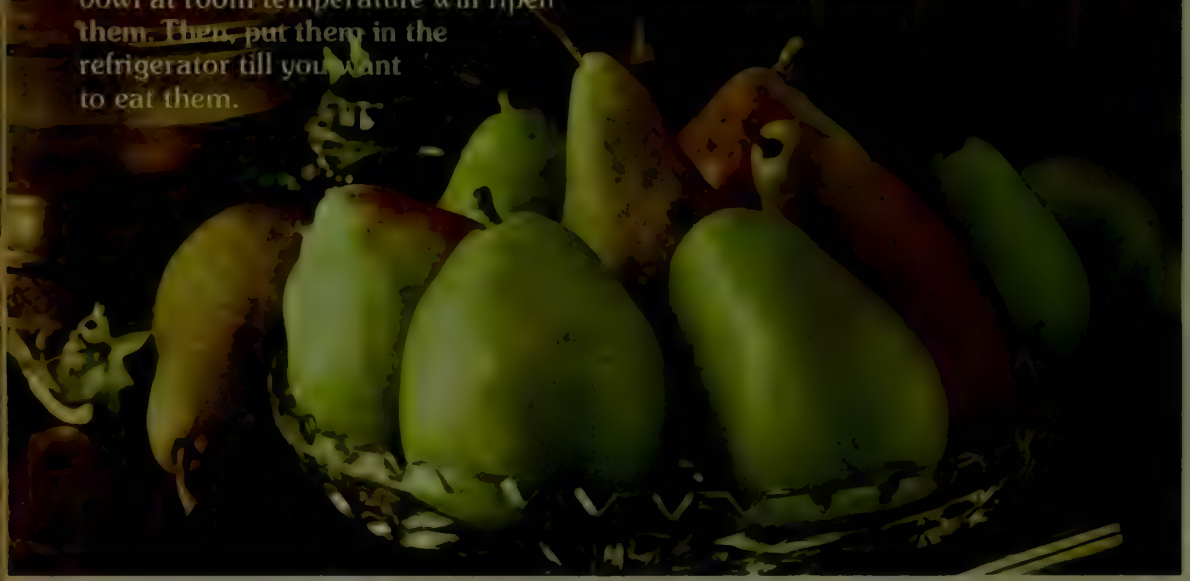
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1 cup chopped potato
1 cup chopped celery
½ cup carrot slices
½ cup chopped onion
2 beef bouillon cubes
½ teaspoon TABASCO® pepper sauce
1 16 ounce jar CHEEZ WHIZ from KRAFT

Meatballs
1 pound ground beef
¼ cup bread crumbs
1 egg
½ teaspoon salt
½ teaspoon TABASCO® pepper sauce

Mix ingredients together thoroughly. Shape into medium size meatballs.

TRADITIONAL WAY: Place uncooked meatballs and all other ingredients, except CHEEZ WHIZ, in large saucepan. Stir gently. Bring mixture to a boil. Cover and simmer on low until vegetables are tender, about 2 hours. Before serving, add CHEEZ WHIZ, stirring gently until well blended. Serves 4-6.

MODERN WAY: Place uncooked meatballs and all other ingredients, except CHEEZ WHIZ, in electric slow cooker. Stir gently. Cover and cook on setting #2½ (low) for 8-10 hours. Before serving, add CHEEZ WHIZ, stirring gently until well blended. Serves 4-6.

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continued

Eye surgery

blood vessels grow from the existing ones through the retina and into the vitreous. Hemorrhages of the "new" vessels, the growth of fibrous tissue, or other secondary complications such as retinal detatchment, glaucoma, or cataracts can lead to major visual impairment.

Again, photocoagulation may be used to forestall severe visual loss. The laser or xenon arc destroys the "new" vessels so they won't hemorrhage into the vitreous. The laser also destroys diseased tissue that may stimulate the growth of abnormal vessels.

Recently, the National Eye Institute reported on the first results from an ongoing ten-year study of 1,700 diabetic retinopathy patients treated with photocoagulation at 15 centers across the country. For the purposes of the study, only one eye of each patient was treated initially. After two years of follow-up it was found that the rate of severe visual loss in the treated eyes was 61 percent less than in the untreated eyes. As a result of these findings, the untreated eyes of certain patients were considered for treatment. The study is continuing to assess the long-term effects of photocoagulation.

According to Dr. Carl Kupfer, director of the National Eye Institute, the study has provided the first conclusive evidence of the value of photocoagulation in the treatment of the more serious form of diabetic retinopathy. Dr. Kupfer points out that although the treatment significantly reduces the risk of blindness from the disease, it cannot prevent diabetic retinopathy, nor can it cure the disease. More research on the disease is planned by the National Eye Institute.

Corneal Transplant

Corneal disease can be one of the most painful of all eye ailments. That's because the cornea is packed with a network of sensitive nerves that tell us when the eye has been touched by even the tiniest foreign object. Fortunately, corneal transplants are the most successful of all tissue transplant operations. The transplants were first performed in the 1920s and today are used throughout the United States to replace corneas damaged by injury or disease. In this operation, the normally transparent membrane that covers the eye like a watch crystal is removed and replaced with tissue from a donor who has willed his eyes for the purpose.

While the patient is under general or local anesthesia, the surgeon removes the damaged portion of the cornea, using the operating microscope, and replaces the damaged membrane with a tiny piece or "button" of donated tissue. A fine suture, one-third the diameter of a human hair, holds the new tissue in place. The repaired eye can usually be uncovered the second day and used the third day.

The success of corneal transplants today can be traced to several factors: advances in storage, preservation of tissue by eye banks, improved surgical techniques, sophisticated surgical instruments, improved medications, and a greater understanding of the tissue-rejection phenomenon. All these advances have resulted in a 90 percent success rate in certain kinds of corneal transplant cases.

It was a different story back in the '20s when the operation was first performed. Then a donated eye had to be used almost immediately. When an eye suddenly became available, the transplant patient had to be rushed to the operating room and was operated on under emergency conditions—hardly ideal for delicate surgery. Today donated corneas can be quick-frozen or placed in a nutritive solution and kept for long periods of time, although many surgeons prefer to use "fresh" tissue.

Rejection of the new tissue is also less common than in other transplant procedures. Because the cornea does not have its own blood supply, the patient's body does not mobilize antibodies to fight off the foreign tissue. Those reactions that do crop up can often be suppressed by steroid drugs.

Vitrectomy

This procedure is one of the most exciting of recent surgical develop-

continued



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continued

Eye surgery

ments and has restored sight to persons who were only able to distinguish between light and darkness as a result of eye hemorrhage.

The aim of vitrectomy is to remove the vitreous, the clear, semiliquid jellylike central portion of the eye, when it becomes clouded by hemorrhaged blood or fibrous tissue and blocks the patient's vision. Many of the beneficiaries of vitrectomy are diabetic retinopathy patients whose proliferating blood vessels have bled into the vitreous.

In vitrectomy, a tiny self-lighted motorized needle is inserted through an incision in the sclera, the membrane covering the eyeball. Then the vitreous gel is cut and suctioned from the eye, thus removing the obstructing materials. The natural vitreous fluid is replaced by a salt solution. After the operation, many previously blind people are able to see well enough to walk unaided, and a few see well enough to read or drive a car. In other instances, however, when the vitreous has been cleared, the surgeon learns that the retina itself has deteriorated to such a degree that sight cannot be restored. Consequently, the National Eye Institute has initiated a new 13-center study to learn whether ophthalmologists should perform vitrectomy soon after an eye hemorrhage occurs, rather than waiting six months or a year (the usual practice today) to see if the hemorrhage clears on its own.

Some patients are being considered for participation in the study upon their ophthalmologists' referral.

The Eye Transplant

The eye is a vastly complex mechanism. Each eye has six movement-controlling muscles as well as four cranial nerves and an optic nerve. The optic nerve alone requires 150 million fibers to carry messages to the brain. Since much remains to be learned about the complexities of the eye, the eye transplant is still a distant dream—but it's no longer an impossible one. ■

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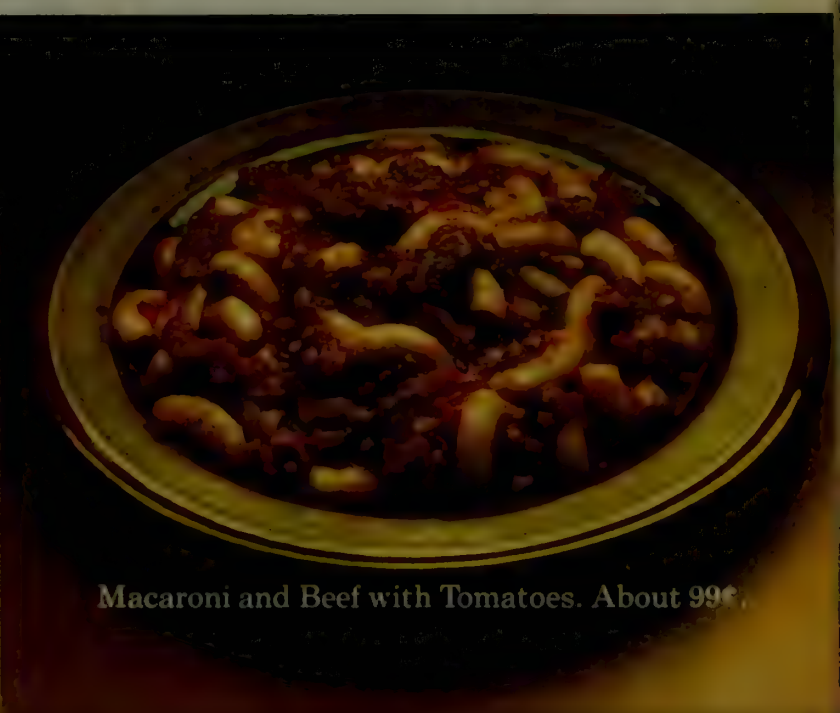
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A green-growing family room addition



The shed-roofed addition is definitely contemporary, yet it relates well to the original house (the brick structure at the left). Plants have a special place in the three-sided greenhouse that juts out from the wall.

Are you looking for extra plant space along with extra people space? A new family room addition might be the answer to both needs.

By planning for the people first and then adding ingredients that will make your plants happy, too, you can get results as delightful as this add-on family room. It's surprisingly low in cost thanks to savvy design that makes excellent use of standard construction methods. Capitalizing on everyday exterior materials, like the economical plywood siding and standard asphalt roofing, also helped keep a tight rein on building costs.

Architects: William A. Blunden and Robert A. Barclay



Rough-sawn plywood siding and large glass areas relate the family room to the outdoors. The addition fits between the old house and the garage at the right. The covered entry on the left connects to the original back door.

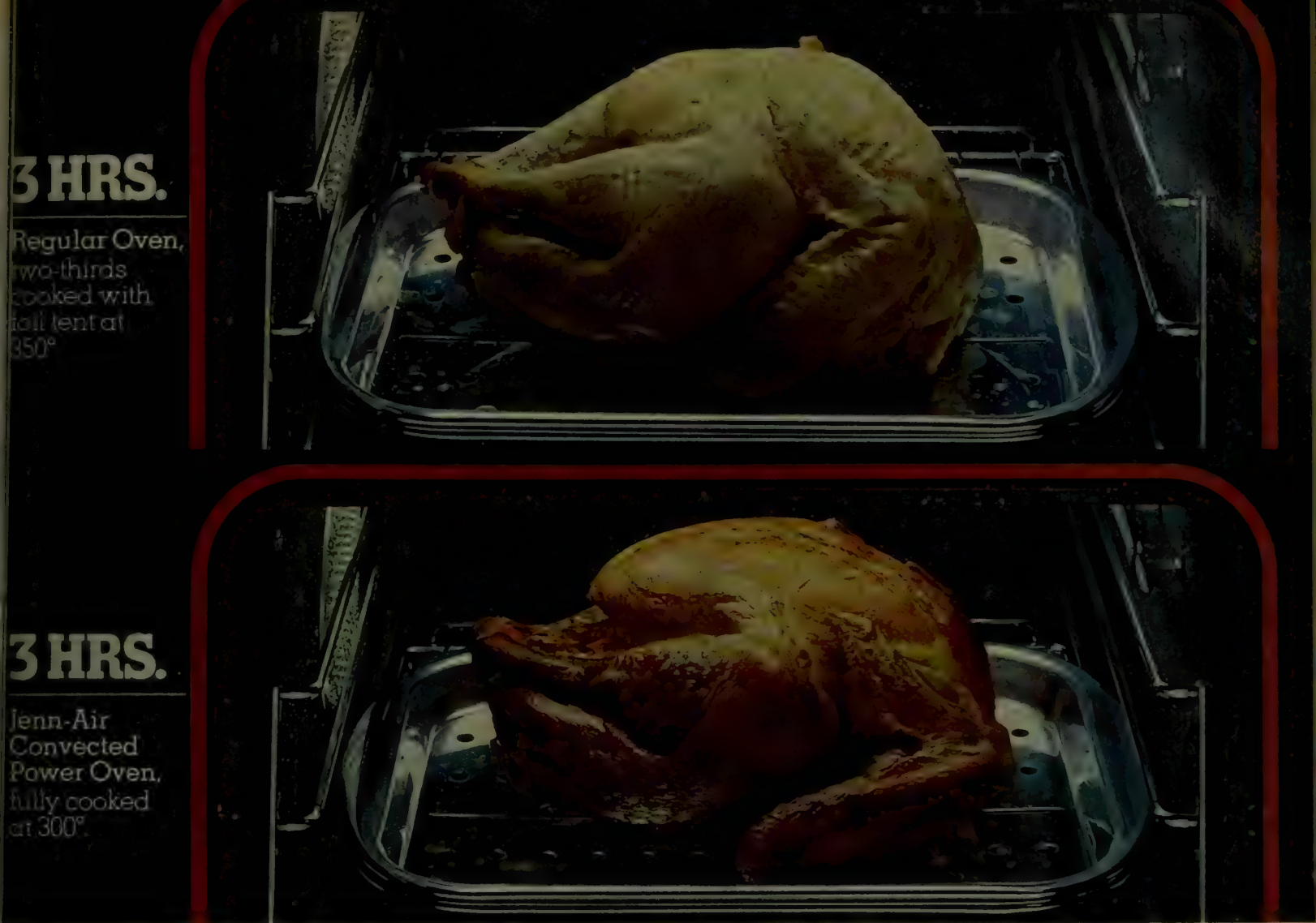


Although this part of the new room is for the plants, people gravitate here, too. The wicker furniture provides comfortable seating for an overflow group and contributes to the outdoor feeling.

Plants are helped along by the large skylight in the flat ceiling of this area. The floor level below the skylight is 12 inches lower than the rest of the room and has drains to accommodate overflow from watering. A potting bench, sink, and plenty of storage (out of camera range) simplify gardening chores.



In the main part of the room, the soaring ceiling, the high, wide windows, and the unusual open truss-and-beam support system make the space really exciting. The floor space is only 19 feet square, but it can accommodate almost any number of furniture arrangements. Because the bulk of the windows are placed so high, there is little restriction of the placement of any piece of furniture. Wall hangings add lively spots of color. All the wall surfaces are gypsum wallboard, painted white for simplicity. The floor is a terra-cotta tile and requires little maintenance. ■



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There's something wonderful about curling up in front of a fireplace and talking with someone you love. These homeowners hold their fireside chats on a pair of face-to-face tuxedo-style sofas, and sip their tea from the black-lacquered table placed between. Matching lamps on skirted tables provide light when the fire dies down.

Photographs: Jessie Walker. Design: Betty Lotz, A.S.I.D.





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Photograph: Dieter

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- **½ cup packed brown sugar**
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- **1 teaspoon ground cinnamon**
- **2 16-ounce loaves frozen bread dough, thawed**

In mixing bowl, combine pudding mix, walnuts, sugar, butter or margarine, and cinnamon. Stir till crumbly. Cut bread in half lengthwise, then in 8 pieces crosswise. (Each loaf should have 16 pieces total.)

Sprinkle *one-fourth* of the topping into each of two greased 9x5x3-inch loaf pans. Arrange 16 dough pieces in each. Sprinkle each with *half* the remaining topping. Cover and let rise in a warm place till almost double, about 1 hour. Bake in 350° oven for 35 to 40 minutes. Turn out of pans immediately. Serve warm. Makes 2 loaves. ■

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RENTING A RECREATIONAL VEHICLE

Of all the recreational vehicles (RVs) used for vacations, about one of every three is rented. If you'd like to rent an RV for your family's next trip, here's how to go about it.

RENTER'S OPTIONS

Two good places to find RVs for rent are the Yellow Pages (dealers are listed under motor homes, recreational vehicles, trailers, and campers) and classified sections of newspapers (for dealers and private owners).

Kampgrounds of America (KOA) maintains an inventory of RV owners who rent out their vehicles. For names in your area, send $5 to RV Exchange, Box 30012, Billings, Montana 59107. The Exchange charges a $10 fee to add an RV to its rental file. Some campgrounds also rent RVs all set up at their sites ready for you to move into.

AAA Motor Home Rentals is a new nationwide RV rental-reservation center listing commercial renters and private owners. AAA (no relation to the American Automobile Association) charges a $10 "search" fee ($20 outside the contiguous 48 states). If you decide to rent a unit, AAA processes the reservation. For more information, write AAA Motor Home Rentals, 2361 South Main, Salt Lake City, Utah 84115 (800/453-5747 toll free).

PEAK-SEASON DEMAND

Rental RVs are at a premium in summer and during holiday periods. June through August, most dealers rent units only by the week or longer. You'll probably need a reservation about three or four months in advance of your trip (though occasionally last-minute cancellations come up). Off-season rentals are more flexible.

Dealers usually require a deposit to confirm your reservation. This amount is applied to your rental fee. You'll forfeit all or part of the deposit if you cancel out.

Owners and dealers alike set their own rental rates. But generally you'll pay dealers the following approximate peak-season weekly prices: fold-down tent trailer, $70; self-contained travel trailer, $145; motor home, $250 to $385, plus ten to 15 cents per mile (no gas). Find out if the cleaning fee and housekeeping equipment (bedding, kitchen gear, etc.) are included in the rate.

Weekly rentals through the RV Exchange range from $40 to $60 for tent trailers up to $225 to $275 for motor homes, plus about ten cents per mile.

AAA weekly rates run about $175 to $300 for mini motor homes or camping vans. You'll pay $225 to $650 for full-size motor homes and a seven to 20 cent mileage charge.

If you're thinking about a fly-drive vacation, a travel agent or an airline may be able to have an RV waiting at your destination. TWA's "Getaway" vacations offer RVs in some cities ($454 to $536 a week). Fly any airline and you can pick up a luxury motor home, van, or pickup-type camper in Denver or Colorado Springs from Continental Recreational Vehicle Rental Company (303/636-3926). Rates run $409 to $699 per week (no mileage charge for the first 2,000 miles).

Most renters offer reduced (as much as 20 percent) off-season rates; some give discounts on long-term rentals.

DEALER PROTECTION

Dealers generally require a $50 to $100 refundable damage deposit, plus $100 to $250 insurance deposit on motor homes. Find out what these fees include, especially in insurance coverage. Don't hesitate to ask dealers for advice. They can help you choose the unit that suits your needs best.

You'll have a safer and more pleasant trip, too, if you know how to operate your RV before you start out. The Recreation Vehicle Dealers Association of North America (RVDA) recommends at least an hour for a briefing and test drive. The RVDA also offers a free pamphlet on RV rentals, *See the U.S.A. the Camping Way*. To get one, write Hilton C. Peaster, RVDA, Box 2159, Boulder, Colorado 80303. Enclose a large stamped, self-addressed envelope. A directory of dealers who rent and service RVs is also available from the same address ($3.75). ■

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BUILDING

Bathroom closet catchall



Photographs: Hedrich-Blessing. Source: Jessie Walker

To make an underachieving linen closet earn its keep, these homeowners converted it into a combination linen closet-medicine cabinet with shelves and drawers to house almost any bathroom necessity.

Now the 28-inch closet provides three 30-inch-deep shelves for towels and linens plus ten side-by-side drawers that are 10 inches wide and range in height from 4½ to 8 inches. The drawers, which pull out on a track and rollers, are all 19 inches deep and are lined with waterproof shelving paper.

The closet keeps a variety of bathroom items—everything from cleanup supplies to cosmetics—within easy reach. Best of all, you can close the door and have a clutter-free bathroom.

To convert your underachiever, remove existing shelves and start constructing a giant box for the drawer unit. Plan the sides so that the drawers will clear the stops of the existing door, then add a plywood divider down the center. Build smaller boxes for the drawers and install them with metal glides. Then add shelves above. ■

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GARDENING IN MARCH

Mulches—on or off?

When the growing tips of early-flowering spring bulbs measure an inch or two, clear the winter mulch away. If you leave the mulch on longer, the tops will grow bleached and crooked, and you might injure the tops when you rake.

Loosen the mulch from your strawberries—just enough to let light reach the leaves during the first warm days.

Fluff up packed mulches on perennials to let air circulate and prevent decay. After you have loosened the mulch on your perennial bed, reach under the winter covering and press back into place any plants that have heaved up during the winter.

Checking the soil

Before you spade or dig, test to see if the soil is workable. Take one spadeful of soil, digging down at least six inches. Then pick up a handful of soil and squeeze—if it's still too wet to work, it will remain in a lump after you open your hand. But if the soil crumbles when you open your hand, you can go ahead and dig a flower or vegetable bed.

Starting annuals

As soon as the surface of the ground is frost-free, you can broadcast seeds of hardy annuals such as Shirley poppies, bachelor's buttons, larkspurs.

Frost-tender annuals such as ageratum, impatiens, salvia, and calendula can be started indoors now in flats filled with potting soil. Place the flats in a sunny window and keep the soil moist but not soggy.

Early pruning

Remove all tree limbs split by winter storms. Saw the limb off flush with the adjoining limb; trim and smooth any torn bark around the edges of the cut. Apply tree-wound paint to all scars larger than one inch in diameter.

Branches of certain shrubs, such as tamarisk and butterfly bush, kill back to the ground each year in cold climates. Now is the time to cut off the old tops; growth for this year will arise from crown.

Snowhill and Peegee hydrangeas respond with larger flowers if you cut stems back to about 12 inches.

To rejuvenate privet, honeysuckle, and other deciduous hedge plants, cut one-third of the oldest woody shoots at ground level, then head back the remaining branches to the shape you want.

Wait until after flowering to cut back forsythias, flowering quinces, lilacs, mock oranges, and spireas. After flowers fade, thin out the oldest woody branches at ground level; head back the tops.

Remove suckers on young trees and single-stem shrubs now. ■



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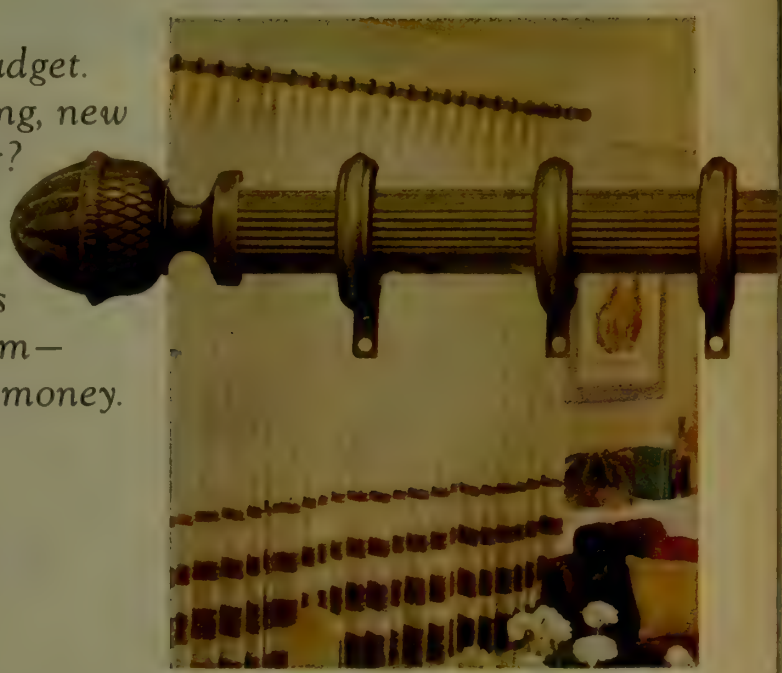
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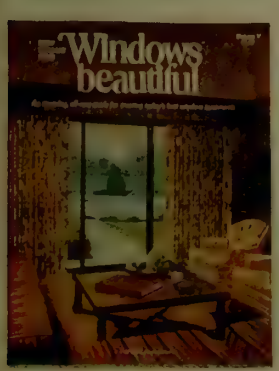


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MAKING BIG ROOMS OUT OF LITTLE ONES

By David Haupert

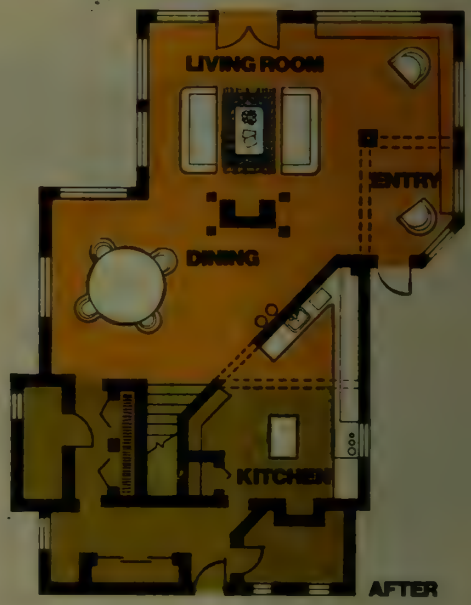
Remember the great old homes built around the turn of the century—the ones with a separate room for everything? A home wasn't a home if it didn't have a parlor and a vestibule and a butler's pantry, and if the sleeping quarters weren't honeycombed with little anterooms.

Today the situation is almost reversed, because more and more families are finding out how exhilarating it is to live in big, open, multipurpose spaces—unconfined by walls that used to partition off two, three, or four rooms. For families building new homes, it's just a matter of omitting the walls. But for folks who already have the walls, the job's a bit tougher—not impossible, just tougher.

To show you how well such opening-up projects can turn out, we've rounded up three real-life remodelings. All the owners sought architectural help—and that's the sensible way to tackle projects like these. But if you're handy, there's no reason why you can't take on a down-with-the-walls remodeling yourself. Whichever route you take, the results can be sensational.



What triggered a remodeling in this house was an isolated kitchen. According to the homeowners, it seemed as remote from the action as a below-deck ship's galley. After a wholesale wall shuffling, four rooms were one, so anyone drawing KP duty could join in the fun.









Plans: Four beams (dotted lines) and four new posts (at the fireplace corners) now carry loads the old walls used to support. Even a stairway was moved so the entire zone (orange-shaded area) could be truly open and uncluttered. The new space still functions as it did when it was four separate rooms—entry, living room, dining room, and kitchen.

Left photo, opposite page: One of the new support beams spans the kitchen opening in this view from the dining area. The beam and base cabinets under it define the kitchen space but don't separate it visually from the adjoining areas.

Right photo, opposite page: This bird's-eye view from the stairway shows how open the kitchen really is. Globe lights hang on the side of another of the beams that made this space-opening project possible.

Photo above: Traffic flows from the entry (behind the wicker chair at far right) into the informal living area. The two existing beams running between the fireplace and the French doors are a perfect backdrop for globe lighting. You can see how harmoniously this space combines with the kitchen (at right) and the dining area (extreme foreground).

Photographs: Bill Maris—Semarco
Architect: Jay Alpert. Source: Ruth W. Martin
Drawings: Hired Hand

Buying Information, page 37.



MAKING BIG ROOMS OUT OF LITTLE ONES

Try your best to visualize this beautiful, free-flowing space as it once was—three dark, dwarfish rooms with little in common other than two confining partitions. Now—without barricades—every square foot of this area blends with its neighbors to create open, flexible space that adapts to nearly any family's life-style.



Plans: The new living/dining/relaxing area (orange shading) sweeps across the entire back of the house, sans partitions. Visitors automatically migrate to the rear where there's plenty of room to roam. Sliding glass doors in the back wall perform a space-expanding trick of their own. Two beams (dotted lines) carry loads that rested on now-extinct walls.

Photo below: This view toward the rear corner gives nary a hint that two load-bearing walls used to slice the space into three chunks. One wall-replacing beam, running from just right of the colorful graphic to a point past the track lights, is recessed into the ceiling. A second beam is camouflaged in the soffit slung from the ceiling in the back room.





Photo above: With a space like this, the owners can shuffle furniture virtually at will. They usually rearrange by season; in fall, winter, and spring, the setting is as pictured—modular seating nestled in front of the fireplace (just out of the photo at left), with dining table and chairs tucked on the opposite side of the room. During the summer months, the two groupings trade spots, so the conversational pieces can be oriented to the garden just outside the sliding glass doors that were installed in the end wall.

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Photo below: With one glance from the rear corner of the room, you can keep tabs on everything from the wood-burning stove to the front entry. The stove, incidentally, is a standard model that was dipped in white enamel and baked to protect its high-gloss complexion.



Photographs: Bill Helms. Project designer: Barbara R. Kapp. Source: Estelle Bond Guralnick

MAKING BIG ROOMS OUT OF LITTLE ONES

If you're beginning to think you must start with at least three rooms to get an open space worth the effort, this project will set you straight. It shows you can achieve that wide-open look by merging only two rooms. And it demonstrates that you don't have to remove an *entire* wall to free up space. As the photos illustrate, minimal changes can make two disparate areas flow together.



Plans: The absence of dotted lines on the "after" plan means no support beams were needed on this project. The architect chose to remove only a portion of the wall, build in a fireplace, then add a pass-through to pull the two spaces together visually.

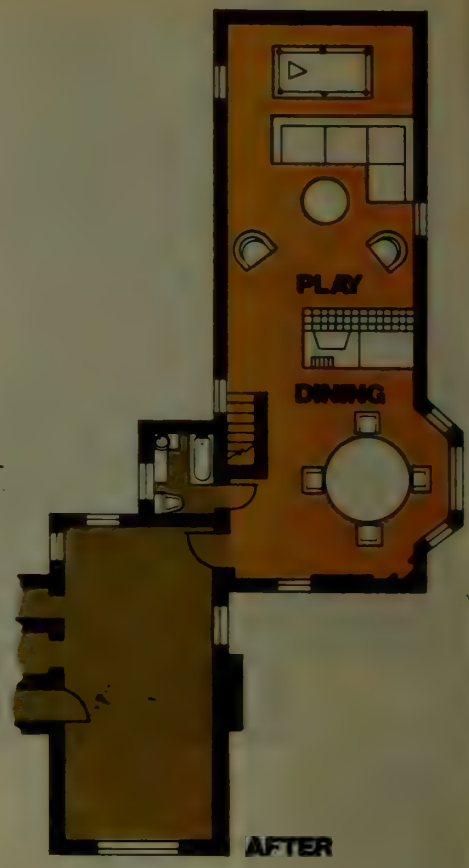


Photo below: The dining area in the foreground doubles as a hobby/craft center—far enough from the play area to avoid flying pillows, but close enough for across-the-room conversation. Note the one-step difference in floor levels.



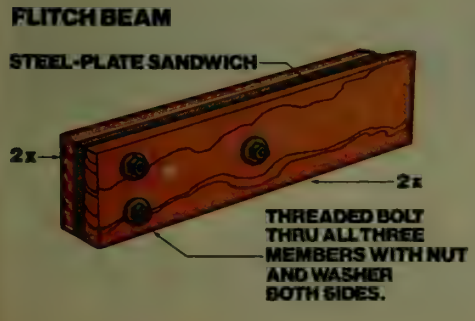


Photographs: Bill Maris—Semarco. Architect: Jay Alpert. Source: Ruth W. Martin

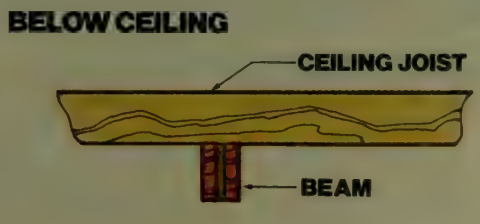
Photo at left: It's hard to believe that every square foot on this side of the fireplace used to be nothing more than storage space. Now it's a lively, colorful play area, open to the rest of the house but separate enough to serve as the private lair for three active kids. At the top of the stairs at right is a small study/loft.
Buying Information, page 37.

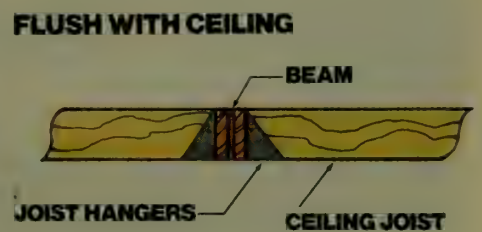
SUPPORTING BEAMS: HOW THEY WORK

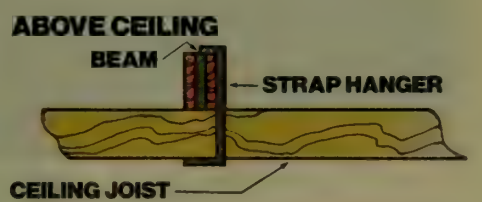
There are several ways to construct beams (sometimes called headers), one of the most common being the flitch beam shown below. Other beams are usually all wood (with plywood replacing the steel center) or all steel.



To re-support a ceiling, install a beam or header (1) below the ceiling joists, (2) flush with the joists, or (3) above them, as shown in the sketches below and at right. (Of course, there are many variations.) The beams themselves can be supported at each end by a vertical member connected to a bearing wall; and the vertical member can be visible or recessed in the wall.







Your architect or engineer can help you figure the optimum beam dimensions for the distance you have to span.

How to make a room special with Accessories

By Shirley Van Zante, Laurel Lund, Robert E. Dittmer

What you hang on your walls or cluster on the coffee table is just as important to a room as the colors or the furniture you choose. Accessories can tie a room together and turn it into your own very personal place. To some people, accessories are valuable antiques and rare art; to others, simply knickknacks that match the color scheme. Actually, accessories can be anything you happen to like. Once you've sorted out your favorite things, you'll want to display them to best advantage. Here are some thought-starting suggestions.



Photograph: Jessie Walker

Make casual dining click with a clever centerpiece

If your life-style isn't fancy or formal, the last thing you'll want on your dining room table is a contrived floral arrangement. Here's an alternative: a cluster of old junk-shop milk bottles filled to the brim with daisies. The unpretentious centerpiece is a perfect complement to the antique table and old restaurant china.



Switch accents for a change of scene

An eye-pleasing arrangement doesn't necessarily call for an accumulation of accessories. You can make a very personal statement, stylishly, with only two or three well-chosen pieces—saving some of your other treasures for showing another time. (By occasionally changing accents, you can give a room a whole new look.) This simple grouping consists of a few select mementos collected on a vacation trip to the Orient. A rattan chest from an import shop anchors the arrangement.



Set a witty table

Fresh out of flowers? No problem when you have imagination and a sense of humor. Instead of feeling tied to traditional table decor—like stiffly placed candlesticks and formal floral arrangements—choose a favorite offbeat accessory and let it serve as a clever centerpiece. Here a faience lamb grazes in a field of parsley grown from seedlings planted in the lined basket. Another time you might find him surrounded by a bed of homegrown herbs which the family snips right from the table to garnish a favorite vegetable or salad.

The old armoire holds other collectibles sometimes used for table dressing.

Design: Jean Chappell Interiors

Photographs: Fred Lyon
Source: Barbara East Cathcart

Buying Information, page 37

SALE

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Choose the bold simplicity of a Country English bedroom—the sale price includes a tall, country-style chest, oversized 70-inch triple dresser with matching deck mirror, and a turned-post headboard (full/queen size). Other pieces also available.

Or dine like Country English nobility—and save $200. The dining room sale price includes the trestle table, four ladder-back side chairs and two arm chairs. The table measures 66 x 42 inches and has a hand-finished, framed oak veneer top. Eighteen inch table leaf included. All chairs have thick durable cushions, upholstered in a rust textured-look Herculon® olefin for easy care.

Then accent your lovely new table with the accompanying china hutch and base—sale priced at $599.88 from $700.00.* It's extra large for extra storage and even has a special silver drawer.



If you desire additional service and storage spa the 66-inch buffet is also on sale. And, of cours each piece is built with the same careful craftsm ship found throughout the Oaken Splendor collection.

Oaken Splendor is available at most Sears larger stores. But sale prices end March 19, 197 So buy now for enduring value.

Only at Sears

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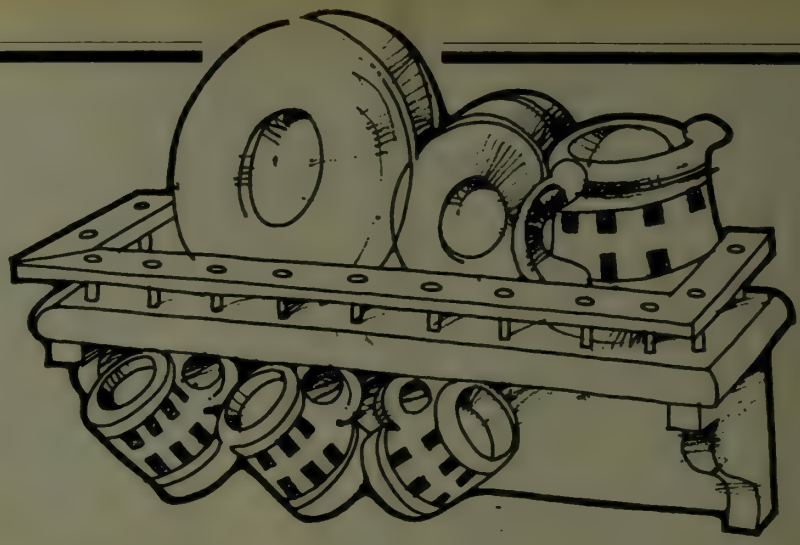
Bedroom sale price includes triple dresser with deck mirror, chest and headboard (full/queen size).

Dining room sale price includes trestle table and leaf, four side chairs and two arm chairs. China hutch top and base as well as buffet on sale separately.

*Prices higher in Alaska and Hawaii.

Step-by-step project scrapbook

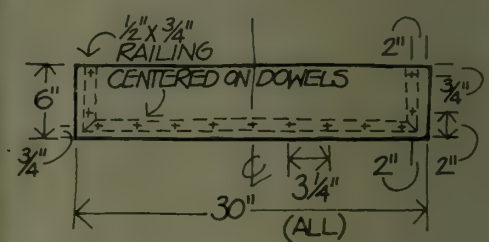
Need a place to show off a few collectibles? Or, how about a place for often-used crockery? This handy wall-mounted shelf fills the bill—and requires minimum expertise and materials.

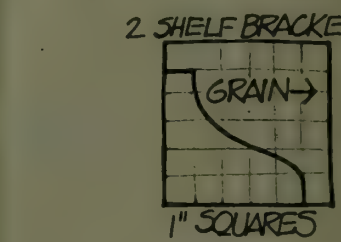


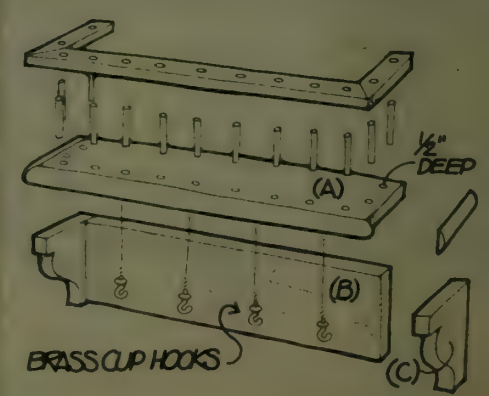
Drawing: Hellman Design Associates

PLATE AND MUG SHELF

MATERIALS:
¾" PINE - 1 PC. 30" x 6" (A).
1 PC. 28½" x 6" (B).
2 PCS. 6" x 6" (C).
¾" x ½" PINE (RAILING)
1 PC. 40" LONG
(CUT TO FIT W/MITERED CORNERS)
¾" - ½ ROUND MOULDING 42"
(CUT TO FIT W/MITERED CORNERS FOR TOP EDGING).
¼" DOWELS 13 PCS @ 2½"
CUP HOOKS







How to have identical twins.



With Rit® Dye.

Ever wanted to dye two old bedspreads or a big set of curtains a bright new color? Well, it's easy. Just separate the items into two or three equal loads and dye them in your washing machine. These simple RIT TIPS will help you make sure each load comes out the same shade:

For each load be *sure* to use **1.** the same amount of dye; **2.** the same amount of fabric; **3.** the same *color* fabric; **4.** the same amount of hot water; **5.** at the same temperature; **6.** for the same length of time.

If there's a chance that you'll run out of really hot water after the first load, wait awhile to do your next load. It's important, because fabric that's dyed with cooler water will be a little lighter in color.



Rit. You're going to love the results!

Best Foods CPC

If we're faithful to you you'll be faithful to us.



Over the years we've learned that your best interests and ours are one and the same. That if we continue to build a better product, you'll continue to support us with your patronage.

Hence this Whirlpool laundry pair. You can trust it with your washables. From rugged denims to delicate lingerie. Because the special fabric settings and temperature controls we design into our washers and dryers are that reliable. That precise.

And should you have questions about operating instructions or product information, we've put the answers at your fingertips. Our Bac-Pak Information Center is attached to the back of every regular and large capacity Whirlpool washer and dryer designed for your home.

We do these things with one thing in mind. Quality. Because quality is one thing neither we nor you can afford to live without.

Whirlpool
Home Appliances

We believe quality can be beautiful.

LUMBER-BUYING TIPS FOR WEEKEND CARPENTERS

If you find shopping for lumber as mystifying as bartering in a foreign land, you have lots of company. But the basic facts about lumber really aren't complicated. What causes the confusion is that there are a lot of terms floating around, and some of them are misused.

Here's a rundown on those terms and their meanings—plus several buying guidelines to help make you a more knowledgeable shopper.

Woods are divided into two categories—*softwoods* and *hardwoods*. For most projects, you'll use softwoods (from coniferous trees such as pine and fir), so we'll concentrate on these general-purpose woods.

Grading

Softwood grades are determined by the defects a board has. Highest quality boards are graded "Select," indicating a knotless face on both sides. Grade breakdowns within the "select" category are "B and Btr" (Better), "C," and "D." Defects even among the C and D boards are minor.

Lower quality lumber, called the *common grades*, is rated #1 through #4, with #1 common the best.

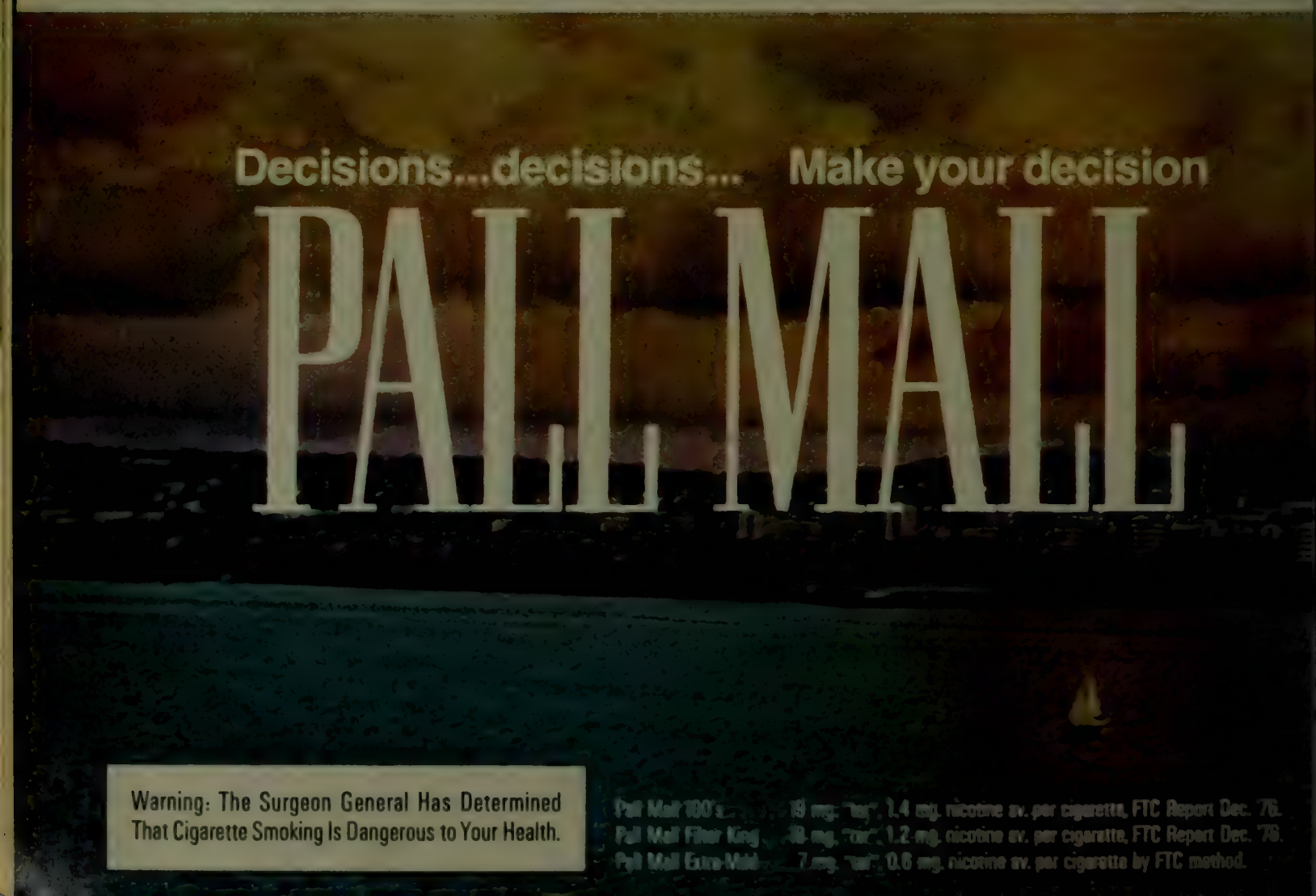
Save the select grades for the unpainted "showy" sides of projects. Use the less expensive common grades #1 and #2 for shelving and wherever you want a knotty pine effect. Grade #3, with larger knots and more defects, is good for cabinet backs or other places where appearance isn't critical.

Don't be afraid of knots—although you won't want to let a large knot fall at a point of support. Knots simply show where limbs grew on the main trunk. Watch out, though, for a knot encircled with black fibers (bark)—that signals a dead area.

Types of wood

The regional availability of wood species determines what type of lumber is commonly used in your area. In much of the U.S., *white pine, hemlock, Ponderosa pine, white fir,* and *Douglas fir* are used for most projects from shelving to interior trim and other finish work. In the Southeast, *Southern yellow pine,* a local wood, is the common choice.

For outdoor living projects, such as fences, decks, and picnic tables, choose *pressure-treated lumber* or one of the special outdoor woods which are resistant to insects and decay. The reddish heartwood of



both *redwood* and *Western red cedar* is naturally resistant to decay. But remember to trim off any of the white sapwood, because it doesn't have the rot-resistant qualities of the heartwood. These outdoor woods can be painted, stained, or allowed to weather, depending on the effect you desire.

Plywood is a sandwich of thin layers of wood, pressed and glued together. It comes in softwood and hardwood versions, but softwood plywood is used for most general carpentry. Standard 4x8-foot sheets are usually available in ¼-, ⅜-, ½-, ⅝-, and ¾-inch thicknesses.

General-purpose plywood is graded A, B, C, or D to indicate appearance and strength. (Sometimes—but very rarely—a grade of N, superior to A, is also available.)

To find out what you're getting, just read the code stamp that's on either the back or edge of the plywood sheet. The first letter tells you the grade of the face, the second the back—ie., "A-C." Then look for the letters "EXT" or "INT" that identify the glues between layers as for exterior or interior use.

Consider whether one or both sides of the plywood will be seen, and don't buy a better or thicker sheet than your project requires.

Particleboard or flakeboard is made of a compressed mixture of wood chips and glue, and is often used for shelving, counter-top cores, and floor underlayment, where appearance and shearing strength are not important factors. Screws do not hold well in particleboard, and it has no grain, so you'll probably want to finish it with paint rather than stain.

Sizing

Lumber sizes are described by thickness, then width. Thus a 1x4 is one inch thick, four inches wide; a 2x10 is two inches thick, ten inches wide. (Well, not exactly—more on this a little later.) Any piece of lumber measuring 1¼ inches or less in thickness is called a *board. Dimension lumber* is thicker than 1¼ inches and is often called *framing lumber,* since its common uses are structural, as for joists, studs, headers, or rafters.

Before you buy anything, measure with this in mind: a 2x4 is *not* two inches thick and four inches wide. The traditional names (nominal sizes) indicate lumber size before the wood was planed or dried. Order by the nominal dimensions, but keep in mind the *actual* sizes for measuring. If exact dimensions are necessary for your project, check the following chart:

SOFTWOOD LUMBER SIZES

Nominal size (inches)	Dry size (inches)
Board lumber	
1x4	¾ x 3½
1x6	¾ x 5½
1x8	¾ x 7¼
1x10	¾ x 9¼
1x12	¾ x 11¼
Dimensional lumber	
2x4	1½ x 3½
2x6	1½ x 5½
2x8	1½ x 7¼
2x10	1½ x 9¼
2x12	1½ x 11¼

continued



continued

Lumber-buying tips

Lumber is usually sold in even footage lengths—two, four, six, etc. If you need a piece five feet, four inches long, you'll ordinarily have to buy a six-foot board and saw off the other eight inches. Cedar, however, is one type of wood that may be available in odd footages.

Board foot is a sizing term that need not confuse you. It simply means any portion of a board that contains 144 cubic inches—whether it's 12 inches of a 1x12, 24 inches of a 1x6, or 18 inches of a 2x4.

Don't worry about how many board feet your project requires, except to estimate costs. It's much more important to know how to convey your needs in this order:

1. Number of pieces
2. Size of lumber—thickness first, then width—in inches
3. Length of lumber—stated in feet
4. Grade and type of wood

Put it all together and a typical request would sound like this: "I need four 1x8s, six feet long, #2 pine."

Some buying tips

With a few basic lumber facts under your belt, you're ready for your trip to the lumberyard. Here are some additional pointers to help you buy more judiciously:

1. Take along as much information as possible about your project. Drawings or a list of dimensions may stay in your pocket the whole time, but having them handy can avoid misunderstandings about your project's requirements.

2. Save money by buying the lowest grade of lumber that fits your needs. If you're unsure, tell the dealer what you're making, how you'll use it, and how you plan to finish it. He can recommend the right grade for your project. Better yet, he may suggest special materials that will make your job easier and save you money to boot.

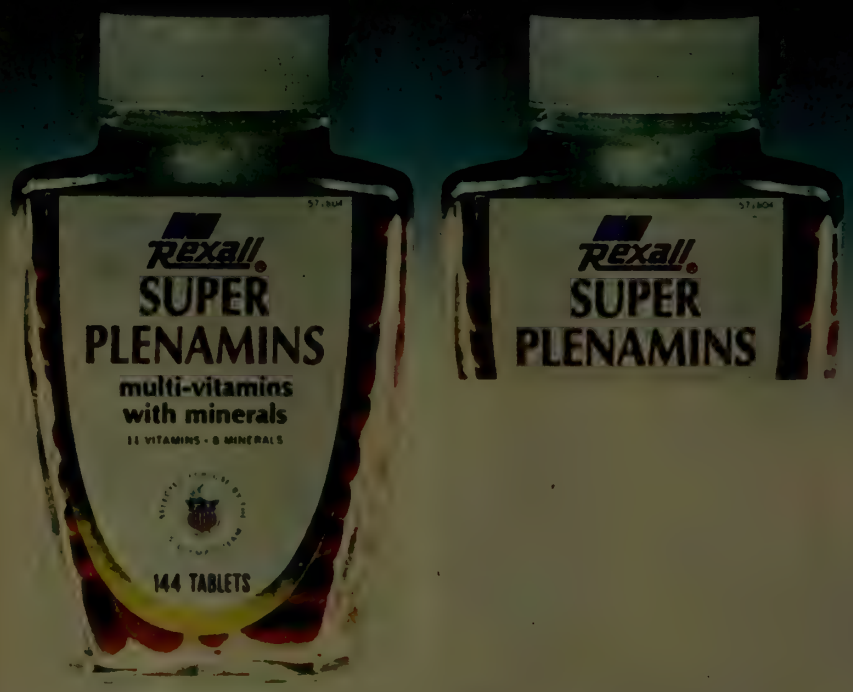
3. If you're working on a project that doesn't require "pretty" lumber, look around for a stack of rejects that have been culled out of the regular bins. Quite often these bargain boards will satisfy your building needs—and at a fraction of the cost. They're usually blemished or damaged, and you may have to cut away the bad parts. But most projects require a few short or hidden pieces, and you might as well buy them as cheaply as possible.

4. Don't be afraid to ask questions. A lumberyard offers service as well as materials, and the dealer knows you'll be more likely to come back again if you're not intimidated the first time.

5. Try to do your lumber shopping during the week. You'll get better help with your questions on weekdays when the store isn't crowded.

6. Save on costs by taking materials home yourself. Bring cartop carriers for large purchases—or borrow a station wagon, pickup, or van. But if you want materials delivered, be sure to find out how soon deliveries can be made; you may have to delay your schedule a day or so. The yards that do deliver often charge for this service. ■

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Look for this special on Super Plenamins at your nearby Rexall Drug store.

Buy our 144-tablet size and get another bottle of 72 Super Plenamins free. Buy 288 and get 144 free. Or buy 72 and get 36 free.

No matter which size you choose, you'll be getting one of America's favorite multi-vitamin, multi-mineral products. Eight minerals and eleven vitamins, plus Rexall's guarantee of complete satisfaction or your money back.



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Rexall's special on Super Plenamins. It's a good deal, on a good deal more.



Sears Perma-Prest® Cape Cod Curtains

America's favorite curtain style in America's favorite colors.

Sears "Inheritance" Cape Cod Curtains. They make your home look as fresh as springtime all year long.

It's a breeze to keep them crisp and perky. The 50% polyester and 50% cotton Perma-Prest® fabric is specially woven to drape properly. It machine washes, tumble-dries and there's no ironing.

Sears "Inheritance" Cape Cod Curtains come in eighteen fashion colors. And seven sizes to fit most every window. What's more, each size is an extra-full 84 inches wide, to gather into deep, rich folds.

The little extras: each ruffle is pleated with *two* stitches to even up the ruffling. The corners are rounded to make a prettier hanging curtain. And every curtain is inspected 23 times before Sears will sell it to you.

Sears "Inheritance" Cape Cod Curtains. As pretty as their price. At most larger Sears, Roebuck and Co. stores now and in the catalog.

From Sears Open Hearth Collection

Only at Sears

A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

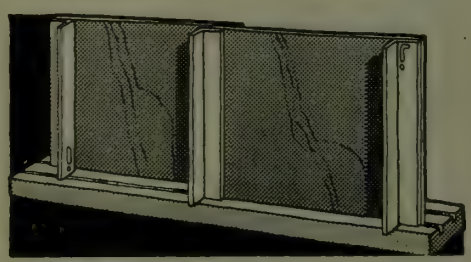
PROBLEM

The inexpensive hardboard sliding doors on your cabinet have curled slightly and no longer move freely in their tracks.

SOLUTION

Attach aluminum angles, as shown, using epoxy glue and clamps. The angles serve as stiffeners, door pulls, and stops.

P.M., Cincinnati, O.



PROBLEM

You need room to spread out occasional craft and hobby projects, but free space is in short supply at your house.

SOLUTION

Make yourself a light, portable worktable by bolting a 2x6-foot piece of ½-inch plywood to the top of an old collapsible metal ironing board. Then just fold it up and stack it in a closet between projects.

R.D., Haverhill, Mass.

PROBLEM

You have half a dozen pencils in your workshop, but never can find one when you need it.

SOLUTION

Glue strips of Velcro fastener to several pencils and to selected spots on the walls, saw table, etc.

J.S., Hardesty, Okla.

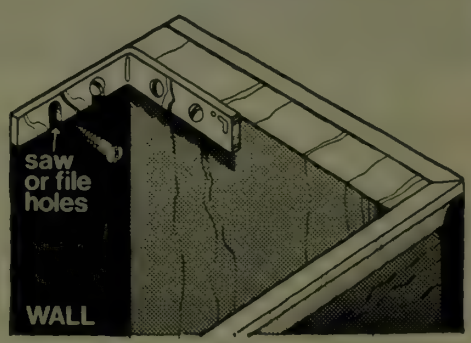
This feature is written by you. It's a wide-ranging collection of shop hints, installations tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

You need a simple method of hanging a lightweight cornice.

SOLUTION

Buy metal angles with countersunk holes; use a hacksaw to convert two holes of each angle to slots (see sketch); then mount the angles, as shown. Hang the cornice on roundheaded screws whose heads are separated from the wall a bit more than the thickness of the angle.

G.N., Cincinnati, O.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

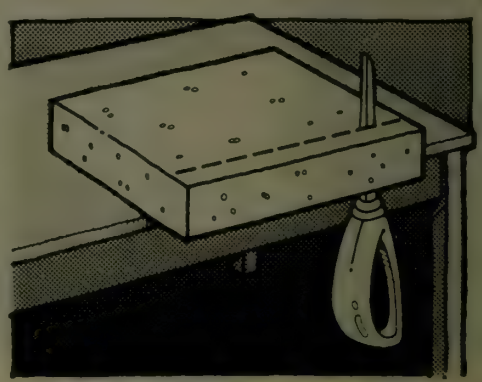
PROBLEM

The last time you tried to cut a thick piece of foam rubber, the edges looked as if a kid had whittled on them.

SOLUTION

Lay the foam on a table so the cut line is outside the table edge. Then make a good, clean cut with an electric carving knife; hold it vertically, blade pointed up. Experiment a little to find out whether it's easier for you to cut toward you or away from you.

M.S., Chicago, Ill.



PROBLEM

That ornate old piece of furniture you're stripping has some deep, narrow turnings that won't come clean even when you scrub them with steel wool.

SOLUTION

Soak a piece of coarse twine in varnish remover for a few minutes, then pull the twine back and forth in the grooves. And if you miss a few isolated spots, go after them with an old hard-bristled toothbrush or a stiff, cut-down paintbrush.

C.P., Springfield, Tenn.



Every Spring almost as soon as the days get a little warmer, you'll see the color coming back into your lawn and it will probably look nicer than it really is.

Your grass is now producing chlorophyll, which is where that color comes from. And this is when your soil needs all the help it can get—not just to make your grass greener, but to help thicken up your lawn with lots of new grass while the weather's fine for growing.

All this is hard work for a lawn.

How Turf Builder helps thicken your lawn with thousands of new grass plants.

Grass plants start new grasses growing around them by sending out tillers, rhizomes, or stolons which form new "branch" plants that send down roots of their own. It takes a lot of energy on your lawn's part and your soil alone just can't come up with enough nourishment to do the job right.

But about thirty minutes with your spreader and some Scotts Turf Builder® will give your lawn the nourishment it needs. In fact, one feeding will help grow thousands of new grass plants in a few weeks. We've done it ourselves on different grasses (from bermuda to St. Augustine to bluegrass) on our grass research farms around the country.

Turf Builder gives grass a prolonged feeding because it holds some of its nitrogen back for later. We worked out a kind of timing process that releases this food slowly, so that it will work on those thin spots for up to two months.

And you might also like to know that this same slow feeding action also keeps Turf Builder from burning your lawn. All you have to do is follow the directions on the label. In fact you could accidentally put on four times too much this Spring and it still won't burn.

We put out a quarterly booklet called Lawn Care® that's filled with tips for lawns. It's free and you can get it just by writing us here in Marysville, Ohio 43040. You don't need a street address. We're the Scotts people and everybody in town knows where we are.



The Flavor Shaker

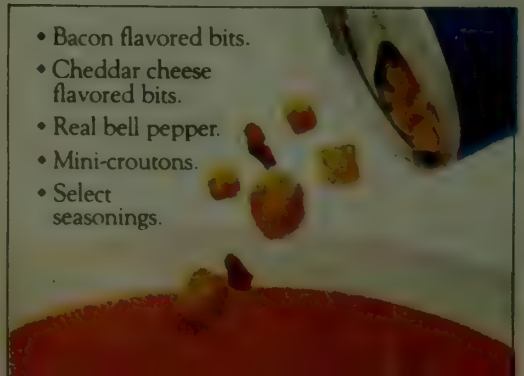
makes soups and salads taste special.

You've got the salt and pepper shakers, now get the *Flavor Shaker*—Salad Crispins.® It helps you make super soups and salads that are extra special. Shake on this delicious assortment of flavor bits, crunchy mini-croutons and select seasonings that gives soups, salads or even vegetables a real lift.

Salad Crispins' unique blend of flavors makes food more tempting—with a livelier taste, an extra crunch and a brighter look. And they come in six delicious styles—American, Italian, French, Home, Swiss and Country. Just shake on the flavor with Salad Crispins—the Flavor Shaker.



Shake on the flavor.





HEARTY STEWS— HALLOWEEN TREATS

Are flavorful stews your speciality? Do you enjoy surprising the Halloween spooks at your house with a favorite snack? Send us your recipes—you could win next October. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and 10 Honor Roll winners get $10 each. Selected recipes will appear on the Prize Tested Recipes pages next October. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to help you

Hearty Stews are zesty main dishes made by simmering meat, fish, and/or poultry with vegetables in a broth or sauce. Do you have a long-simmering favorite or one you put together in a jiffy? Tips:

devilish chicken chowder
Oriental sweet-sour stew
budget bouillabaise
creamy oyster bisque

Halloween treats can include any snack you offer trick-or-treaters or guests at parties. Do you have a cookie, candy, nibble mix, appetizer, or beverage you consider a Halloween must? Hints:

jack-o'-lantern cookies
special popcorn nut balls
apple wine brew
smoky cheese slices

THIS MONTH'S WINNERS

(See recipes on pages 117 and 118.)

Cooks-of-the-Month

Mrs. Robert E. Huber, Dowagiac, Mich.
Mrs. Paul Mueller, Naples, Fla.

Runners-up

Cathy Berra Bleem, Walsh, Ill.
Laurie Peterson, Sacramento, Calif.
Mrs. Bob Ross, Sonora, Calif.
Elizabeth K. Shell, Gloucester, Va.

Honor Roll

Lanore J. Barth, Apple Valley, Calif.
Jeanette Boettcher, Saratoga, Calif.
Mrs. John Cunningham, Hartsdale, N.Y.
Carlene Evans, Harper Woods, Mich.
Mrs. H. B. Garnes, Minneapolis, Minn.
Mrs. Alfred G. Ratz, Santa Ana, Calif.
Mrs. Florence Rein, Brooklyn, N.Y.
Mrs. Gail W. Reynaud, New Bern, N.C.
Mrs. John Silver, Sarasota, Fla.
Mrs. Donald W. Ulkus, Kensington, Conn.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "March Hearty Stews" or "March Halloween Treats."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, March 31. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7703 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**



WHY BUY A MATTRESS FOR YOUR BACK IF YOU ALSO SLEEP ON YOUR FRONT.

A mattress that's good for your back is terrific. If you sleep on your back. The fact is, in an average night, you change positions about 40 times. You need a mattress that can move with you. That supports your front and sides and elbows, too.



Ordinary mattresses can't always give you this support, because their springs are wired together. When you push one spring, it pulls lots of other springs down. And the mattress treats your body like one big chunk.

A Beautyrest is different. It has individually pocketed coils that can react separately to support whatever part of your body they're under.



It conforms to how you're built and how you sleep. And gives firm, flexible support to every part of you.

At Beautyrest, we think your toes deserve the same good night's rest as your back.

BEAUTYREST BY SIMMONS. THE MATTRESS FOR YOUR WHOLE BODY.

Get your copy of "How to buy a mattress" booklet. Send 25¢ to Simmons Co., 1 Park Avenue, New York, N. Y. 10016

SPRINGTIME CRAFTS from Better Homes and Gardens®



Turn-Of-The-Century Dolls Ten delightfully old-fashioned doll creations available EXCLUSIVELY for you from Better Homes and Gardens.® Add your personal touch with embroidery, paint or crayons. Kit contains top-quality muslin with silk-screened designs for ten dolls, stuffing, embroidery thread, needle, and simple instructions. Finished sizes range from 5" to 7". Paint Set available for decorating dolls; contains six two oz. tubes of quick dry, non-fade acrylic paint.



Monarch Butterfly "Monarch"—the most majestic of Butterflies, now available in a complete needlepoint kit. Pillow or wall hanging kit includes full-color design on 10 mesh cotton canvas, dacron/polyester yarns, tapestry needle and instructions. (You supply backing, piping and cording of your choice.) Finished pillow or wall hanging measures 14" x 14". Also available in latch hook pillow (not shown). Kit includes screen-printed design on 3.75 mesh cotton canvas, acrylic precut yarn, and instructions. You furnish backing of your choice. Finished latch hook pillow measures 16" square. Frame and pillow forms available below.



Perpetual Calendar Embroider this calendar and use it forever. Inspired by an old-fashioned sampler, each flower of the month introduces a simple embroidery stitch. Month and dates attached with Velcro® tape are moved and reattached in seconds, keeping calendar up-to-date forever. Fun and fascinating! A Better Homes and Gardens EXCLUSIVE (not available in stores), kit includes design stamped on linen, enough nylon tape for months and days, embroidery thread, and complete easy-to-follow instructions. Make one for yourself and one for a friend. Fits our walnut finished 18" x 24" frame also available.



Fishing Village Latch Hook Here's one of the most quaint and picturesque wall hangings or rugs you will ever find! It's certain to add charm and beauty to any decorating scheme. Imagine the pleasure you'll have telling your friends you latch hooked it yourself! This exquisite kit contains 4 mesh polyester canvas complete with taped edges, complete yarn requirement information and easy-to-follow instructions. This beautiful piece measures 24" x 36". You can order canvas alone and select your own yarns or complete kit including all yarns.

Credit Card Users Speed Delivery By Phoning Toll Free

Quantity

_____No. 00941 Old-Fashioned Dolls $6.49. 2 for $11.98
_____No. 11165 Acrylic Paint Set $5.95. 2 for $10.90
_____No. 03032 8" Wooden Embroidery Hoop $1.75 (See in photo)
_____No. 03012 Stork Scissors $7.99. 2 for $14.98 (See in photo)
_____No. 00799 Monarch Butterfly Needlepoint $11.99. 2 for $22.98
_____No. 00217 Monarch Butterfly Latch Hook $11.99. 2 for $22.98
_____No. 00806 Monarch Butterfly Needlepoint and Pillow Form $13.97. 2 for $25.95
_____No. 00938 Monarch Butterfly Needlepoint and Frame $18.48. 2 for $34.97
_____No. 00218 Monarch Butterfly Latch Hook and Pillow Form $14.19. 2 for $26.38
_____No. 00062 Perpetual Calendar $13.99. 2 for $25.98
_____No. 00064 Perpetual Calendar and Frame $21.48. 2 for $40.97
_____No. 03078 Fishing Village Canvas $8.99. 2 for $16.98
_____No. 03080 Fishing Village Kit, complete with yarn $27.95. 2 for $53.90
_____No. 03029 Latch Hook $1.20. 2 for $1.90

Total of Merchandise $_____

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$5.01 to $10.00	$1.20	$50 and over we pay postage.	
$10.01 to $15.00	$1.35		

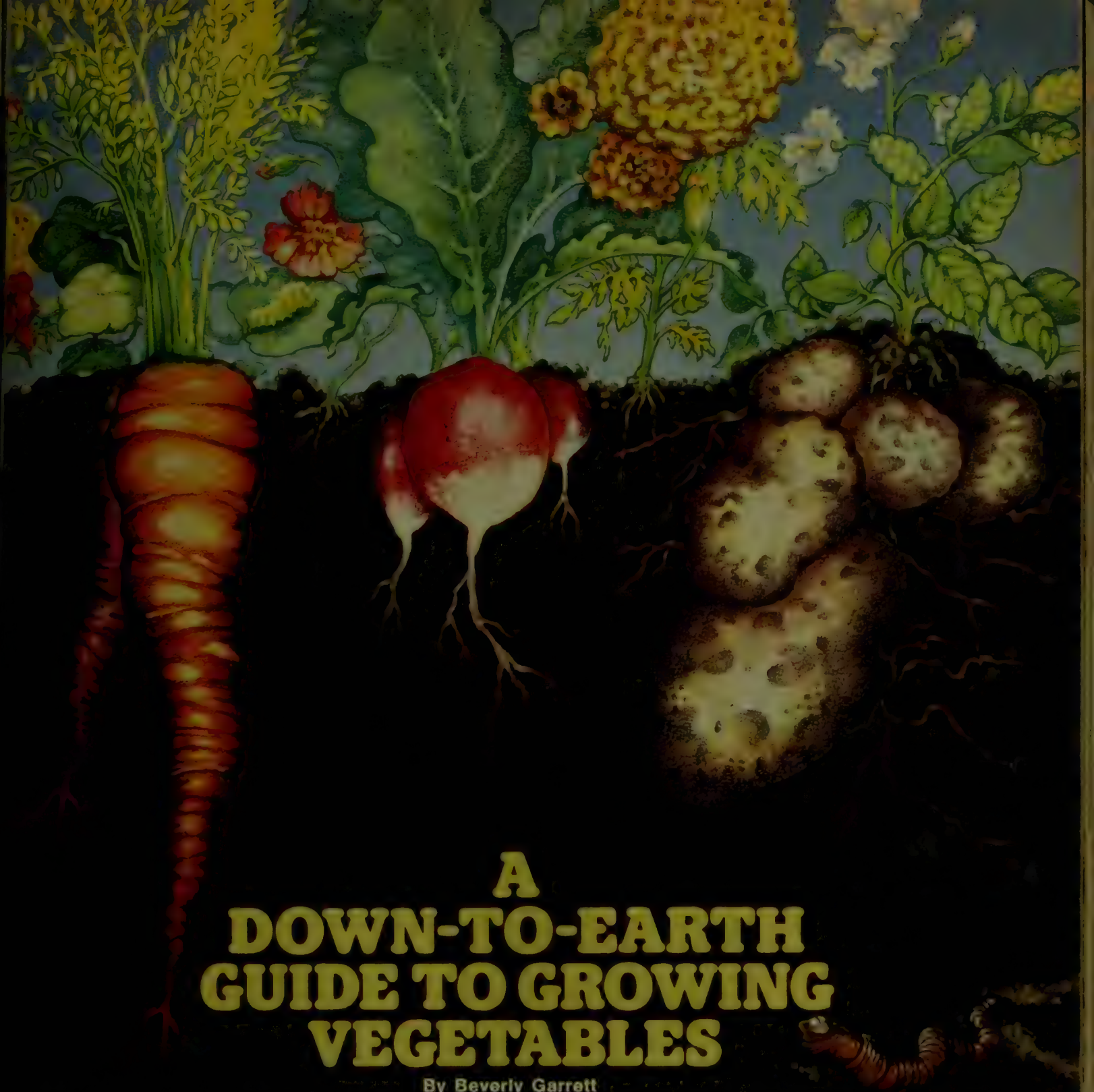
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A DOWN-TO-EARTH GUIDE TO GROWING VEGETABLES

By Beverly Garrett

You can raise more, bigger, and better vegetables this year, and you don't have to buy an acreage to do it.

One trick is to stretch the garden space you have. To gain extra growing room, stake or support the vine crops so they can grow vertically, and add boxes or pots of vegetables on a sunny patio. Plan to be extra efficient with your space. At the start of the season, interplant quick crops with those that grow slowly (see the interplanting ideas on the following pages). In midsummer, replant the space left open when early crops die down. Stratagems like these can make even a pocket-size plot produce big yields.

But, remember, high yield *alone* isn't your ultimate goal. You want full-sized, perfectly formed vegetables that put the supermarket to shame. To banish any possibility of ending up with limp lettuce or shriveled cucumbers, simply practice a little commonsense garden care. It *does* make a difference how and when you water, how you cope with the weather in your area, and whether you harvest at the right time. Bone up on your vegetable-growing basics before you plant a seed or set out a single young transplant.

To get you off to a good start, we rounded up some key facts, tips, techniques, and space-making ideas. They're not glamorous, just practical. And all have been garden tested, so we know they'll work for you. Help yourself to one or all of them, and make this year's garden the greatest you've ever grown.

MAKE ROOM FOR MORE FOOD



Photographs: William Hopkins, George de Gennaro; Ernest Braun, Bill Helms
Illustration: Rick Farrell, Hellman Design Assoc.
Sources: Dorothy Campbell, Helen Heitkamp, Bonnie Maharam

TASTE-TEMPTING POTS

Add a little spice to your garden with pots of culinary herbs. Here, fennel and mint line up with pot-grown strawberries at the edge of a vegetable plot. Big herbs, like fennel, seldom reach full size in containers, but they grow enough to give you a steady supply of leaves to snip. Basil, any of the low-growing thymes, summer savory, sweet marjoram, and chives all take to pot culture. It's best to plant dill directly in the garden where it will have space to grow tall and produce seed heads used in pickling. In this garden, the container-grown strawberries are strategically set to tempt hungry vegetable gardeners. The strawberries bear periodically from June till frost.



Old Westbury Gardens, Hick Nursery

A BOX OF BEANS

Kentucky Wonder pole beans stretch up this patio box that's equipped with its own "fence." The planter measures six feet in length; it's 18 inches wide and a foot deep. Chicken wire stapled to a 2x2 frame furnishes support. All boxes need to be watered daily, and filled with a mix of peat, potting soil, and dried manure.

SOIL-LESS GROWING

The lightweight planting mixes made of organic material and expanded minerals and fortified with fertilizer work well for containers of vegetables. The mixes, available at garden and nursery centers, make boxed crops much more portable.



GET OFF TO A GOOD START

THE MINI VEGETABLES

If your space is at a premium, your growing season is short, or you just want to grow something different, sow some midget vegetables. They mature quickly and rival their larger cousins for flavor. Tom Thumb Midget lettuce forms heads in just 65 days; Tiny Dill cucumber grows on two-foot vines and starts bearing in 55 days. Or, try the Golden Midget sweet corn (58 days), Mini Cantaloupe (60 days), or New Hampshire Midget watermelon (65 days).

FLOWERS PLUS FOOD

Look for vacant spots in your flower beds. If you have two feet of space open, you can plant a cherry tomato, an eggplant, or a red cabbage for added color and diversity. Here, green peppers are set in a cluster with individual plants ten inches from their neighbors. They're surrounded by marigolds and pink pelargoniums.

SOIL AND FERTILIZER

Vegetables grow best when they get five or six hours of sun a day, so pick a garden spot that meets this minimum requirement. The other basic need is soil. If you grow crops in pots, you can, of course, control the soil mix. Outdoors, though, you must work with what you have. If you're fortunate enough to have a rich loam, you can simply spade or power-till the plot to a depth of nine or ten inches, then rake the surface free of debris and clods.

If your soil is sandy or clayey, add a two-inch layer of rotted compost or dry, bagged manure before you spade or till. The organic matter will improve the soil's structure.

With all kinds of soil, the final step in preparation is applying plant food. Spread fertilizer specially made for vegetable crops (such as 18-24-6) evenly over the plot and rake it in.

WHAT TO PLANT WHEN

Planting dates vary widely, even within states, so it's best to check with the Extension Service for accurate local information. Ask the dates of the last frost in spring and the first killing frost in fall. In frost-free areas, check on times to plant both cool- and warm-weather crops.

COOL-WEATHER CROPS

The cool-weather crops that can go in one month before the last frost are:

Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Kohlrabi
Leeks
Lettuces
Onions
Parsnips
Potatoes
Peas
Radishes
Rutabagas
Spinach
Swiss chard
Turnips

WARM-WEATHER CROPS

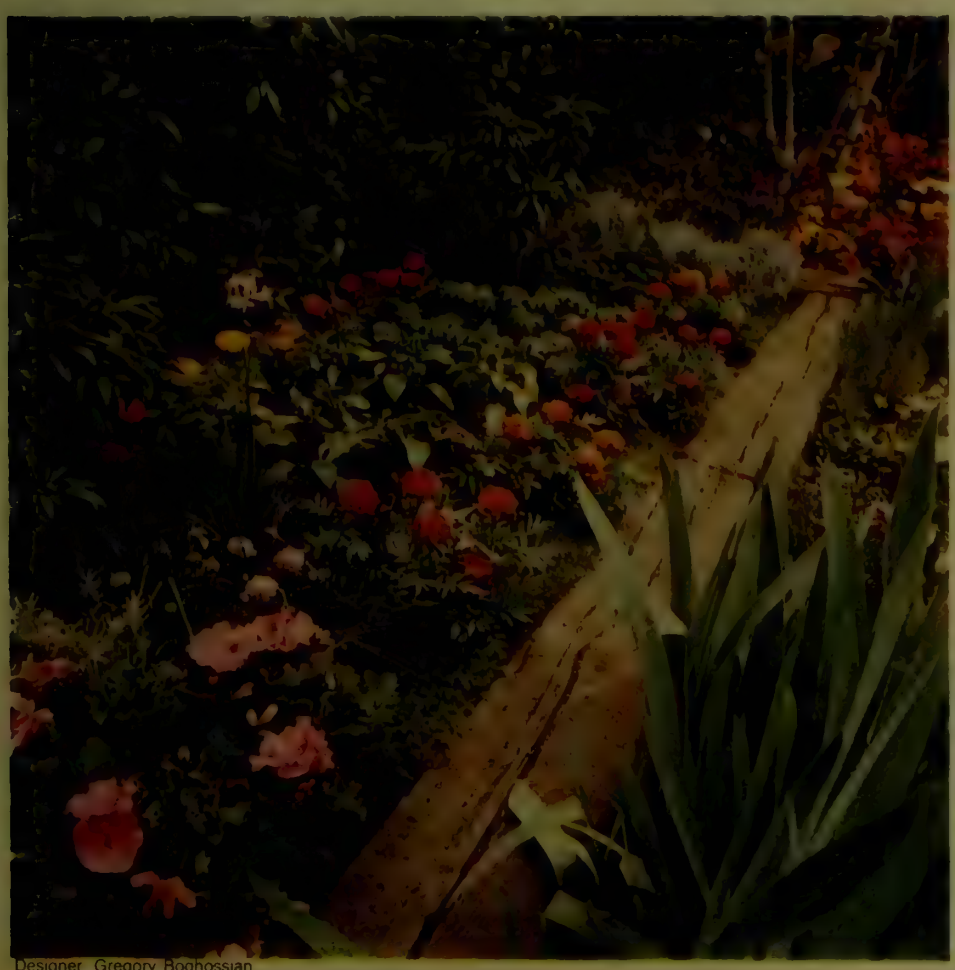
The warm-weather crops that should be set out after the last frost are:

Beans
Cucumbers
Corn
Eggplant
Melons
Okra
Pumpkins
Peppers
Squash
Tomatoes

INTERPLANTING

To get full use of your garden space, interplant a fast-growing vegetable with a slow-growing one. Set onion starts around baby cabbage—you can pull them for scallions before the cabbages mature. Sow an early crop of radishes in the space set aside for beans or tomatoes. Sow beets in spots saved for warm-weather crops—use the beet tops for greens in late-spring salads.

In mid-season, sow a quick crop of turnips or second crops of beets and beans, or try a row of Chinese cabbage. After peas and other cool-weather crops die back, plant a quick-maturing, 60-day hybrid corn variety like Early Sunglow or X-tra Sweet Illini for late harvest.



Designer Gregory Boghossian

WEATHER BREAKERS

You can't control the weather, but you can modify its extremes to help your vegetables. In the spring, new transplants of cabbage, broccoli, cauliflower, and Brussels sprouts can wilt down when exposed to their first sunshine. A loose tenting of newspapers, weighed down by bricks, will shield vegetables effectively during the first critical days after transplanting. If the days are cloudy, of course, no shielding is needed. Take the paper off daily after the sun goes down, and always be sure the tenting doesn't close off air circulation.

Later in the spring, warm-weather-loving tomatoes, peppers, and eggplants can be nipped by cold on extra chilly nights. Check the devices shown here and adapt one to fit your needs. Use these only during the critical period.



COFFEE-CAN COVER

Cut the top and bottom from a two-pound coffee can. Push it into the ground around a young plant. Lift the can daily to give the plant full sun.



MILK-BOTTLE HOTHOUSE

Cut the bottom from a half-gallon plastic milk bottle and use (only on cold nights) over tomato, eggplant, or pepper sets. Remove during the day.



A SHELTERED ENVIRONMENT

This young pepper plant enjoys three-sided protection from prevailing winds. A trio of 9x12 shingles, pushed into the ground, screens spring gales.



ROW PROTECTION

To tent a row of plants, nail together 1x1 stakes in an A-shape for each end support; link with a lath strip. Cover at night with plastic.



SLEEK MELON PATCH

Heat-loving crops thrive with a black plastic mulch. Cut circles in the plastic for plants or seeds and slit Xs at intervals to let rainfall in.

MULCHING TIPS

Help your plants—and yourself, too—by adding a soil cover of mulch in late spring. A mulch keeps down weeds, holds moisture in the soil, and modifies soil temperatures. When the soil is covered, less mud splatters up on vegetable leaves during rainstorms. Also, you walk on the mulch, not on mud, when you're working. If you use an organic mulch, you can turn it into the soil after the growing season ends; the mulch will decompose and greatly improve the structure of the soil.

Black plastic, sold in sheets or rolls, is the newest of the garden mulches. It doesn't decompose, so it can be used season after season.

Time-tested organic mulches vary from area to area—use what's locally available at a low cost. Apply generously; a four- to six-inch cover is best. Put the mulch on when the soil is moist but not soggy. The favorite organic mulches are: clean straw, spoiled hay, ground corncobs, sawdust, and well-rotted compost.

GROWING UP





BEAN TEPEE

Take three five-foot-long 1x1 laths and assemble them into a triangular tepee, tying the tops together and sinking the other ends into the soil. Plant six to eight seeds of climbing beans at the base ot each lath.



MOBILE MINI GARDEN

The odds are against you if you have a small, hilly, shaded lot and you want to grow vegetables. But these drawbacks didn't daunt Alfred Drumright, who built this gardener's salad cart. The roll-around unit can move to catch pockets of sun at different times of the season; the seven-tier design accommodates six-foot rows of spinach, romaine, basil, radishes, green onions, lettuce, and, on the bottom deck, Patio Pik bush cucumbers. A roll of black plastic, stapled along the top, can be unrolled to shield plants on hot days. In the fall and early winter, the plastic drops down at night to offer cold protection. An inch of gravel in the base of each trough provides drainage for the soil mix. Small casters fastened to the corners of the unit make it easy to move the cart to sunny spots. As with any container gardening, be sure to provide adequate moisture.



Architect: Rolan/Miller Associates

PERMANENT TRELLIS

Attach a sloping trellis to a garage, fence, or storage shed and you'll have a ready-made vertical garden spot for cucumbers, beans, or peas. Or, if you wish, set grapevines along the base and angle the trellis to catch maximum sun. Mount the trellis on concrete pier footings for a permanently stable foundation that will be rot resistant.

TRICKS TO TRY



FRUIT SLING

Vine crops grown vertically can get heavy close to harvesttime. Avoid fallouts by making slings for melons and squash. Use old sheets, towels, whatever is available; cut the material into squares and knot the corners. Tie twine to each corner, ease the parachute around the fruit, and tie to the fence.



SOAK, DON'T DRENCH

Many vegetables consist of 90 percent water, so it isn't surprising that a steady supply of moisture is one of the real secrets behind bumper crops. Also, well-watered plants are healthier and they resist disease and fend off insects better than drought-weakened specimens. For the best results, use a soaker hose. The vegetable leaves stay dry, you avoid mildew dangers, and you guarantee water at the root level.



WELL-FED TOMATOES

Here's a new way to plant a tomato cage: Dig a two-foot-deep hole the diameter of the cage, fill the hole with well-rotted compost, and set the cage around the perimeter, staking it firmly into the ground. Now, plant four tomatoes around the *outside* of the cage, tying them to the wire as they grow. The tomato roots will seek out the adjacent compost and feed well. Also, with this trick you can save space.

HARVESTING KNOW-HOW



BROCCOLI CUTTING

Wait until heads are fully developed, then cut off six to seven inches below tops. New heads will form.

CARROT CROPPING

Pull young carrots when they are one inch or more in diameter. Leave carrots intended for winter storage in the ground till fall. Then pull or, if the soil is too hard, dig them.



If you can, harvest all leafy vegetables early in the morning before the dew dries. Harvest others as close to mealtime as possible; a speedy transit from garden to table is especially helpful to corn and peas.

KEEP THESE HARVESTING TIPS IN MIND:

- Use Brussels sprouts when the little heads turn firm. Pick from the base of the plant first.
- Pick eggplants when they're firm and bright in color.
- Use the outer leaves of chard as they become eight to ten inches tall—new leaves will grow from the center.
- Muskmelons are ripe when a crack appears around the base of the fruit stem.
- Pick summer squash like zucchini when they're small and have soft skin. Let winter squash develop until the rinds are hard and the bottoms turn cream or yellow.
- Leave parsnips in the ground until early spring.

FENDING OFF FOES



Designer: Scott Pearson

NO RABBITS ALLOWED

As a rule, vegetable gardeners are generous types, happy to give away any crop surplus. But even the noblest of them take exception when rabbits, raccoons, and birds threaten the entire crop. The best solution to the pesky problem is to cage the vegetables in, the predators out.

This crop cage, *left,* fits inside a raised-soil vegetable bed; sides of the bed get support from 2x12s. The cage itself measures 72x45 inches; it's made of 2x2s with triangles of ½-inch plywood set to strengthen each corner. Four hinges attach the lid to the bottom of the cage, and wire-mesh screening is stapled on. Notches on the lid and frame hold a support stick when the lid is up. Soil inside the bed received intensive preparation. It was double-dug to a depth of 24 inches, and organic matter was incorporated. The vegetables can be reached from all sides so there's no need to walk on the soil to compact it. Also, the plants can be spaced close together for more yield. A good compost is incorporated with the soil to keep the planting medium in a highly productive and healthy condition. The crop cage is ideal for the home gardener who wants to produce a big harvest in a small area but has trouble with either poor soil or chewing or nibbling pests.



AN OUNCE OF PREVENTION

Good garden care can prevent a lot of insect and disease problems.

- Blossom-end rot and early blight on tomatoes are just two of the drought-related vegetable diseases. An adequate and even supply of water is a must for a healthy crop.
- Wrap a collar of stiff paper around the base of each tomato stem to foil the destructive cutworms.
- Protect cabbage, cauliflower, broccoli, Brussels sprouts, and kale with a regular spray program of thuricide, *Bacillus thuringiensis* (b.t.). It fends off attacks by cabbage worms.
- Handpick and kill any big, green worms working on your tomatoes.
- Buy disease-resistant vegetable varieties.



CAGEY LETTUCE

Row-long cages made of welded wire fabric keep wildlife visitors at bay. The 2x4-inch mesh used here is fine enough to keep birds from snitching seeds or young plants. To make cages, bend the wire at right angles to make a three-sided structure, and close the ends of rows with a wired-on rectangle of mesh. Push the bottom of the cage into the soil.

Fashion the dimensions to fit your purpose. This cage is 14 inches high and 20 inches wide, and covers a 12-foot-long row.

Great Sewing Machine Projects You Didn't Know You Could Make

By Nancy Lindemeyer,
Ciba Vaughan,
and Deborah Dugan

Whatever its make or model, your home sewing machine can stitch up a whole lot more than an occasional seam. Here and on the following pages are eight versatile projects to introduce you to creative machine stitchery, a technique that lets you use your straight stitch, zigzag, or decorative stitch settings in exciting new ways. After a little practice, you'll be turning out beautiful things to enhance your whole house.



Designer Becky Jerdee's stitchery painting, **above**, pays tribute to an amazing little machine. And you can easily stitch up this work of art. To order a free (except for postage and handling) full-size pattern, see page 66

Complete how-to for all projects begins on page 140

Photographs: Mike Dieter. Machine stitchery designs: Verna Holt

Our sunny sitting room, **below**, is decked out in bright plaid fabrics we made using unbleached muslin and just two decorative stitch settings with three colors of thread. The resulting fitted daybed cover with pleated flounce, pillows, and tablecloth are perfectly matched custom creations—and they cost you minimum time and money! Even our stunning Bargello chair seat, **far right**, was made with a standard zigzag sewing machine on needlepoint canvas. (Turn to page 101 for a closer look.)

And you don't have to be an expert seamstress to be a rousing success at machine stitchery. We've included complete how-to diagrams and directions so you can make such smashing and unique projects as "hooked" rugs, a yarn stitchery pillow, Bargello chair seat, decoratively stitched fabrics, plus hardanger cloth and crazy quilt patchwork place mats.



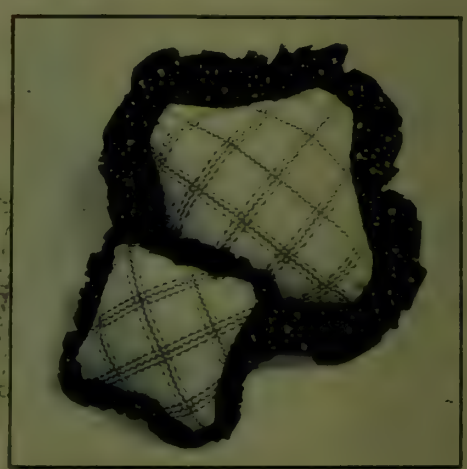
Great Sewing Machine Projects

Making Your Own Fabric Design

If your sewing machine came with more decorative stitches or cams than you could shake a needle at, don't ignore them—use them creatively to turn out your own unique fabrics. Each stripe of our fabric shown here consists of three rows of stitches. To stitch each stripe, we used two different machine settings: one for the outer two rows of stitches; the second for the middle row **(see pillow inset below)**. Outer rows of blue and green thread alternate around a black center line of stitching.

To become your own fabric designer, choose a durable, medium-weight cotton, pre-shrink it, pick a stitch setting, and sew up a fancy bolt of fabric. And best of all, **you** pick the colors and designs!

To form our plaid for pillows and tablecloth, sew diagonal rows of blue, black, and blue stitches. Then, intersect those rows at right angles with green, black, and green rows. Our daybed fabric is slightly different, consisting of five horizontal and nine vertical rows of stitching.



Beautiful Bargello on Canvas

You can duplicate the delicate look of traditional needlepoint in a fraction of the time on your zigzag sewing machine. We stitched up this stunning Bargello chair seat by using six vibrant shades of thread on an 18-mesh needlepoint canvas. Our pattern is a variation of a "domes and spires" design, but there are many other Bargello styles to choose from.

Even if you can't needlepoint, you can machine stitch a Bargello pattern. First, set the machine for its widest zigzag stitch, remove the presser foot, lower the machine's feed dogs, and choose a starting point close to one edge of your canvas **(see photo below, left)**. Place your right hand on the wheel of the machine, guide the needle into the first mesh, and bring the bobbin thread to the top of the canvas to prevent threads from jamming. Let the needle swing across to the fourth open mesh and back again. Hold the canvas stationary for several stitches, allowing threads to build up on its surface. This technique is called bar tacking.

To graduate the pattern line to form your "domes and spires," place the needle into the next row **and** two mesh away from the first set of stitches. Continue bar tacking following the pattern until you reach the end of the row. Place the zigzag setting on "0" and sew several up-and-down stitches along the side of the bar tacks to secure them to the canvas. Without this step, your line of stitching would come undone. Before moving on to the next row, switch thread colors **(see middle photo)**. Thumb through needlepoint books for other design ideas and color suggestions.



Complete how-to for all projects begins on page 140



To form the Bargello pattern, bar tack across four mesh using wide zigzag.



Change the color of thread before beginning each new row.



All you need to "needlepoint" is a zigzag machine, thread, and canvas.

Great Sewing Machine Projects

Easy-to-Machine-Stitch Place Mats

Here's another elegant sampling of what bar tacking can do. These lovely blue and white hardanger cloth place mats and napkins, **below**, clearly show the simple beauty of machine stitchery. Even-weave fabrics are best suited for this technique since their visible, interlocking threads act as your bar tacking guide as you stitch. The secret of uniform squares is to use the machine's needle as a pivot point when making perpendicular sets of bar tacks **(see photo left, below)**.

Our crazy quilt patchwork place mats, **right**, are a snap to stitch and a great way to recycle leftover fabric. To save piecing steps, use fusible interfacing as a base to bond your hodgepodge of materials together. Add a backing, then stitch around individual pieces of fabric.





Stitch the cloth in an eight-inch embroidery hoop to keep it taut.

Complete how-to for all



Great Sewing Machine Projects

Quick-to-Make 'Hooked' Rugs

Yes, you can "hook" a rug on your sewing machine, and with beautiful results! Our splashy oval rug, **below**, looks hooked but is formed entirely of closely spaced loops of rug yarn.





◀ *To "hook" your rug, pull up a yarn loop and stitch across the base.*

▶ *Always fill in the rug's pattern area first, ending with the background.*

The machine's presser foot has been removed and the spool replaced with clear nylon thread to hide the stitches. Begin with the design area and stitch the yarn end to the fabric backing. Next, pull up a yarn loop to the right of the needle and stitch over the base of the loop (**see photo left**). Continue pulling and stitching loops, leaving the background areas for last.

Complete how-to for all projects begins on page 140.



Form rya rug by stitching yarn strips within ¼ inch of each other.

Our luxurious white and yellow rya look-alike, **above**, is made by wrapping rug yarn around a hairpin lace frame, then stitching down the frame's center with nylon thread to form long yarn strips. Position these strips on a fabric backing and stitch them down the center a second time. Then either cut the yarn or leave it looped. Our stitchery pillow **(top left)** works up fast and has the crewel embroidery look.

Buying information, page 37

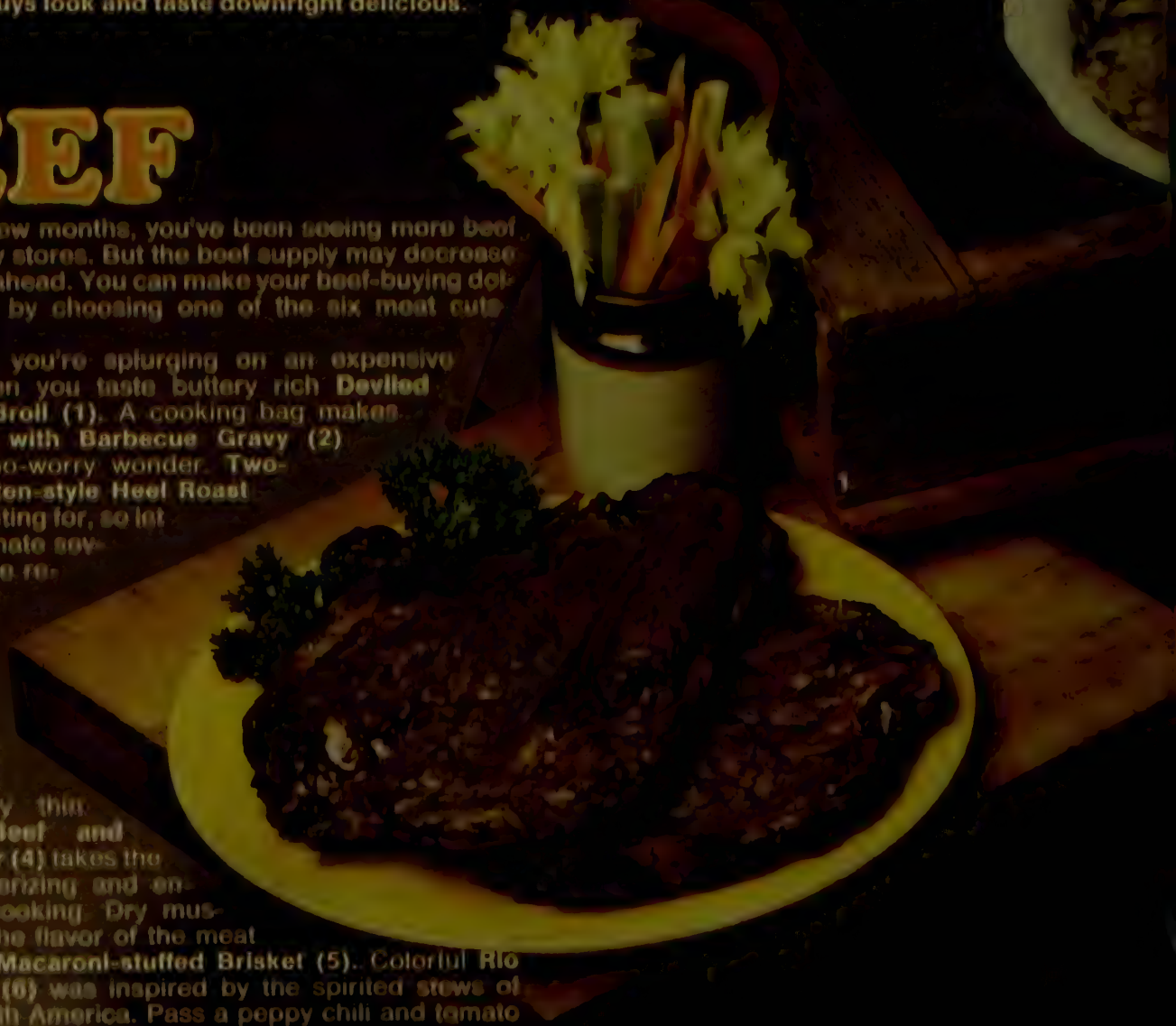
15 all-time best AND 20 STYLISH WAYS TO SERVE THEM

Are you getting less satisfaction from your meat dollar? You're not alo

Most families have been facing this nagging problem for the last few years.

What's the solution? It's something we've said for many years, and we're saying it again with emphasis: Choose meats that offer the most for your money. It's not the price per pound that counts, it's the cost per serving—that is, the amount of usable meat (minus bone and fat) of these cuts relative to their price. To demonstrate, we've singled out 15 meat cuts that have proven consistently to be good meat buys.

These 15 are only a sampling of the good buys you can get. To up your purchasing power, review the last page of this article where we've pulled together helpful meat-buying tips. And for additional inspiration, here are 20 stunning entrees that are certain to make your shrewd meat buys look and taste downright delicious.



BEEF

In the past few months, you've been seeing more beef in your grocery stores. But the beef supply may decrease in the months ahead. You can make your beef-buying dollar go further by choosing one of the six meat cuts shown below.

You'll think you're splurging on an expensive steak cut when you taste buttery rich **Deviled Blade Steak Broil (1).** A cooking bag makes **Chuck Roast with Barbecue Gravy (2)** a no-watch, no-worry wonder. **Two-way Sauerbraten-style Heel Roast (3)** is worth waiting for, so let the meat marinate several days in the refrigerator to absorb that tangy flavor. You can serve the cooked meat hot or cold. Cutting round steak in very thin strips for **Beef and Squash Dinner (4)** takes the place of tenderizing and ensures quick cooking. Dry mustard accents the flavor of the meat and gravy in **Macaroni-stuffed Brisket (5).** Colorful **Rio Grande Stew (6)** was inspired by the spirited stews of Latin and South America. Pass a peppy chili and tomato **Salsa** to stir into each serving.

Recipes begin on page 120 *Buying information, page* 37



1. Beef Chuck Blade Steak



2. Beef Chuck Pot Roast, Boneless



3. Beef Round Heel of Round



4. Beef Round Steak



5. Beef Brisket, Whole Boneless



6. Beef for Stew

neat buys

DUCED BY NANCY BYAL & GERALD PREATOR





2 3

Photographs: The Photographers
Food Stylist: Fran Paulson



4



6



5




2
1

all-time best meat buys

GROUND BEEF

You can always count on ground beef to do a balancing act on your grocery bill. The trick is to turn that routine hamburger and meat loaf into out-of-the-ordinary meals. Here are six ideas that do just that.

Double-decker Burgers (1) are a do-it-yourselfer's dream. You stack 'em yourself, then bedeck 'em with one, or all four, of these toppers: **Avocado and Egg Relish, Cheese and Bacon Topper, Tomato-Cucumber Relish,** and **Western Sauce.** For **Teriyaki Beef and Rice Ring (2),** you shape three Oriental favorites—beef teriyaki, Oriental vegetables, and rice—into one outstanding main dish. Toss together **Confetti Hamburger Salad (3)** at the dinner table by pouring the seasoned meat piping hot over the crisp greens and vegetables. The double helping of beer (in the savory meatballs and in the bacon-onion gravy) gives **Meatball Carbonnade (4)** its intriguing flavor. Each slice of **Roman Meat Loaf (5)** is targeted with hard-cooked egg and cheese. **Beef and Zucchini Tortilla Pie (6)** starts with a homemade flour tortilla (or you can opt for a regular pastry shell).

***Recipes begin on page* 120 .**
***Buying information, page* 37 .**



all-time best meat buys

PORK

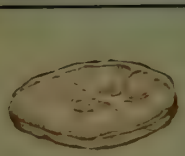
For the last couple of years, we faced a two-pronged pork problem. The supply of pork was at an all-time low, and consequently pork prices at the supermarket escalated. Now the availability is picking up and retail prices have eased.

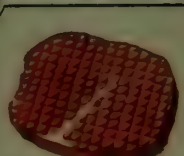
It may be hard to believe, but today's leaner pork is a super shopping value when you apply our cost-per-serving yardstick. You can make a little pork go a long way, and these four entrées prove the point. To enjoy pork's juiciness and tenderness to the fullest, remember to cook the meat so it's well done but not overdone. A meat thermometer takes the guesswork out of roasting fresh pork (roast to 170°). Chops and steaks should be done in the center but not dry on the surface.

A delicate pear and grape sauce makes **Fruit-glazed Ham Slice (1)** a special-occasion main dish. The eating is equally good whether you choose the largest center slice or smaller slices. **Stir-fry Pork and Rice (2)** is an exotic way to use tenderized pork cubed steaks which generally cost even less than other shoulder cuts. Scrambled egg, cucumber, brown rice, and tomato make this dish a meal-in-a-skillet. **Pork Chops with Spinach Dumplings (3)** is a simplified version of stuffed pork chops. Instead of paying more for specially cut pork chops for stuffing, you just top each chop with a mound of cheesy spinach mixture. **Curry and Horseradish-sauced Pork Loin (4)** is a can't-miss main course whether the occasion is a family meal or a dinner party. Unless your grocery store is running a special on bone-in loin roast, this lean boneless meat cut is most likely the better buy. Since there's virtually no waste, the higher price per pound you pay is generally offset by additional servings you get.

Recipes begin on page 120
Buying information, page 37




1. Smoked Ham


2. Pork Cubed


3. Pork Loin Rib

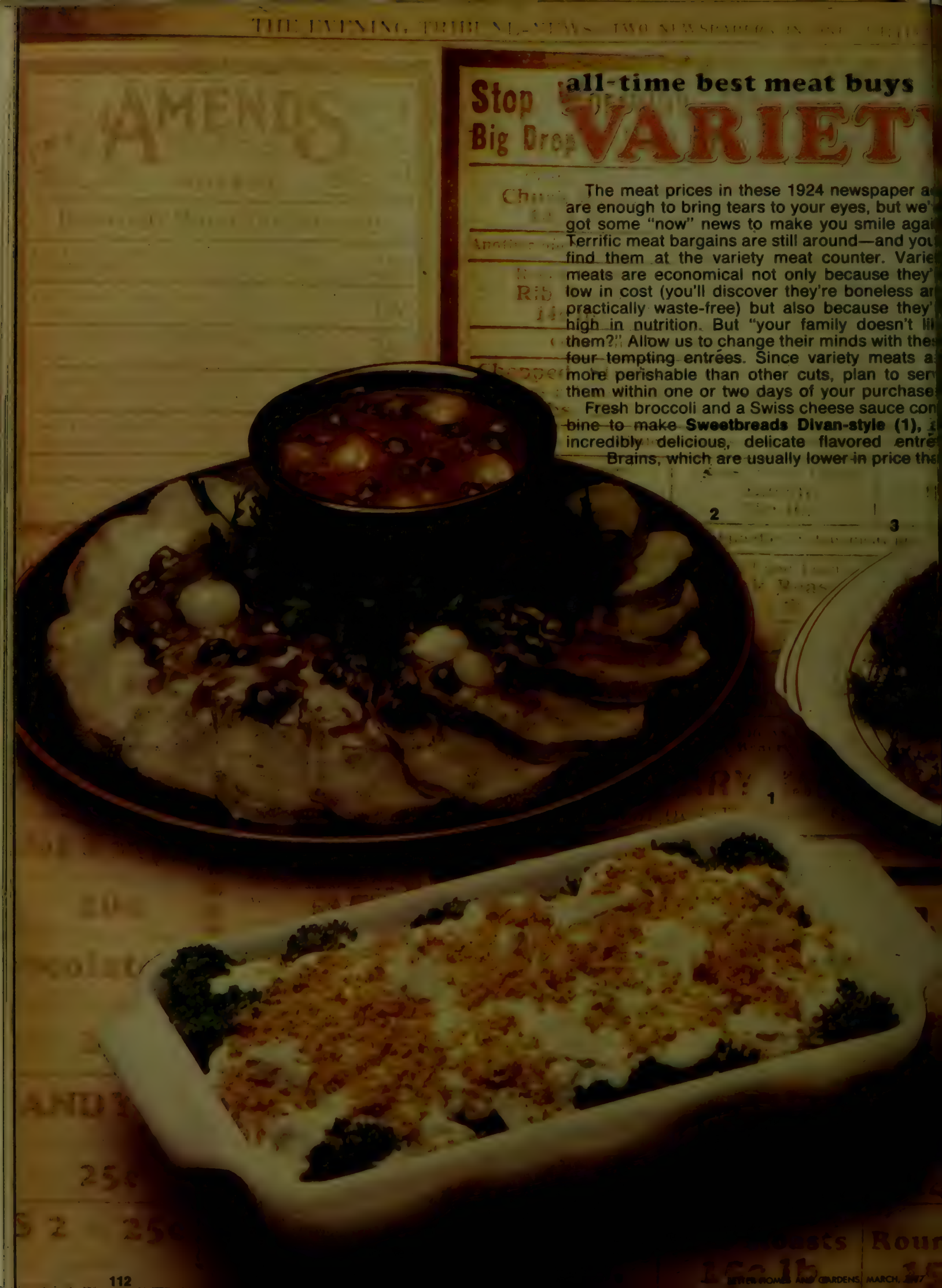
4. Pork Loin Top


MER
RINKELBR
GP MARKET
PRIME CUTS
•QU
•PR
•SERVICE

all-time best meat buys

Stop Big Drop VARIETY

The meat prices in these 1924 newspaper a
are enough to bring tears to your eyes, but we'
got some "now" news to make you smile aga
Terrific meat bargains are still around—and you
find them at the variety meat counter. Varie
meats are economical not only because they'
low in cost (you'll discover they're boneless ar
practically waste-free) but also because they'
high in nutrition. But "your family doesn't li
them?" Allow us to change their minds with thes
four tempting entrées. Since variety meats a
more perishable than other cuts, plan to ser
them within one or two days of your purchase
Fresh broccoli and a Swiss cheese sauce con
bine to make **Sweetbreads Divan-style (1),**
incredibly delicious, delicate flavored entré
Brains, which are usually lower in price tha



MEATS

veetbreads, are just-right alternates. Long, slow mmering with vegetables and herbs enhances **onoue with Raisin and Onion Sauce (2).** Sur- ound a bowl of the flavorful sauce with e meat slices. For a sophisticated nd surprisingly easy main course, erve **Liver Dijon (3).** The browned eat is spread with a mustard-onion ixture, coated with soft bread crumbs, nd broiled.A gravy of sweet potato, rnip, chili peppers, soy, and vine- ar highlights **Heart and Vegetable latter (4).** Introduce a switch in serv- g tradition and spoon the vegetable avy over the rice, then arrange the eat slices atop.

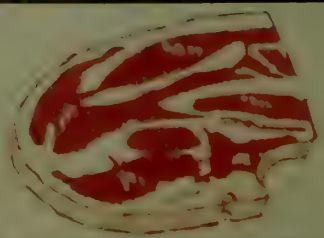
ecipes begin on page **120.**
uying information, page **37.**



How to get the best meat buys

Buying groceries can be baffling to the uninformed shopper, especially when it comes to meat. To get the best buy for your money, you have to be forearmed with a shrewd shopping strategy. For starters, here's a run-down on our 15 best-buy meat cuts plus basic pointers you can use when selecting all types of meats.

BEEF



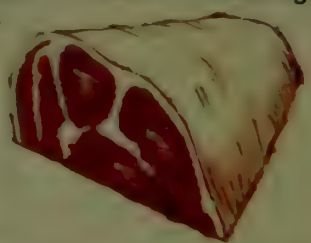
BEEF CHUCK BLADE STEAK

Contains the bladebone (also called 7-bone), the backbone, and sometimes the rib bone. Interspersed with fat and connective tissue. Generally thinner than a blade roast. Braise or tenderize. 2 servings per pound.



BEEF CHUCK POT ROAST, BONELESS

A meaty cut interspersed with fat and connective tissue. It may have a thin fat covering. Braise or cook in enough liquid to cover. 2½ servings per pound.



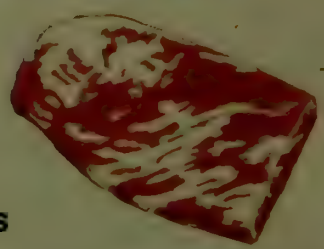
BEEF ROUND HEEL OF ROUND

A boneless, wedge-shaped or triangular roast that comes from the end of the round (leg) wholesale cut. It contains considerable connective tissue. Braise or cook in enough liquid to cover. 3 servings per pound.



BEEF ROUND STEAK

A large, oval steak with small round bone. Beef round steak is leaner and less tender than loin or sirloin steaks. Connective tissue separates the three muscles: top (largest), bottom, and eye of round (smallest). Braise any cut. Broil top round. Roast top or eye of round to rare; slice thin. 3 servings per pound.



BEEF BRISKET, WHOLE BONELESS

Long, flat meat from the breast area; thick layers of lean. Braise or cook in enough liquid to cover. 3 servings per pound.



BEEF FOR STEW

Boneless, meaty cubes from the foreshank, short plate, or other less tender wholesale cuts. Braise, cook in enough liquid to cover, or marinate. 4 servings per pound.

GROUND BEEF

What are you getting when you buy hamburger, ground beef, ground chuck, ground round, or ground sirloin? There's no one answer. Unless your store grinds under federal inspection, buys ground meat from a processor who is federally inspected, or is regulated by specific state or local laws, there are no hard and fast percentages of lean to fat for each.

A store that labels ground beef with percentages of lean may be working under URMIS guidelines (see page 120). These are:

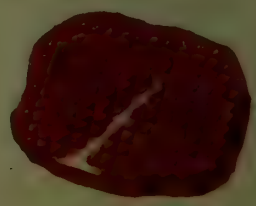
- All ground beef should contain at least 70 percent lean. The label should read "ground beef," and state the lean-to-fat ratio as containing "not less than X% lean."
- Ground beef should contain beef only and no other meat trimmings.
- Unless labeled otherwise, ground beef should contain only skeletal meat (no variety meats).
- A descriptive name should be used if meat is from a specific cut, i.e., ground beef chuck.

PORK



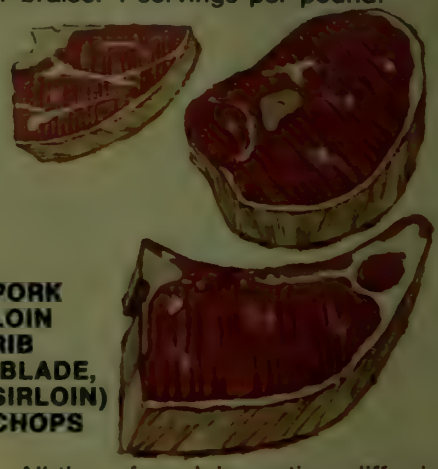
SMOKED HAM SLICE

Oval meat slice usually from center of ham (leg); small round bone. If available, an off-center slice should cost less. Fry, broil, or roast. 3½ servings per pound.



PORK CUBED STEAK

Mechanically tenderized boneless meat that comes from less tender wholesale cuts. It is often cheaper than buying shoulder cuts. Fry, broil, or braise. 4 servings per pound.



PORK LOIN RIB (BLADE, SIRLOIN) CHOPS

All three from loin section; differ in meat and bone shape. Fry, broil, or braise. 3 servings per pound (blade, sirloin); 4 servings per pound (rib).



PORK LOIN TOP LOIN ROAST, BONELESS

Long, round, lean roast. Thin fat covering with some fat interspersed. Usually netted or tied. Roast. 3½ servings per pound.

VARIETY MEATS

LIVER

Most liver sold is beef or baby beef liver. Calves' liver is the most prized and commands the highest price. Fry, broil, roast, or braise. 4 servings per pound.

continued on page 120

Chicken of the Sea is perfect for the Campbell Life.

Easy meals, delicious dishes—that's the Campbell Life. And Chicken of the Sea Tuna is perfect for it. Try this new recipe, Souper Tuna Crunch—a perfect casserole for tonight's dinner—Campbell's Cream of Mushroom Soup and Chicken of the Sea® Brand Tuna. A touch of the Orient. Ah'h! So! Good!



SOUPER TUNA CRUNCH

1 can (about 3 ounces) Chinese noodles
1 can Campbell's Cream of Mushroom Soup
¾ cup water
1 can (6½ ounces) Chicken of the Sea Tuna, drained and broken in chunks
1 cup cashews or peanuts
1 cup chopped celery
½ cup finely chopped onion
½ cup cooked peas
Soy sauce

Reserve ½ cup Chinese noodles. In 1½-quart casserole, combine remaining noodles, soup, water, tuna, cashews, celery, onion and peas. Bake at 350° F. for 30 minutes or until hot; stir. Sprinkle reserved noodles around edge. Bake 5 minutes more. Serve with soy sauce. Makes about 4½ cups.

Ralston Purina Company 1977 ®

Campbell's is a trademark of Campbell Soup Company



267 STORE COUPON

10¢ 10¢

Save 10 cents on two cans of Campbell's Cream of Mushroom Soup.



Present this coupon to your grocer who is authorized to allow you 10¢ toward the purchase price of two cans of Campbell's Cream of Mushroom Soup.

Grocer: When all terms of this offer have been fulfilled by the consumer and by you, this coupon will be redeemed by your Campbell representative, or mail the coupon to: Coupon Redemption Program, Box 1000, Elm City, North Carolina 27822, for face value plus 5¢ handling. Any other application constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented must be shown on request. Failure to do so may, at our option, void all coupons submitted for redemption for which no proof of products purchased is shown.

Subject to state and local regulations. Void if taxed, restricted or forbidden by law or if presented by outside agencies, coupon brokers or others who are not retail distributors of our products. Cash value: 1/20 of 1¢. **Coupon expires March 31, 1978. Offer limited to one coupon per purchase. CAMPBELL SOUP COMPANY.**

10¢ TAKE THIS COUPON TO YOUR GROCER. 10¢

267

STORE COUPON

7¢ 7¢

Save 7 cents on any two cans of Chicken of the Sea® Brand Tuna.



Dealer: For payment of face value, plus 5¢ handling, send to Ralston Purina Company, P.O. Box 1107, St. Louis, Missouri 63188. Coupon will be honored only if it was honored by retailer consistent with the terms hereof and submitted by a retailer of our merchandise or a clearinghouse approved by us and acting for and at the risk of such a retailer. The obligation to redeem this coupon is expressly conditioned on the retailer's showing on request invoices proving purchases of sufficient stock within the past 90 days to cover coupons presented for redemption. Any other application constitutes fraud. This coupon is nontransferable and nonassignable, and redemption is limited to one coupon per specified product and size. Any sales tax must be paid by customer. Offer void where prohibited, taxed, or otherwise restricted. Cash redemption 1/20 of 1 cent. **Coupon expires March 31, 1978. Limit one coupon per purchase of Chicken of the Sea Tuna. Any other use constitutes fraud.**

7¢ TAKE THIS COUPON TO YOUR GROCER. 7¢

89 △ 89

Make a chocolate cream pie go crunch.



Treat your family to a delicious chocolate cream pie with a great crunchy almond topping.

Begin with creamy smooth Jell-O® Brand Chocolate Flavor Pudding and Pie Filling.

Then make it go crunch by adding the ready-to-go nut, BLUE DIAMOND® Almonds.

Chocolate Almond Crunch Pie

1 package (6-serving size) JELL-O® Chocolate Flavor Pudding and Pie Filling
2½ cups milk
1 baked 9-inch pie shell, cooled
⅔ cup BLUE DIAMOND® Blanched Whole Almonds
3 tablespoons brown sugar
1½ tablespoons butter or margarine

Prepare pie filling mix with milk as directed on package for pie. Pour into pie shell. Chill at least 4 hours. Meanwhile, chop almonds coarsely and toast in shallow pan at 350° for 3 to 5 minutes. Combine brown sugar and butter in a saucepan. Heat over low heat until butter is melted; stir in nuts. Remove from heat and stir with a fork to cool. Sprinkle evenly over pie filling. Garnish with whipped topping.





File under Casseroles and one-dish meals

Buying information, page 37

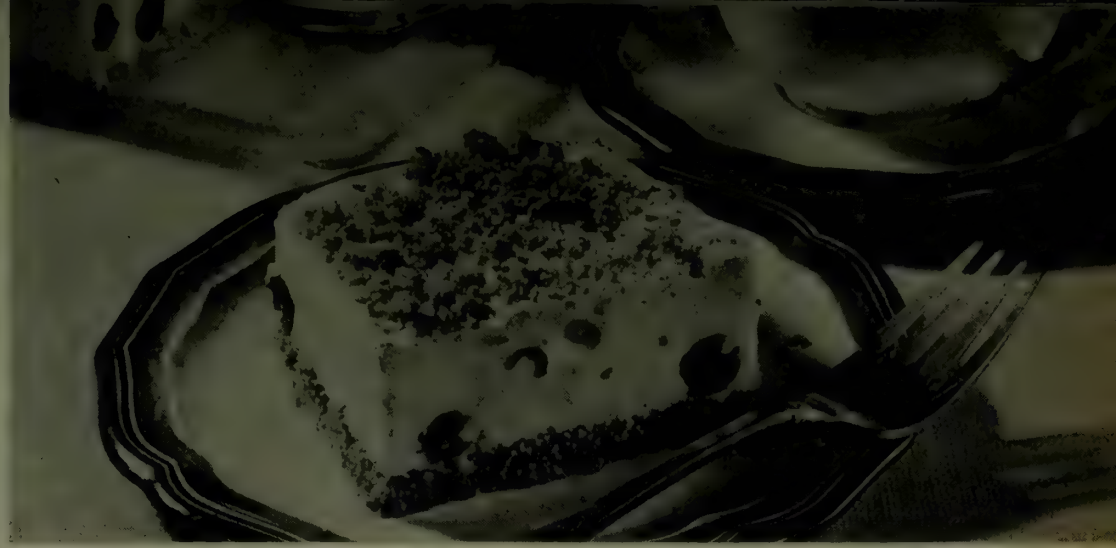
MEAT PIES

Barbecue Apple-Beef Pie

Ground beef forms the "shell" of this award-winning pie—

- 1 beaten egg
- ¼ cup milk
- 1½ cups soft bread crumb (2 slices bread)
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon dried marjoram, crushed
- 1½ pounds lean ground beef
- ¼ cup chopped onion
- 2 tablespoons butter or margarine
- ½ cup packed brown sugar
- ½ cup catsup
- 2 tablespoons vinegar
- 1 teaspoon prepared mustard
- 1 20-ounce can pie-sliced apples, drained

In a large bowl, combine egg, milk, soft bread crumbs, salt, pepper, and marjoram. Add ground beef; mix thoroughly. Press meat mixture over bottom and sides of a 9-inch pie plate to form a shell. Set shell aside. In saucepan, cook onion in butter or margarine till tender but not brown. Stir in brown sugar, catsup, vinegar, and prepared mustard. Fold in sliced apples; spoon apple filling into meat shell. Bake, uncovered, in 375° oven for 45 to 50 minutes, removing fat from edges of pie with baster as needed. To serve, cut into wedges. Makes 6 servings. *Mrs. Paul Mueller, Naples, Fla.*



File under Desserts

Photographs: Dieter

DAIRY DESSERTS

Blueberry Cream Dessert

Treat company to squares of this first-place dessert—

- 1¼ cups graham cracker crumbs
- ¼ cup sugar
- 6 tablespoons butter or margarine, melted
- ½ cup sugar
- 1 envelope unflavored gelatin
- ¾ cup cold water
- 1 cup dairy sour cream
- 1 8-ounce carton (1 cup) blueberry yogurt
- ½ teaspoon vanilla
- ½ cup whipping cream
- 1 cup fresh *or* frozen blueberries

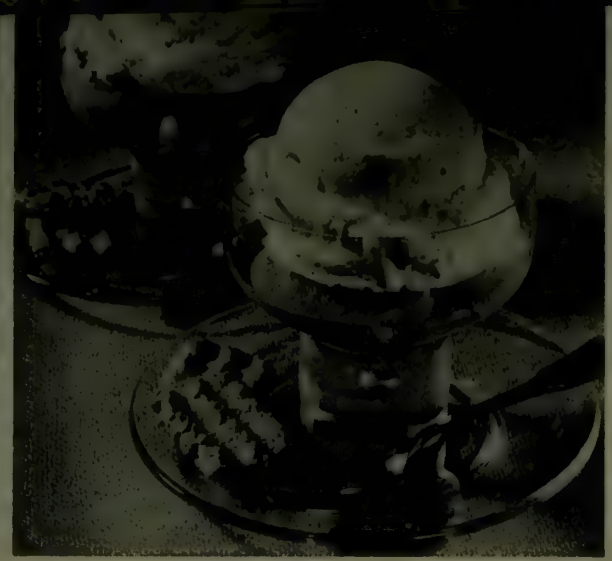
In bowl, combine cracker crumbs, the ¼ cup sugar, and the melted butter or margarine. Reserve ¼ cup of the crumb mixture; press remaining crumbs in bottom of 10x6x2-inch dish. In saucepan, mix the ½ cup sugar and gelatin; add the water. Heat and stir till gelatin and sugar dissolve. Combine sour cream and yogurt; gradually blend in gelatin mixture. Add vanilla. Chill till partially set. Whip cream to soft peaks; fold in yogurt mixture. Stir in blueberries. Turn into crust. Sprinkle reserved crumbs atop. Chill till set. Makes 8 servings. *Mrs. Robert E. Huber, Dowagiac, Mich.*



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Order your 400-page loose-leaf cook book. Contains 1,500 tested recipes. Room to add extra pages like this one. At booksellers or mail $8.95 +75c postage to Better Homes and Gardens, Dept. 910,P.O. Box 374, Des Moines, Iowa 50336.









Company Bread Pudding

2 beaten egg yolks
1 12-ounce carton (1½ cups) cream-style cottage cheese
¾ cup milk
¾ cup sugar
2 tablespoons butter or margarine, melted
½ teaspoon ground allspice
¼ teaspoon ground mace
⅛ teaspoon ground cloves
2 cups soft bread cubes (3 slices)
½ cup raisins
½ cup whole cranberry sauce
2 egg whites

In large mixing bowl, combine egg yolks, cottage cheese, milk, *½ cup* of the sugar, the butter or margarine, allspice, mace, cloves, and *¼ teaspoon salt*. Stir in bread cubes and raisins. Turn into 8x1½-inch round baking dish. Spoon cranberry sauce atop. Beat egg whites till soft peaks form (tips curl over). Gradually add the remaining ¼ cup sugar, beating till stiff peaks form (tips stand straight). Spread over cranberry sauce. Bake in 325° oven for 40 to 45 minutes. Makes 6 servings.

Mrs. Bob Ross, Sonora, Calif.

Honey and Spice Ice Cream

No beating or ice cream freezer needed for this satiny smooth dessert—

2 cups milk
2 tablespoons cornstarch
2 well-beaten egg yolks
½ cup honey
¼ teaspoon ground nutmeg
⅛ teaspoon salt
1 cup whipping cream
2 stiff-beaten egg whites

In saucepan, blend milk into cornstarch. Stir in egg yolks, honey, nutmeg, and salt. Cook and stir over medium heat till thickened and bubbly. Cover surface with waxed paper; chill without stirring. Whip cream to soft peaks. Fold whipped cream and egg whites into chilled mixture. Turn into 9x5x3-inch loaf pan. Cover and freeze firm. Serve plain or with fruit. Makes 10 servings.

Cathy Berra Bleem, Walsh, Ill.

Hamburger Pie

Mix *2 cups all-purpose flour, ¼ cup instant mashed potato granules, 1 tablespoon sugar, 1 teaspoon cream of tartar,* and *1 teaspoon baking soda.* Cut in *6 tablespoons butter or margarine* till mixture resembles coarse crumbs. Add *½ cup milk* and *¼ cup mayonnaise.* Stir till moistened. On floured surface, roll *half* the dough to fit a 9-inch pie plate; fit into place. Sprinkle *½ cup (2 ounces) shredded cheddar cheese* over crust. Cook *1 pound ground beef* and *½ cup chopped onion.* Drain. Stir in *¼ cup instant mashed potato granules, 1 beaten egg, ¼ cup catsup, 1 tablespoon sweet pickle relish, 1 tablespoon prepared mustard, ¾ teaspoon salt,* and *⅛ teaspoon pepper.* Turn into crust. Sprinkle with another *½ cup (2 ounces) shredded cheddar cheese.* Roll out remaining dough; adjust top crust. Trim; seal and flute edges. Mix *¼ cup instant mashed potato granules* and *2 tablespoons melted butter or margarine;* sprinkle over pie. Bake in 350° oven for 30 to 35 minutes. Makes 6 servings.

Laurie Peterson, Sacramento, Calif.

Paprikash Pie

A 4½-ounce tube of refrigerated biscuits has just enough for the top—

2 slices bacon
½ cup chopped celery
½ cup chopped onion
2 tablespoons all-purpose flour
2 tablespoons paprika
½ teaspoon salt
Dash pepper
1 cup chicken broth
1 cup frozen peas
2 cups cubed cooked chicken
1 cup dairy sour cream
1 tube refrigerated biscuits (6 biscuits)

In skillet, cook bacon till crisp; drain, reserving drippings. Crumble bacon and set aside. In same skillet, cook celery and onion in reserved drippings. Stir in flour, paprika, salt, and pepper. Add chicken broth and peas. Cook and stir till bubbly. Stir in chicken, sour cream, and bacon. Heat through but do not boil. Turn into 8x1½-inch round baking dish. Top with biscuits. Bake, uncovered, in 400° oven for 15 to 20 minutes. Makes 6 servings.

Elizabeth K. Shell, Gloucester, Va.

TENDER CHUNK™ HAM
IT DOES EVERYTHING TUNA DOES EXCEPT SWIM.



TENDER CHUNK™ HAM CASSEROLE

1 7 oz. pkg. Creamettes®
elbow macaroni
1 10¾ oz. can cream of
mushroom soup
⅔ cup of milk
1 cup shredded Cheddar cheese
½ teaspoon celery salt
1 teaspoon Worcestershire sauce
1 can Tender Chunk™ Ham,
flaked apart with fork

Cook macaroni. Heat together soup, milk, Cheddar cheese, celery salt, Worcestershire sauce. Add flaked ham, then add mixture to macaroni. Pour into greased 2 qt. baking dish. Bake at 350 degrees for about 45 minutes.

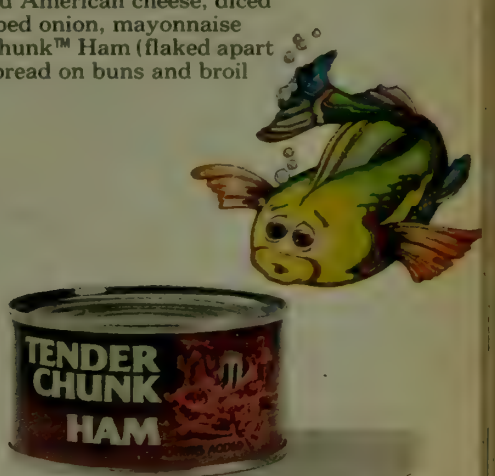
HEARTY CHEF'S SALAD

¼ bunch Romaine lettuce
½ head lettuce
¼ cup chopped green onion
¼ cup sliced celery
1 can Hormel Tender Chunk™ Ham,
flaked apart with fork
6 cherry tomatoes cut in half
6 ripe olives
½ small red onion, sliced
¼ cup julienne strips Swiss cheese
¼ cup julienne strips Cheddar cheese
¼ cup mayonnaise or salad dressing
2 tablespoons Italian dressing
1 hard-cooked egg, quartered

Line bowl with Romaine lettuce. Tear head lettuce into bite-sized pieces. Toss with next eight ingredients. Chill. Just before serving, toss with dressings. Garnish with egg. Serves 2-3.

HAM-FILLED BUNS

Combine diced American cheese, diced pickles, chopped onion, mayonnaise and Tender Chunk™ Ham (flaked apart with fork). Spread on buns and broil till bubbly.



Tender Chunk Ham is real, honest-to-goodness ham you can flake with a fork and use just like tuna.

I suppose it could have been hamburger and potato chips, but a blend of two rices with different herbs and seasonings made it a meal.



What a success.



original . . . or fast cooking

continued from page 114

Best meat buys

HEART

Generally sold cut or split. Beef heart is the largest and most commonly sold. Cook in a large amount of liquid. 4 servings per pound.

TONGUE

A membrane covers the muscle; remove after cooking. Cook in a large amount of liquid. 4 servings per pound.

SWEETBREADS

The thymus glands, usually from veal or young beef. They have thin membrane coverings. Often the highest priced of the variety meats. Fry, broil, or braise. 4 servings per pound.

BASIC BUYMANSHIP

These tips will pay off in the quality of meat you get plus a pleasing leftover—the dollars and cents you save.

1. Learn to identify the meat cuts when you see them. The U.S. Department of Agriculture as well as the National Live Stock and Meat Board can provide you with helpful, comprehensive brochures. (See page 123 for information on obtaining them.)

2. Compare the cost of meats on the basis of cost per serving, not cost per pound. This takes the amount of waste such as fat and bone into account. A boneless meat may be priced more per pound yet end up costing less per serving because there's more edible meat. Below are some general guidelines:

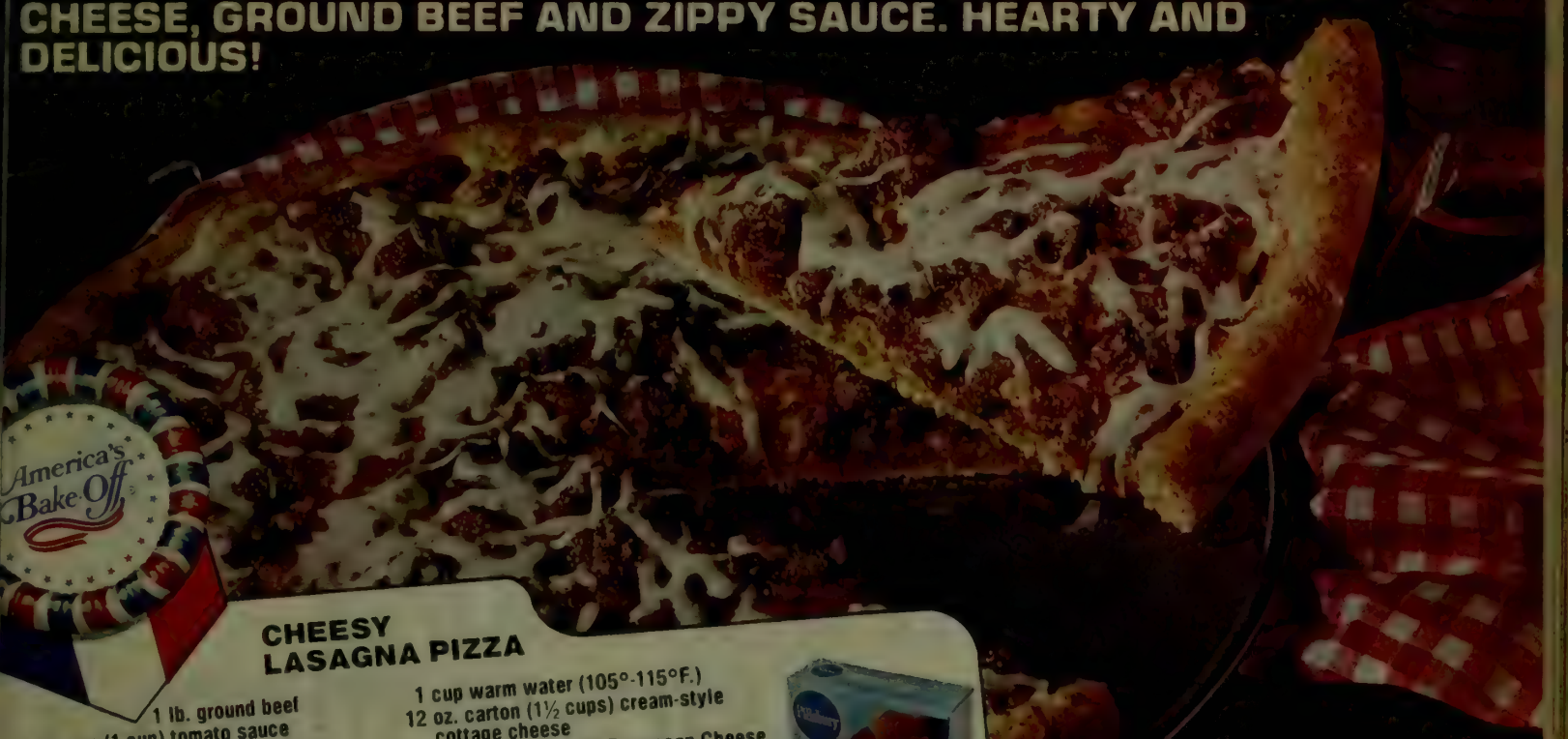
Meat	Servings per pound
Boneless meat (ground, stew, variety meat)	4-5
Cuts with little bone (beef round, ham center cuts, loin chops)	3-4
Cuts with medium bone (whole or end cuts of beef round, bone-in ham, chuck roasts; steaks and chops)	2-3
Cuts with a lot of bone (shank, short ribs, spareribs)	1-2

3. Look for the revised meat cut names on packaged meats. It's an easy-to-understand system for identifying meats. A few years ago, the meat industry established these voluntary guidelines (called Uniform Retail Meat Identity Standards or URMIS). The purpose was to make meat cut names standard throughout the country. If your store doesn't use the system, encourage them to adopt it. Here's a sample of how the cuts are labeled:

continued

MAKE THE PIZZA THAT WON AT THE BAKE-OFF® CONTEST

IT'S CHEESY LASAGNA PIZZA, A WINNER AT AMERICA'S BAKE-OFF® CONTEST. EASY RECIPE COMBINES NO-RISE CRUST, 3 KINDS OF CHEESE, GROUND BEEF AND ZIPPY SAUCE. HEARTY AND DELICIOUS!



CHEESY LASAGNA PIZZA

1 lb. ground beef
8 oz. can (1 cup) tomato sauce
¼ cup water
1 envelope (1.5 oz.) McCormick or Schilling Italian Style Spaghetti Sauce Mix (reserve 1 tablespoon for crust)
1 pkg. Pillsbury Hot Roll Mix
1 cup warm water (105°-115°F.)
12 oz. carton (1½ cups) cream-style cottage cheese
¼ cup KRAFT Grated Parmesan Cheese
4 oz. pkg. (1 cup) KRAFT Shredded Natural Low Moisture Part-Skim Mozzarella Cheese

Preheat oven to 400°F. Grease 14-inch pizza pan or 15x10-inch jelly roll pan. Brown ground beef; drain. Stir in tomato sauce, ¼ cup water and seasoning mix (reserve 1 tablespoon for crust); simmer while preparing crust. In large bowl, dissolve yeast from hot roll mix in warm water. Add reserved sauce mix and hot roll flour mixture; blend well. Press dough in greased pan forming a high rim around edge. Spread cottage cheese over dough; spoon meat mixture over cottage cheese. Sprinkle with Parmesan cheese. Bake on low rack in oven 25 to 35 minutes until deep golden brown. Sprinkle with Mozzarella cheese; bake 2 to 3 minutes until cheese melts. Let stand 5 minutes before serving; cut into wedges. (Refrigerate any leftovers.) 14-inch pizza. HIGH ALTITUDE: No change.



BE A WINNER! SAVE ON INGREDIENTS AND PLEASE YOUR..."PIZZA LOVERS"!

CLIP AND SAVE

7¢ **SAVE 7¢** 7¢

ON

McCORMICK OR SCHILLING SPAGHETTI SAUCE MIX



MR. GROCER: You are authorized to act as our agent for the redemption of this coupon. We will reimburse you 7¢ plus 5¢ for handling provided it has been used in accordance with our customer offer. Invoice proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Good only on McCormick or Schilling Spaghetti Sauce Mix. Any sales tax must be paid by the customer. Any other use constitutes fraud. Void where taxed, prohibited or otherwise restricted by law. Cash value 1/20 of 1¢. Grocers mail coupons to McCormick & Co., Inc., P.O. Box 1411, Baltimore, MD 21203. Sorry, limit one coupon per family. Coupon expires Dec. 31, 1977.

80-1

7¢ 7¢

STORE COUPON

STORE COUPON

7¢ **SAVE 7¢** 7¢



ON ANY SIZE KRAFT SHREDDED MOZZARELLA CHEESE

TO THE GROCER: You are authorized to act as our agent in redeeming this coupon. We will reimburse you for the face value of this coupon or, if coupon calls for free goods, we will reimburse you the regular retail price of the free goods plus 5¢ for handling each coupon provided you and the customer have complied with the terms of this offer. Proof of purchase of sufficient stocks of Kraft product specified to cover coupons presented must be furnished upon request. We will not honor redemption through outside agencies, brokers, etc., except where specifically authorized by Kraft. Offer limited to one coupon per household per specified product and size. The customer must pay any sales or similar tax on the product received. Coupon void if use is prohibited, restricted or taxed. Good only in geographic area (U.S.A. only) in which this offer is displayed or advertised. Cash redemption value of coupon 1/20¢. Redemption on other than product specified constitutes fraud. Kraft Inc., P.O. Box 1600, Clinton, Iowa 52734. Coupon expires **Dec. 31, 1977.**

F7-12

7¢ 7¢

REDEEM PROMPTLY ** ONE COUPON PER ITEM PURCHASED



How to tell authentic Spanish olives from imitations before you taste them.

Not all green olives are alike. So to make sure you're getting authentic Spanish olives, and not "Spanish-style" imitations, look for the Spanish Olive symbol on the bottle.

Because only Spain has made an art out of the growing and curing of olives—so much so that Spain supplies most of the world.

The hot dry climate and mineral rich soil of the Spanish province of Andalusia are ideal for olive groves. Here, tending and curing the olives has been a matter of pride for hundreds of years, and the workers treat the delicate fruit with great reverence.

That's why the delicious tangy taste of Spanish olives is so difficult to duplicate.

So make sure the olives you buy have the Spanish Olive symbol on the label or cap. It'll remind you that it takes more than a green thumb to grow a great green olive.



ACEMESA THE SPANISH OLIVE COMMISSION.

Spanish Olives. The best olives in the world.

continued

Best meat buys

(kind of meat)	(wholesale cut)
BEEF	CHUCK
(standard name for specific cut packaged)	
BLADE STEAK	

4. Take advantage of special meat sales when you can. Buy extra and stash it away in your freezer.

5. Depending on the economic climate, your store may be stocking the less expensive baby beef and/or grass-fed beef as well as the more traditional grain-fed beef.

Baby Beef is the mild-flavored meat from young cattle that are too old to be classified as veal and too young to be considered mature beef. The meat may be sold under various names such as Calf or Light Beef. Baby beef cuts will be grayish red to light red in color and smaller than mature cuts. There's little marbling (the fat streaks or flecks you see interspersed in the lean) and little outside fat covering. To ensure tenderness and juiciness, use shorter cooking times than for comparable cuts of mature beef. Whether you broil, fry, or braise, include extra fat (use oil, butter, or margarine in a marinade, for basting, or frying) to add flavor and juiciness.

Grass-fed Beef describes meat from animals that have been fed only on the open range or pasture or that have had a minimum of grain feeding. Like baby beef, grass-fed beef has little marbling or fat covering. Tender cuts from the loin or rib may be broiled or fried; less tender cuts such as chuck and round should be cooked in liquid. Shorten the cooking time for these meats, too.

More about meat and how to buy it

Here's your chance to become an expert on "meatmanship." The following publications will give additional, helpful information.

From the Government Printing Office:

1. *Beef and Veal in Family Meals,* 30 pages, Code H&G 118—50c. Includes identification of cuts; tips on nutrition, buying, storing, and cooking; recipes.

2. *How to Buy Beef Roasts,* 16 pages, Code H&G 146—35c.

3. *How to Buy Beef Steaks,* 16 pages, Code H&G 145—35c.

4. *Lamb in Family Meals,* 22 pages, Code H&G 124—35c. Includes identification of cuts; tips on nutrition, buying, storing, and cooking; and recipes.

5. *Pork in Family Meals,* 28 pages, Code H&G 160—35c. Includes identifi-

continued

Make a better recipe with Make-a-Better Burger.®

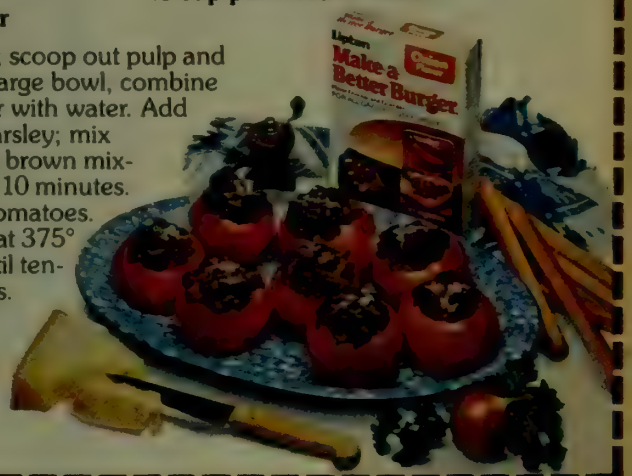
Meatloaf, casseroles, lasagna, stuffed cabbage, tacos—all your ground beef recipes are tastier with Lipton® Make-a-Better Burger. Why? Lipton's special touch with seasonings and spices. And Make-a-Better Burger's many zesty flavors.

More recipes next month. Watch for our ads in your favorite magazines.

STUFFED TOMATOES À LA MAKE-A-BETTER BURGER

8 tomatoes
1 package Lipton® Make-a-Better Burger,® Any Flavor
1¼ cups warm water
1 pound ground beef
1 cup soft bread crumbs
¼ cup chopped parsley
½ cup parmesan cheese

Cut top off tomatoes; scoop out pulp and reserve 1½ cups. In large bowl, combine Make-a-Better Burger with water. Add beef, crumbs, and parsley; mix thoroughly. In skillet, brown mixture. Add pulp; cook 10 minutes. Stir in cheese; stuff tomatoes. In baking pan, bake at 375° for 20 minutes or until tender. Makes 8 servings.



SWEET'N SOUR MEATBALLS MAKE-A-BETTER BURGER

1 package Lipton® Make-a-Better Burger,® Mildly Seasoned or Onion Flavor
1¼ cups warm water
1 pound ground beef
1 cup beef broth
¼ cup vinegar
1 teaspoon soy sauce
1 can (15½ oz.) pineapple chunks, drained (reserve liquid)
¼ cup brown sugar
2 tablespoons cornstarch
1 green pepper, cut into chunks

In large bowl, combine Make-a-Better Burger with water. Add beef; mix thoroughly. Shape into meatballs. In skillet, cook meatballs; add broth, vinegar, soy sauce, and reserved liquid blended with brown sugar and cornstarch. Stir until sauce is slightly thickened. Add pineapple and green pepper. Simmer covered 10 minutes. Makes about 8 servings.



FREE recipe booklet. Send your name and address to: Thomas J. Lipton, Inc., MABB 7, P.O. Box 1675, Englewood Cliffs, N.J. 07632.

TAKE

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continued

Best meat buys

cation of cuts; tips on nutrition, buying, storing, and cooking; and recipes.

To order, send a check or money order to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Be sure to give the name of the booklet and its H&G number.

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1. *Lessons on Meat,* 88 pages, Code LOM—$1.25. Up-to-date, comprehensive guide to meat identification, plus tips on nutrition, buying, storing, and cooking.

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3. *Facts about Lamb,* 10 pages, Code FAL—10c. Latest information on buying, storing, cooking, and nutritional value of lamb.

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5. *Facts about Ham,* 10 pages, Code FAH—10c. Latest information on buying, storing, cooking, and nutritional value of ham.

6. *Beef Buying/Cooking Guide,* Code BBCG—25c. Purse-size slide rule converts price per pound to cost per serving; identifies beef cuts; gives basic cooking methods and specific cooking instructions.

7. *Pork Buying/Cooking Guide,* Code PBCG—25c. Slide rule calculator gives same information for pork cuts as for beef described above.

8. *Be a Smarter Shopper . . . A Better Cook,* 20 pages, Code BSSBC, 15c. Explains retail cut labeling, retail and wholesale cuts; information on ground beef, meat grading, buying, serving, storage, and cooking methods.

To order, indicate the name of the publication and its code number. Include check or money order and send to National Live Stock and Meat Board, 36 South Wabash Avenue, Chicago, Ill. 60603.

DEVILED BLADE STEAK BROIL

Broiling times are for medium-rare—

2 1-pound beef blade steaks, cut ¾ inch thick

Instant nonseasoned meat tenderizer
2 tablespoons dry mustard
2 tablespoons catsup
2 tablespoons worcestershire sauce
2 tablespoons water
2 tablespoons butter or margarine
2 teaspoons sugar
1½ teaspoons salt
¼ teaspoon pepper
¾ teaspoon paprika

Sprinkle meat on both sides with meat tenderizer according to label directions. In small saucepan, combine remaining ingredients; heat and stir till butter or margarine is melted. Keep warm. Place blade steaks on rack in broiler pan. Broil meat 3 to 5 inches from heat for 6 to 7 minutes; brush with sauce and turn. Broil 6 to 7 minutes more, brushing with sauce after 4 minutes. Remove to serving platter; spoon remaining sauce over steaks. Garnish with parsley, if desired. Makes 4 servings.

CHUCK ROAST WITH BARBECUE GRAVY

1 tablespoon all-purpose flour
1 oven roasting bag
4-pound boneless beef chuck roast
Salt and pepper
¾ cup barbecue sauce
¼ cup orange marmalade
1 tablespoon vinegar
2 tablespoons cornstarch
2 tablespoons cold water

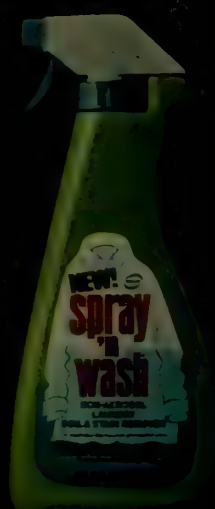
Place flour in roasting bag; shake to coat bag. Season roast with salt and pepper; slide into bag and place in large shallow baking pan. Combine barbecue sauce, marmalade, and vinegar; pour over roast. Seal bag with twist tie. Punch several holes in top of bag with tines of fork. Bake in 325° oven for 2½ to 2¾ hours or till done. Snip off one corner of roasting bag; drain juices into measuring cup. Spoon off excess fat. Add water, if necessary, to make 2 cups liquid. In saucepan, combine the cornstarch and the 2 tablespoons water. Add pan juices. Cook and stir till thickened and bubbly. Remove roast from bag and slice; place on serving platter. Spoon some gravy over meat; pass remaining gravy. Garnish with orange slices and parsley, if desired. Makes 8 servings.

TWO-WAY SAUERBRATEN-STYLE ROAST

2 medium onions, sliced (3 cups)
1 cup dry red wine
¾ cup cranberry juice
⅓ cup vinegar
1 tablespoon sugar
1 tablespoon salt

YOUR

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CHOICE



Two great ways to get rid of tough stains.

1 tablespoon lemon juice
½ teaspoon ground cloves
¼ teaspoon ground ginger
¼ teaspoon freshly ground pepper
3- to 4-pound boneless beef heel of round roast
2 tablespoons cooking oil

• • •

1 recipe Mustard Glaze *for cold version*

Combine the onion, wine, cranberry juice, vinegar, sugar, salt, lemon juice, cloves, ginger, and pepper. Place roast in large plastic bag set in a bowl; pour in marinade. Tie bag. Refrigerate two or three days, turning bag occasionally. Remove meat, reserving marinade; pat meat dry with paper toweling. In Dutch oven, brown meat slowly on all sides in hot oil. Add reserved marinade. Cover; cook in 325° oven for 2 to 2¾ hours or till meat is tender. Remove from pan juices.

To serve hot: Skim fat from pan juices. Measure *1½ cups juices* and return to pan. Blend *¼ cup all-purpose flour* and *½ cup cold water*. Stir into pan juices. Cook and stir till thickened and bubbly. Add *kitchen bouquet*, if desired. Pass with hot sliced meat. Makes 2 cups gravy.

To serve cold: Chill meat. Spoon Mustard Glaze evenly over roast; garnish with *¼ cup sliced pimiento-stuffed green olives*. Chill till glaze is set. Slice thin to serve. Garnish the chilled roast with whole green olives, carrot curls, and green onion, if desired. Makes 9 to 12 servings.

MUSTARD GLAZE
1 envelope unflavored gelatin
⅔ cup mayonnaise or salad dressing
¼ cup Dijon-style mustard

Soften gelatin in *⅔ cup water;* dissolve over hot water. Stir in mayonnaise and mustard till smooth. Chill till partially set. Spoon evenly over chilled roast. Makes 1½ cups glaze.

BEEF AND SQUASH DINNER
1 pound beef round steak, cut in thin strips
2 tablespoons cooking oil
1½ cups water
1 envelope burgundy wine sauce mix
1 teaspoon instant beef bouillon granules

continued

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Extraordinary: Our Chicken Crunchcoat. Makes ordinary chicken a delicious treat for the whole family.

At the table, in cooking, by the shake or by the measure, Morton Nature's Seasons seasoning blend turns on the flavor.

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Nature's Seasons® Chicken Crunchcoat

1¼ cups corn flake crumbs
1¾ teaspoons Morton Nature's Seasons seasoning blend
⅓ cup mayonnaise
⅓ cup catsup
⅓ cup ginger ale
1¾ teaspoons Morton Nature's Seasons seasoning blend
1 teaspoon prepared mustard

Mix corn flake crumbs with 1¾ teaspoons Nature's Seasons. In shallow dish combine remaining ingredients; mix until smooth. Dip chicken in catsup mixture, then coat with crumbs. Place skin-side up, in foil-lined shallow pan. Bake at 400° F. for 40 to 50 minutes until meat is tender.

Makes enough for 8 to 10 pieces of chicken, about 2½ pounds.

Try the flavor turn on.



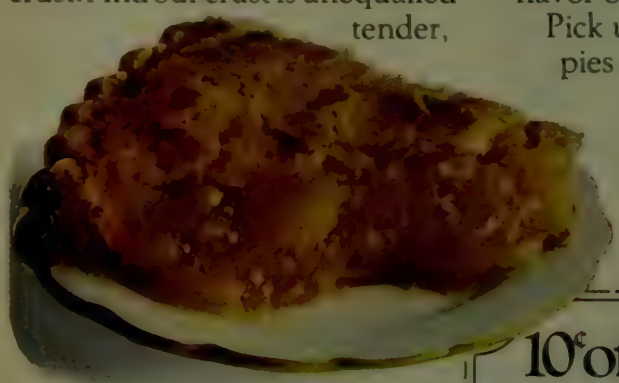
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Offer expires December 31, 1977.

continued

Best meat buys

½ teaspoon onion salt
½ teaspoon garlic salt
½ teaspoon dried marjoram, crushed
1 10-ounce package frozen summer squash, thawed
1 3-ounce can sliced mushrooms
1 teaspoon cornstarch
1 tablespoon cold water
1 pint (2 cups) cherry tomatoes, halved
Hot cooked noodles

In 10-inch skillet, brown about half the meat strips at a time in hot oil. Drain off excess fat. Return all meat to skillet. Add the 1½ cups water, the wine sauce mix, bouillon granules, onion salt, garlic salt, and marjoram. Bring to boiling, stirring constantly. Reduce heat. Cover and simmer for 15 minutes till steak is nearly tender. Drain off excess liquid from thawed squash; cut up any large pieces. Add squash and *undrained* mushrooms to skillet; cover and simmer 5 minutes more. Blend cornstarch and the cold water; add to skillet mixture. Cook and stir till thickened and bubbly. Stir in tomatoes; cover and heat 1 minute. Serve over hot cooked noodles. Makes 4 servings.

MACARONI-STUFFED BRISKET



¾ cup elbow macaroni
1 slightly beaten egg
⅓ cup milk
½ cup (2 ounces) shredded process Swiss cheese
¼ cup grated parmesan cheese
2 tablespoons snipped parsley
2 tablespoons chopped pimiento
¼ teaspoon poultry seasoning
¼ teaspoon salt
Dash pepper
3½- to 4-pound beef brisket
1½ teaspoons salt
¼ teaspoon pepper
1 teaspoon dry mustard
½ cup water
1 tablespoon worcestershire sauce
¼ cup all-purpose flour
½ cup cold water
1 3-ounce can sliced mushrooms

continued



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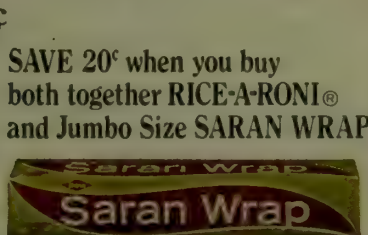
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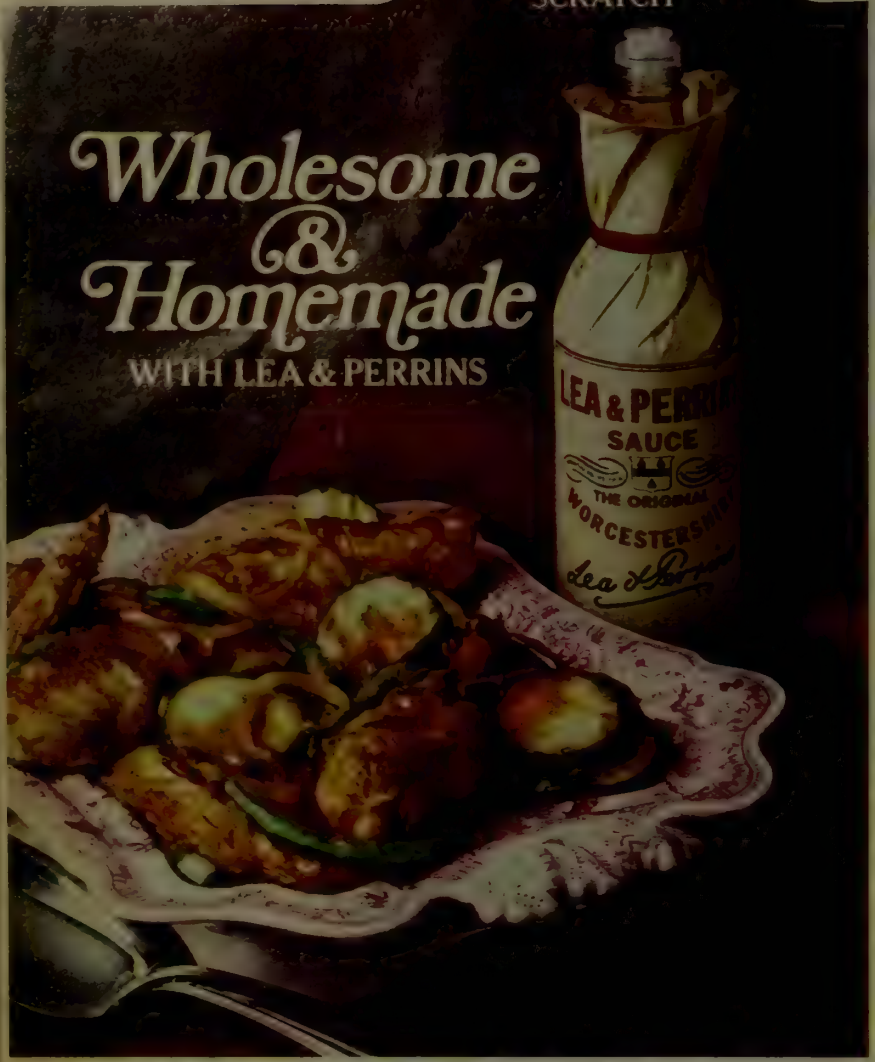
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#9 in a series

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WITH LEA & PERRINS



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Old-fashioned goodness starts with basics . . . and with the delicious flavor of the Original Worcestershire Sauce—Lea & Perrins. Its century-old recipe uses only natural ingredients to give your meals that great homemade flavor.

Skillet Chicken and Vegetables

- 2 Tbsp. oil
- 2½ lb. chicken parts
- 1 cup sliced onions
- 1 can (11 oz.) condensed cream of celery soup
- 5 tsp. Lea & Perrins Worcestershire Sauce
- ½ tsp. salt
- ½ tsp. oregano leaves, crumbled
- 2 cups sliced zucchini
- ½ lb. fresh green beans or 1 package (9 oz.) frozen whole green beans

In large skillet heat oil. Add chicken, a few pieces at a time; brown on all sides. Add onions; saute until tender. Stir in soup, Lea & Perrins, salt and oregano. Bring to boiling point. Reduce heat and simmer, covered, until chicken is almost tender, about 30 minutes. Add vegetables; cook, covered, until tender, about 10 minutes. Serves 4.

Western Pot Roast

In heavy large saucepot brown on both sides 3 lb. beef brisket or boneless round or chuck roast in 1 Tbsp. oil. Add 1 cup chopped onions; cook until golden. Combine 1 cup catsup, ¼ cup Lea & Perrins Worcestershire Sauce, 2 Tbsp. each brown sugar and cider vinegar and 2 tsp. salt; pour over meat. Simmer, covered, until meat is tender, about 3 hours. Serve sliced with sauce along with onions, carrots and potato chunks, if desired. Serves 8.

Stuffed Meatloaf

Combine 1½ lb. ground beef; ½ cup each soft bread crumbs and minced onion; 2 eggs, lightly beaten; ⅓ cup water; ¼ cup catsup; 3½ tsp. Lea & Perrins Worcestershire Sauce and 1½ tsp. salt. In shallow pan shape two-thirds of the meat mixture into a 9 x 4-inch rectangle. Cut 1 large cooked carrot into strips; mound in the center of meat; sprinkle with ½ cup chopped walnuts, if desired. Cover with remaining meat. Bake in preheated 350°F. oven for 30 minutes. Combine ½ cup catsup, 2 Tbsp. orange marmalade and ½ tsp. Lea & Perrins. Spoon over meatloaf. Bake 5 minutes longer. Garnish with walnuts, if desired. Serves 6.

Lea & Perrins. The people who know their sauces.

continued

Best meat buys

Cook macaroni in boiling salted water till tender, 8 to 10 minutes; drain (should have 1½ cups). In mixing bowl, combine egg, milk, cheeses, parsley, pimiento, poultry seasoning, the ¼ teaspoon salt, and the dash pepper. Stir in macaroni. Trim excess fat from meat. Butterfly brisket by slicing meat horizontally to within 1 inch of one edge. Spread open. Spoon stuffing onto bottom half of meat. Fold other half over; skewer shut. Combine the 1½ teaspoons salt, the ¼ teaspoon pepper, and the mustard; rub mixture on both sides of meat. Place in 13x9x2-inch baking dish. Combine the first ½ cup water and the worcestershire. Pour over meat. Cover and bake in 325° oven for 3 to 4 hours or till tender. Remove brisket to serving platter; remove skewers. Keep warm. Skim fat from pan juices; measure juices. Add water to juices to make 1¼ cups liquid. Pour into saucepan. Combine flour and the ½ cup cold water; stir into pan juices along with *undrained* mushrooms. Cook and stir till thickened and bubbly. Spoon a little gravy over meat. Garnish with parsley, if desired. Pass remaining gravy. Makes 10 to 12 servings.

RIO GRANDE STEW

2 pounds boneless beef for stew, cut in 1½-inch cubes
2 tablespoons cooking oil
3 cups water
1 10½-ounce can condensed beef broth
½ cup chopped celery
½ cup chopped onion
2 cloves garlic, minced
1 tablespoon dried oregano, crushed
1 tablespoon ground coriander
2 teaspoons ground cumin
2 bay leaves
1½ teaspoons salt
3 medium carrots, cut in chunks
2 ears fresh corn on the cob, cut in 1-inch pieces
1 15-ounce can garbanzo beans
8 cabbage wedges

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1 16-ounce can tomatoes, cut up
½ cup finely chopped onion
1 4-ounce can green chilies, drained, seeded, and chopped
1 clove garlic, minced
¼ cup snipped parsley
½ teaspoon salt

In large Dutch oven, brown half the beef at a time in hot oil; return all meat to pan. Add water, beef broth, the celery, the first ½ cup onion, the 2 cloves garlic, the oregano, coriander, cumin, bay leaves, and the 1½ teaspoons salt. Bring to boiling; reduce heat. Cover and simmer till meat is almost tender, about 2 hours. Skim off fat. Stir in carrot, corn, and *undrained* garbanzo beans; arrange cabbage atop. Simmer, covered, 20 to 30 minutes, or till meat and vegetables are done. Remove and discard bay leaves. Season to taste with additional salt and pepper. Meanwhile, for Salsa, combine *undrained* tomatoes, the remaining onion, chilies, the remaining garlic, the parsley, and the remaining salt. Serve stew in bowls. Pass Salsa to spoon over each serving. Makes 8 servings.

DOUBLE-DECKER BURGERS

2 pounds ground beef
1½ teaspoons seasoned salt
⅛ teaspoon pepper

continued



Steak marinated with Wish-Bone® Italian Dressing. For a delicious cut above the usual rare, medium or well done.

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STEAK ORIENTALE

1 bottle (8 oz.) Wish-Bone Italian Dressing
¼ cup soy sauce
2 tablespoons brown sugar
2 to 2½ lb. steak (your favorite cut)
1 green pepper, cut into chunks
1 onion, sliced

In large shallow baking dish, combine Wish-Bone Italian Dressing, soy sauce, and brown sugar; add steak, green pepper, and onion. Cover and marinate in refrigerator 4 hours or overnight, turning occasionally. Broil steak, turning and basting frequently with remaining marinade, until done. During the last 20 minutes of cooking, add vegetables. Makes about 8 servings.

Variations:

STEAK PICCANTE. Use Wish-Bone Italian Dressing combined with ½ cup chili sauce; marinate steak with 2 sliced onions.

STEAK VINO. Use Wish-Bone Italian Dressing combined with ½ cup red wine and 2 teaspoons thyme; marinate with ½ lb. fresh mushrooms and 1 sliced onion.

Wish-Bone Italian. The flavor maker.

continued

Best meat buys

8 hamburger buns, split and toasted
1 recipe Avocado and Egg Relish
1 recipe Cheese and Bacon Topper
1 recipe Tomato-Cucumber Relish
1 recipe Western Sauce

Combine ground beef, salt, and pepper; shape into sixteen 4-inch patties. Broil half of the patties at a time 3 inches from heat quickly, about 3 minutes per side, turning once. For each serving, stack 2 meat patties on bottom half of each hamburger bun, sandwiching one or more relishes and sauces between and on top of patties. Top with remaining hamburger bun halves. Makes 8 servings.

AVOCADO AND EGG RELISH

1 tablespoon white wine vinegar
½ teaspoon crushed dried red chili pepper
⅛ teaspoon salt
Dash pepper
1 large avocado, peeled, seeded, and finely chopped
1 tablespoon finely chopped green pepper
1 hard-cooked egg, chopped
2 teaspoons finely snipped parsley

Combine vinegar, chili pepper, salt, and pepper. Mix together avocado, green pepper, egg, and parsley. Stir in vinegar mixture. Makes 1¼ cups.

CHEESE AND BACON TOPPER

1 5-ounce jar process cheese spread with bacon
3 tablespoons milk
2 teaspoons prepared horseradish

Combine all ingredients; mix well. Makes ⅔ cup.

TOMATO-CUCUMBER RELISH

¼ cup vinegar
¼ cup water
2 tablespoons sugar
1 teaspoon salt
⅛ teaspoon pepper
1 tomato, diced (1 cup)
½ unpared cucumber, sliced paper-thin (1 cup)
½ cup chopped onion
¼ cup chopped sweet pickle

Mix vinegar, water, sugar, salt, and pepper; add tomato, cucumber, and onion. Cover and refrigerate 1 to 2 hours; drain well before serving. Stir in pickle. Makes 2 cups.

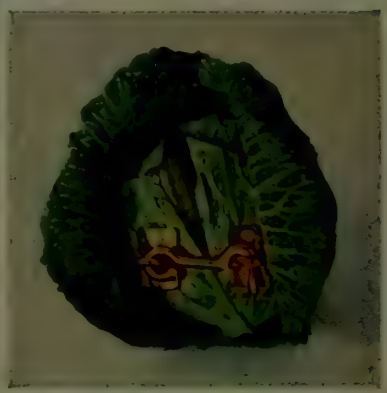
WESTERN SAUCE

½ cup bottled steak sauce
½ cup catsup

Stir together steak sauce and catsup. Makes 1 cup.

continued

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11TH ANNUAL
PTA

continued

Best meat buys

TERIYAKI BEEF AND RICE RING

- ½ cup long-grain rice
- 1 cup water
- ¼ teaspoon salt
- 1 10-ounce package frozen Chinese-style vegetables
- ¼ cup water
- 2 tablespoons snipped parsley
- 1 tablespoon butter or margarine, softened

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- 1 slightly beaten egg
- ¼ cup dry sherry
- 3 tablespoons soy sauce
- 1 cup soft bread crumbs
- ½ cup chopped onion
- ¼ teaspoon celery salt
- Dash pepper
- 1½ pounds lean ground beef
- Stir-fried Chinese pea pods and halved cherry tomatoes
- Bottled teriyaki sauce

In small saucepan, combine rice, the 1 cup water, and the salt. Bring to boiling. Reduce heat and simmer, covered, *just* 15 minutes. Meanwhile, in another saucepan, combine Chinese vegetables and the ¼ cup water. Cook and stir just till sauce cubes are melted. Remove from heat.

Combine the cooked rice, Chinese vegetables, parsley, and butter or margarine; set aside. In mixing bowl, combine egg, sherry, soy, bread crumbs, onion, celery salt, and pepper. Add ground beef; mix well. Pack rice-vegetable mixture tightly in bottom of 5½-



cup ring mold. Pat meat mixture atop. Unmold onto 15x10x1-inch baking pan. Cover loosely with foil. Bake in 350° oven for 1 hour. Using two wide spatulas, carefully transfer ring to serving platter. If desired, fill center of ring with stir-fried Chinese pea pods and halved cherry tomatoes. Garnish with curly endive and cherry tomato halves, if desired. Pass teriyaki sauce. Makes 6 servings.

CONFETTI HAMBURGER SALAD

- 1 0.7-ounce envelope cheese-garlic salad dressing mix
- ⅓ cup water
- 2 tablespoons white wine vinegar
- 1 16-ounce can red kidney beans, drained
- 1 8-ounce can whole kernel corn, drained
- 2 tablespoons sliced green onion
- 6 cups torn mixed salad greens
- ½ cup coarsely shredded carrot
- 1 pound ground beef
- 2 tablespoons snipped parsley
- 1 tablespoon white wine vinegar
- 3 hard-cooked eggs, cut in wedges

Combine *half* the salad dressing mix (4 teaspoons), the water, and the 2 tablespoons wine vinegar. Add beans, corn, and green onion, stirring to coat. Cover and chill at least 2 hours, stirring several times. Line large salad bowl with some of the salad greens. Toss together remaining greens and carrot. Add to salad bowl; cover and chill. At serving time, brown ground beef in table-going skillet; drain meat, reserving 2 tablespoons drippings. Stir parsley, the 1 tablespoon wine vinegar, and the remaining salad dressing mix into meat and reserved drippings. Heat through. Bring to table in skillet. Add marinated vegetables and the ground beef to salad greens. Garnish salad with egg wedges. Toss gently. Serve at once. Makes 6 servings.

MEATBALL CARBONNADE

- 3 slices bacon
- 1 12-ounce can (1½ cups) beer
- 1 slightly beaten egg
- ¼ cup fine dry bread crumbs
- ¾ teaspoon salt
- Dash pepper
- 1 pound ground beef
- 2 medium onions, thinly sliced
- 3 tablespoons all-purpose flour
- 1 teaspoon instant beef bouillon granules
- 1 teaspoon brown sugar
- 1 teaspoon vinegar
- ½ teaspoon salt
- ¼ teaspoon dried thyme, crushed
- Dash pepper
- 2 tablespoons snipped parsley

In medium skillet, cook bacon till crisp. Drain, reserving the drippings. Crumble bacon and set aside. Combine *¼ cup* of the beer, the egg, bread crumbs, the ¾ teaspoon salt, and the pepper. Add ground beef; mix well. Shape meat mixture into 24 meatballs. Brown on all sides in reserved bacon drippings. Transfer meatballs to 1½-quart casserole. In same skillet, cook onion till golden; stir in flour. Add remaining beer, the bouillon granules, brown sugar, vinegar, salt, thyme, and pepper. Cook and stir till mixture thickens and bubbles. Pour over meatballs. Cover and bake in 350° oven for 45 minutes. Top with parsley and crumbled bacon just before serving. Makes 4 servings.

ROMAN MEAT LOAF

- 2 beaten eggs
- ¼ cup bottled creamy Italian salad dressing
- 1½ cups soft bread crumbs (2 slices bread)
- 2 teaspoons instant minced onion
- 1½ teaspoons Italian herb seasoning
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 2 pounds ground beef
- 1 cup (4 ounces) shredded mozzarella cheese
- ¼ cup snipped parsley
- 3 hard-cooked eggs
- 3 tablespoons bottled creamy Italian salad dressing
- 1½ teaspoons prepared mustard
- ½ teaspoon sugar

In large bowl, combine the beaten eggs, the ¼ cup salad dressing, the bread crumbs, onion, herb seasoning, salt, and pepper. Add ground beef; mix well. In a 12x7x2-inch baking dish, pat *half* of the meat mixture to a 9x4-inch rectangle. Sprinkle *half* of the cheese and all the parsley to within 1 inch of all sides. Place hard-cooked eggs end to end down center of rectangle. On waxed paper, pat remaining meat to a 9x4-inch rectangle. Sprinkle remaining



cheese to within 1 inch of all sides; press cheese into meat. Invert atop eggs. Remove paper. Shape meat mixture to form a loaf about 10 inches long; seal ends and sides well. Make diagonal cuts in top of loaf forming diamond shapes. Bake, uncovered, in 350° oven for 1 hour. Combine the remaining salad dressing, the prepared mustard, and sugar; drizzle over loaf. Bake 15 minutes more or till done. Transfer to serving platter. Let stand 10 minutes before slicing. Makes 8 to 10 servings.

continued

Make the JELL-O BRAND Pudding cake that's chocolatey moist, chocolatey rich and chocolatey chocolatey.

Besides being so moist and deliciously chocolatey, a Jell-O® Pudding Quick Fixin' Triple Chocolate Cake is really easy to make.

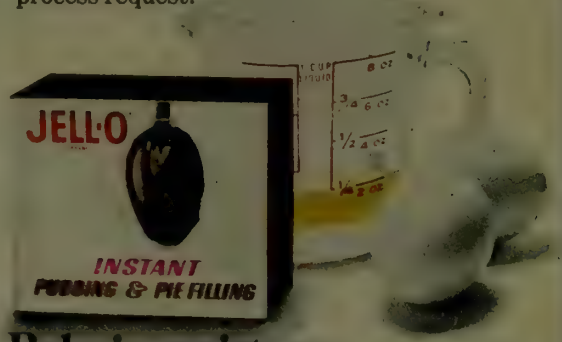
Begin with your favorite chocolate cake mix. Then make it more chocolatey by adding Jell-O® Chocolate Flavor Instant Pudding and chocolate flavor chips.

So make your next chocolate cake mix into a chocolatey chocolate triple chocolate cake.

Quick Fixin' Triple Chocolate Cake
1 package (2-layer size) chocolate cake mix
1 package (4-serving size) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling
4 eggs • 1¼ cups water • ¼ cup oil
1 cup BAKER'S® Chocolate Flavor Baking Chips
Combine all ingredients in a 13x9-inch pan and stir with a fork until blended, about 2 minutes.* Bake at 350° for 40 to 45 minutes, or until cake springs back when lightly pressed. Cool in pan and cut into squares. Sprinkle with confectioners sugar, if desired.

*At high altitudes, increase water to 1¾ cups, add ¼ cup flour, bake at 350° for 40 min.

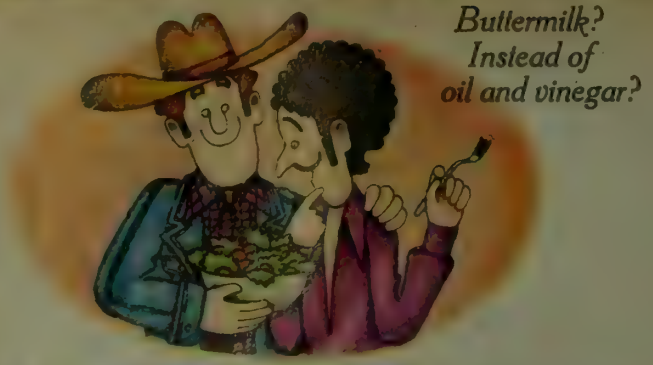
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Bake in moistness. Bake a JELL-O BRAND Pudding Cake.

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GF GENERAL FOODS



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The great taste will put any doubts to rest. And wake up any salad.



continued

Best meat buys

BEEF AND ZUCCHINI TORTILLA PIE

You can also bake the filling in a standard pastry. Don't prebake the shell—

1 recipe Tortilla Shell Dough
1 pound ground beef
½ cup chopped onion
1 clove garlic, minced
1 teaspoon dried basil, crushed
1 teaspoon dried oregano, crushed
¾ teaspoon salt
⅛ teaspoon pepper
1½ pounds zucchini, cut in 1-inch pieces (4½ to 5 cups)
2 slightly beaten eggs
1 cup cream-style cottage cheese
½ cup (2 ounces) coarsely shredded process American cheese
2 tablespoons grated parmesan cheese
2 tablespoons snipped parsley
½ of 4-ounce can green chilies, drained, seeded, and chopped (3 tablespoons)
1 teaspoon worcestershire sauce
½ teaspoon dry mustard
¼ teaspoon salt

On lightly floured surface, roll Tortilla Shell Dough to a 12-inch circle. Fit into a 9-inch pie plate; roll edges under to make a high rim. Prick bottom and sides with a fork. Bake in 350° oven for 20 to 25 minutes or till edges begin to brown. Meanwhile, in skillet, cook meat, onion, and garlic till meat is browned; drain off excess fat. Add basil, oregano, the ¾ teaspoon salt, and the pepper. Cook zucchini in boiling unsalted water for 7 minutes or till tender; drain. Mash; drain thoroughly, pressing out excess water (should have about 1½ cups mashed, drained zucchini). In bowl, combine eggs, zucchini, cottage cheese, American cheese, parmesan cheese, parsley, chilies, worcestershire sauce, dry mustard, and the ¼ teaspoon salt. Turn meat mixture into tortilla shell; spoon zucchini mixture over meat. Bake in 350° oven for 35 minutes or till set. Cool 10 minutes before serving. Garnish with parsley, pickled red peppers, and additional cooked zucchini slices, if desired. Makes 6 servings.

TORTILLA SHELL DOUGH

1 cup all-purpose flour
½ teaspoon salt
2 tablespoons lard *or* shortening
⅓ cup lukewarm water (110° to 115°)

In mixing bowl, stir together flour and salt. Cut in lard or shortening till mixture resembles fine crumbs. Add water gradually, tossing with fork to make a stiff dough. Form into ball; knead thoroughly on lightly floured surface till smooth and flecked with air bubbles, about 4 minutes. Cover; let rest 30 minutes.

FRUIT-GLAZED HAM SLICE

2-pound ham slice, cut 1 inch thick
¾ teaspoon ground ginger
⅛ teaspoon pepper
1 16-ounce can pear halves
5 teaspoons cornstarch
¾ teaspoon ground ginger
½ cup dry white wine
½ cup red grapes, halved and seeded
1 tablespoon butter or margarine

continued

Make a name for yourself with a box of Morton® Salt.

As easy as 1 cup Morton Salt
2 cups flour
(tap to level measure)
1 cup water

Simply blend Morton Salt and flour in a bowl, adding water a little at a time. Knead dough 7 to 10 minutes until firm. Place in plastic bag to keep from drying out.

Select a family member name for a *wall plaque*. Take a piece of dough and with palm of hand roll on a flat surface until it becomes a rope-like shape. Now form letters. Be sure to join connecting surfaces of dough by moistening with water to secure bond.

Once you've completed letters, place on cookie sheet and bake at 325° for 30 to 40 minutes or until hard (test for hardness by tapping with spoon). When cool, paint with water colors or food dye, if desired. Varnish to protect from moisture. Use white glue to attach letters to plaque.

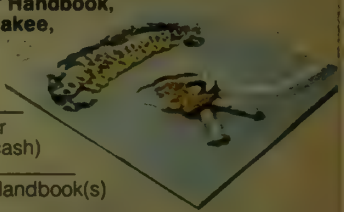
Coffee cup holder: Make the word "coffee" from long rope-like shape. To make flowers and leaves, start with small pieces of dough and etch surface patterns with butter knife. Bake, cool, and varnish. To finish board: drill holes on angle and glue dowels into holes for cup hangers, then glue the word "coffee" above dowels.



Canister set: Start by placing your letters on foil. Place foil on coffee can. (Wedge can with foil pieces to prevent can from rolling in oven). Bake. After baking, remove letters from foil, cool, varnish. Put decorative self-adhesive paper on coffee can. Then glue letters on decorated can. NOTE: NOT TO BE EATEN.

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continued

Best meat buys

Slash edge of ham slice to prevent curling. Rub meat with mixture of the first ¾ teaspoon ginger and the pepper. Place on rack in shallow baking pan. Bake in 350° oven for 40 minutes. Meanwhile, drain pears, reserving ¾ cup syrup. Slice pears. In saucepan, blend cornstarch and remaining ginger; add reserved pear syrup. Cook and stir till thickened and bubbly. Cook 1 minute more. Add wine, pear slices, grapes, and butter or margarine. Stir till butter melts and fruit is hot. Spoon some of the sauce over meat on platter; pass remaining sauce. If desired, garnish meat with pear halves, frosted grapes, and parsley. Makes 6 or 8 servings.

STIR-FRY PORK AND RICE

- 3 slightly beaten eggs
- 3 tablespoons cooking oil
- 1 pound pork cubed steaks, cut in ½- to ¾-inch strips
- 1 medium unpared cucumber, thinly sliced (1 cup)
- 1 cup bias-sliced celery
- ¼ cup chopped green onion with tops
- 1 small clove garlic, minced
- 2 cups cooked brown *or* long-grain rice
- ¼ cup soy sauce
- 2 medium tomatoes, cut in eighths

In large skillet, cook eggs in *1 tablespoon* of the oil till set, stirring just enough to break egg into bite-size pieces; remove from skillet and set aside. In same skillet, heat 1 tablespoon of the remaining oil. Add meat strips and cook quickly till browned; remove from skillet and set aside. In same skillet, stir-fry cucumber, celery, onion, and garlic over medium-high heat in remaining oil till tender, about 4 minutes. Stir in rice, soy sauce, cooked pork, and egg. Arrange tomatoes on top; cover and cook just till tomatoes are hot, about 3 minutes. Pass additional soy sauce, if desired. Makes 4 servings.

PORK CHOPS WITH SPINACH DUMPLINGS

- 6 rib, sirloin, *or* blade pork chops (about 2 pounds)
- Salt and pepper
- ½ cup chopped onion
- 1 clove garlic, minced
- 2 cups tomato juice
- 1 4-ounce can mushroom stems and pieces, drained
- 1 teaspoon sugar
- ½ teaspoon salt
- Dash pepper
- ¼ teaspoon dried thyme, crushed
- ¼ teaspoon dried marjoram, crushed
- ¼ teaspoon dried rosemary, crushed
- 1 beaten egg
- 1 10-ounce package frozen chopped spinach, thawed and well-drained
- ⅓ cup fine dry bread crumbs
- ¼ cup grated parmesan cheese
- 1 tablespoon butter or margarine, melted
- 2 tablespoons all-purpose flour

Trim excess fat from chops. In 12-inch skillet, cook fat trimmings till 2 tablespoons drippings accumulate. Discard fat. Season chops with salt and pepper; brown in hot drippings. Remove chops; set aside. In same skillet, cook onion and garlic till onion is tender but not brown. Add *1¾ cups* of the tomato juice, the mushrooms, sugar, salt, pepper, thyme, marjoram, and rosemary. Return chops to skillet. Simmer, covered, 25 minutes. Meanwhile, combine egg, spinach, bread crumbs, parmesan, and butter or margarine; place 2 tablespoons of the spinach mixture atop each chop to form dumpling. Simmer, covered, till dumplings are heated through, 10 to 15 minutes. Remove chops and dumplings to platter. Blend flour with the remaining ¼ cup tomato juice. Stir into pan juices. Cook and stir till thickened and bubbly. Serve over chops. Makes 6 servings.

CURRY AND HORSERADISH-SAUCED PORK LOIN

- 1 teaspoon curry powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 4- to 5-pound boneless pork loin roast
- Milk
- ½ cup chopped onion
- 2 to 3 teaspoons curry powder
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ½ cup dairy sour cream
- 1 tablespoon prepared horseradish

Combine the 1 teaspoon curry powder, the ½ teaspoon salt, and the pepper; rub over meat. Place meat on rack in shallow roasting pan. Roast, uncovered, in 325° oven for 2½ to 3 hours or till meat thermometer registers 170°. Remove meat to hot platter; keep warm. Skim fat from pan juices; measure pan juices. Add enough milk to make 1¼ cups liquid. Set aside. In medium saucepan, cook onion and the remaining curry powder in butter or margarine till onion is tender but not brown. Stir in flour and salt; add milk mixture all at once. Cook and stir till bubbly. Stir in sour cream and horseradish; heat through but do not boil. Spoon a little gravy over roast; pass remaining gravy. Garnish with fresh mint and poached apple slices, if desired. Makes 10 to 12 servings.

SWEETBREADS, DIVAN-STYLE

- 1 pound sweetbreads
- 1 quart water
- 1 tablespoon vinegar
- ½ teaspoon salt
- 1 pound fresh broccoli
- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- ½ teaspoon salt
- ⅛ teaspoon white pepper
- 2¼ cups milk
- ½ cup (2 ounces) shredded process Swiss cheese
- ¼ cup fine dry bread crumbs
- ¼ cup grated parmesan cheese
- 2 tablespoons snipped parsley
- 2 tablespoons butter or margarine, melted

In medium saucepan, combine sweetbreads, water, vinegar, and the ½ teaspoon salt. Bring to boiling. Reduce heat and simmer, uncovered, 20 minutes or till tender. Drain; remove membrane and slice sweetbreads. Trim broccoli; cut in spears. In large saucepan, cook broccoli, covered, in boiling salted water till tender, 12 to 15 minutes. Drain. In saucepan, melt the 3 tablespoons butter or margarine; blend in flour, the remaining ½ teaspoon salt, and the pepper. Add milk all at once. Cook and stir till thickened and bubbly. Add Swiss cheese; stir till melted. Arrange broccoli in bottom of 10x6x2-inch baking dish; top with sweetbreads. Cover with sauce. Combine crumbs, parmesan, parsley, and melted butter. Sprinkle over sauce. Bake in 350° oven for 30 to 35 minutes. Makes 4 servings.

TONGUE WITH RAISIN AND ONION SAUCE

- 4-pound beef tongue
- 2 sprigs parsley
- 4 celery branches with leaves, cut up
- 1 carrot, cut up
- 1 onion, cut up
- ½ teaspoon thyme
- 1 bay leaf
- 3 whole allspice
- 1 clove garlic
- ¼ cup shredded carrot
- ¼ cup diced celery
- 2 tablespoons butter or margarine
- ½ cup dry white wine
- 1 tablespoon instant beef bouillon granules
- 1 bay leaf
- Dash pepper
- 2 cups (8 ounces) pearl onions, peeled
- ½ cup raisins
- 2 tablespoons cornstarch

Place tongue in Dutch oven. Cover

continued



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continued

Best meat buys

with *3 quarts water*. Add the parsley, celery branches, cut-up carrot, cut-up onion, thyme, the first bay leaf, the allspice, and garlic. Cover and simmer till tongue is tender, 3¼ to 3½ hours. Remove tongue from pan. Strain broth. Set 1 cup broth aside. Return tongue and remaining broth to pan; keep hot over low heat. (Or, chill broth and meat separately. Reheat and serve within 3 to 4 days.) Cook the shredded carrot and diced celery in butter or margarine 5 minutes. Add the reserved broth, the wine, bouillon granules, the remaining bay leaf, and dash pepper. Add onions and raisins. Bring to boiling. Reduce heat and simmer, covered, 15 minutes or till onions are tender. Blend the cornstarch and *2 tablespoons cold water*. Add to onion mixture; cook and stir till thickened and bubbly. Cook 1 to 2 minutes. Remove bay leaf. Remove tongue from broth. Cut off gristle from large end of tongue. Peel off skin. Thinly slice crosswise. Arrange on platter; spoon some sauce over. Garnish with parsley, if desired. Pass remaining sauce. Makes 12 servings.

LIVER DIJON

- **4 slices (1 pound) beef liver**
- **¼ cup all-purpose flour**
- **2 tablespoons butter or margarine**
- **1 tablespoon cooking oil**
- **3 tablespoons Dijon-style mustard**
- **3 tablespoons finely snipped parsley**
- **2 tablespoons finely chopped green onion**
- **1 clove garlic, crushed**
- **2¼ cups soft bread crumbs (3 slices bread)**
- **4 tablespoons butter or margarine, melted**

Season liver with *salt* and *pepper;* coat with flour. Heat the 2 tablespoons butter or margarine and the oil in large skillet. Brown liver quickly, about 1 minute on each side. Remove from skillet, reserving drippings; set aside. In small bowl, blend mustard, parsley, green onion, and garlic. Gradually add drippings from skillet. Spread both sides of liver slices with mustard mixture; coat with bread crumbs. Lay liver slices on broiler pan. Drizzle with half the melted butter. Broil 2 inches from heat for 3 minutes. Turn liver; drizzle with remaining butter. Broil 2 minutes. Arrange on platter. Garnish with fresh fennel. Makes 4 servings.

HEART AND VEGETABLE PLATTER

- **2 tablespoons butter or margarine**
- **½ cup chopped onion**
- **½ cup chopped green pepper**
- **1 large fresh red chili pepper, chopped (1 tablespoon)**
- **2 cloves garlic, crushed**
- **1 teaspoon ground sage**
- **1 medium sweet potato, pared and diced (1 cup)**
- **1 medium (6 ounces) turnip, pared and diced**
- **½ cup beef broth**
- **¼ cup soy sauce**
- **2-pound beef heart**
- **2 tablespoons all-purpose flour**
- **¼ cup cold water**
- **2 tablespoons vinegar**
- **Hot cooked rice**

In large saucepan or Dutch oven, melt butter or margarine. Add onion, green and red peppers, garlic, and sage; cook and stir till tender. Add sweet potato, turnip, beef broth, and soy; bring to simmering. Place a rack in broth, being sure rack is high enough that broth does not touch top of rack. Set heart on rack; cover and steam for 1½ hours. Remove heart; slice thin. Keep warm. Blend flour and cold water. Stir into broth and vegetables. Cook and stir till bubbly. Stir in vinegar. Season with *salt* and *pepper*. Spoon rice onto platter; pour gravy mixture over. Arrange heart atop. Makes 8 servings. ■

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begins on page 98

Sewing machine projects . . .

Editor's note: **The machine stitchery designs featured in this story were stitched on a Bernina sewing machine, although any straight stitch, zigzag, or decorative stitch machine is also suitable, depending on the project chosen.**

A variety of thread brands and weights may be used in our machine stitchery projects. Although any 100 percent cotton sewing machine thread is preferable, you may also use cotton-covered polyester thread. You may also want to experiment with imported Asian and European threads which are available in either 100 percent cotton, 100 percent rayon, or 100 percent polyester. The advantage of using these threads is that they simulate the delicate sheen of embroidery floss in your machine stitchery work. Consult your local sewing center for more information on types of thread available in your area.

MACHINE EMBROIDERED FABRIC, Page 100

(Note: For additional how-to information and color photos, refer to pages 98-100.)

Materials: Sewing machine with decorative stitch settings or cams; cotton or cotton-blend fabric; thread in blue, green, and black; white thread for the bobbin.

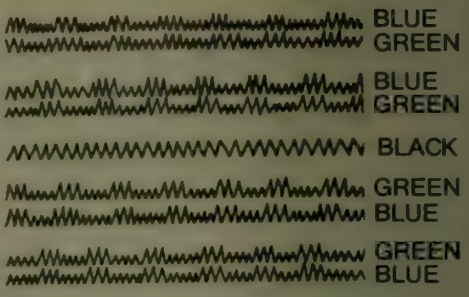
Instructions:

1. Preshrink your fabric.

2. Choose any 2 compatible decorative stitch settings for your design. Our tablecloth and pillow pattern consist of diagonal rows of green, black, and green (refer to color photo, page 98). One stitch setting is used for the outer rows and a second stitch for the center row. (Note: To achieve an even diagonal design for the square tablecloth, begin your stitches in one corner of the fabric, working out to either side of the pattern.)

3. Our daybed fabric design is formed from 5 horizontal and 9 vertical rows of stitching using 2 stitch settings. The diagram below shows the pattern for the 9 rows of vertical stitches. To form the horizontal stitch pattern, subtract 1 series of blue/green stitches from either side of the design to form 5 rows of stitches.

4. Placement of rows may be measured out and sketched on the fabric, using a yardstick and tailor's chalk.



However, if you have a quilter attachment (available as an optional attachment on many new machines), you can keep your rows straight and evenly spaced. Replace the presser foot with the quilter attachment and adjust the space bar for the width desired between the rows of stitching. Mark off the first row of stitching with yardstick and tailor's chalk, then use the space bar on the quilter to regulate succeeding rows by guiding the edge of the spacer along the preceding row.

5. Whether you use chalk lines or the quilter as a stitching guide, stitch all rows of one color in one decorative stitch first, then go back and add parallel rows in a second or third color, switching to the second decorative stitch.

continued

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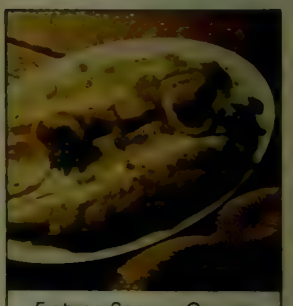
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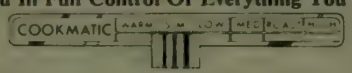
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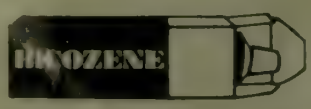
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continued

Sewing machine projects...

DAYBED COVER, Page 99

(Note: This cover can be made to fit any size mattress. Our instructions include general how-to with dimensions for a daybed given in parentheses.)

Materials: Sewing machine; 10 yds. of 44-inch-wide machine-embroidered fabric (see how-to directions above); 4 yds. muslin; 17½ yds. cable cord; 2 yds. heavy-duty snap tape.

Instructions:

1. Take the following bed measurements: (a) mattress top (30x72 inches), (b) mattress side, or boxing strip (4x204 inches), (c) height of box spring from floor (15 inches), (d) mattress circumference (204 inches *plus* 12 inches for waste).

2. If you want to add cording to the top and bottom mattress edges and to the skirt top, measure the entire circumference of the mattress and multiply that amount by 3 (612 inches). Divide this number by 36 to convert to yards (17 yards plus ½ yard for seams).

3. Preshrink the cable cord and snap tape.

4. Cut a piece of embroidered fabric that's the width and length of the mattress top, adding ½ inch on all edges for seam allowance. Cut boxing strip; add ½ inch seam allowance. If you plan to match the strip with the design of the mattress top, add extra length to the strip, piecing it together if necessary.

5. Cover enough cord for the top and bottom mattress edges. Machine baste the cord, raw edges together, to both sides of the boxing strip along the seam line. Stitch boxing strip, right sides together, to the top piece; match the design lines.

6. Cut a muslin piece that's the dimensions of the mattress top; this will fit under the daybed mattress. Stitch the muslin, right sides together, to the boxing strip along three sides, leaving one long side open. Sew snap tape along this long side (to both the muslin base and boxing strip). Clip corners, grade seams; turn and press.

7. To make an inverted box pleat skirt, add 3 inches to measurement "c," height of box spring (18 inches). Cut embroidered fabric to this width. The yardage needed for the inverted pleated skirt is equal to twice the circumference of the box spring (408 inches). Piece strip together if needed; add ½-inch seam allowances to strip

continued

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continued

Sewing machine projects...

ends.

8. Hem the skirt strip *before* the ends are joined. To hem, turn one raw edge under ½ inch; turn up a 2-inch hem and stitch.

9. To mark the pleats, place the fabric strip on the floor. Starting 3 inches from the raw edge at one end of the fabric, place pins every 6 inches along the full length of the fabric to indicate pleat fold lines. (Note: The final pleat mark should be 3½ inches from the fabric end.)

10. Starting at the *second* pin, make inverted box pleats every 6 inches along the length of the fabric. To do this, bring one fold line to the next fold line; pin the pleats in place and press.

11. Stitch the skirt ends together; make the final pleat over this seam. Cover sufficient cord for the skirt top; stitch it in place along the seam line.

12. Cut muslin piece equal to the dimensions of the box spring top; add ½ inch seam allowances. Sew muslin to top of daybed skirt to complete cover.

RUFFLED PILLOW, Page 99

(Finished pillow size=12 inches square, including 3-inch-wide ruffle.)

Materials: Sewing machine (automatic ruffling attachment optional); ½ yd. 44-inch-wide machine-embroidered fabric (see how-to instructions, page 140); 1 yd. contrasting fabric for ruffle, polyester fiberfill for stuffing.

Instructions:

1. Cut two 14-inch squares embroidered fabric for pillow front and back. To form ruffle, cut enough 8-inch-wide strips of contrasting fabric to form one 4-yard-long strip of fabric. (Sew strips together using ¼-inch seams.)

2. Fold the fabric strip in half lengthwise, wrong sides together; press. Machine baste raw edges together.

3. Gather strip by hand or use an automatic ruffler. To hand gather, baste along the seam line (1 inch from the raw edge); gather the fabric until the ruffle is 48 inches long. To machine gather, practice on an 8-inch-square fabric scrap. Fold and baste it like the real fabric strip. Run it through the ruffler to test the tightness of the gathers. (Be sure the ruffle does not twist.) Ruffle the long fabric strip.

4. Baste the ruffle to the right side of the pillow front, with raw edges together. Make sure that the ruffles are spaced evenly around the pillow. Leave the first and last 2 inches of the ruffle unstitched.

5. Fit the ruffle ends along the 1-inch seam line. Pin the spot on each length where the ruffle ends will meet. Pull the ruffle gently away from the pillow front and join the ends in a narrow French seam. (The second, enclosing line of stitches should fall along the line you've pinned.) Baste the last inches of the ruffle along the seam line.

6. With right sides together, stitch pillow front to back. Do *not* catch the ruffle in the seam. Leave 1 side open for turning; clip corners, turn, and press. Stuff the pillow; slip-stitch the opening closed.

PILLOW WITH GATHERED CORNER, Page 99

(Finished pillow size = 12 inches square.)

Materials: Sewing machine; ½ yd. 44-inch-wide machine-embroidered fabric for pillow front and back (see how-to directions, page 140); 1½ yds. commercial piping or covered cord; polyester fiberfill for stuffing.

Instructions:

1. Cut two 14-inch squares embroidered fabric for pillow front and back.

2. On the wrong side of pillow front, lightly mark the 1-inch seam allowance for 3 inches on either side of the corners. Draw a diagonal line between the 3-inch marks at each corner. (This line should be approximately 4⅜ inches long.)

3. Sew a row of gathered stitches along the diagonal line; pull the stitches until the line is reduced to 3 inches. Stay-stitch in place. Trim excess fabric in the corners; leave a 1-inch seam allowance.

4. Baste piping or cord around the pillow front along the seam line. With right sides together, stitch pillow front to back, leavng an opening for turning. Trim seams, turn, and press. Stuff pillow; slip-stitch opening.

TABLECLOTHS, Page 98

(Our table features a 44-inch-square machine-embroidered tablecloth placed over a 96-inch-diameter circular tablecloth. For different table sizes, adjust fabric requirements accordingly.)

Materials: Sewing machine; 1¼ yards 44-inch-wide embroidered fabric (see how-to directions, page 140); 5⅓ yds. of 54-inch-wide print fabric for circular tablecloth.

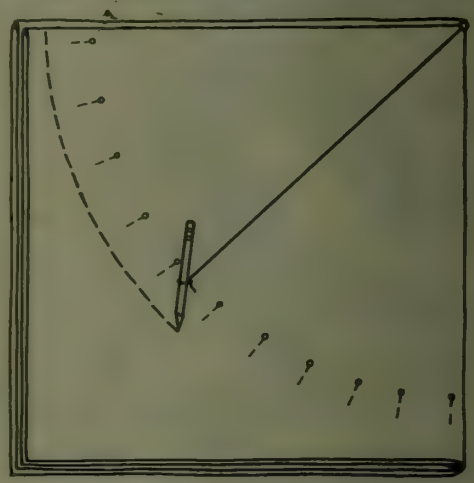
Instructions:

1. To form top tablecloth, turn under raw edges of 44-inch square of machine-embroidered fabric ½ inch and hem.

2. To make a round tablecloth, measure the diameter of the tabletop and add the number of inches of drop to either side. Our table is 36 inches in diameter with a 30-inch drop on each side, totaling 96 inches. Add ½-inch all around for hem allowance.

3. Use one width of fabric for the center of the table and split widths on each side to make a 106-inch square (use half-inch seams). Stitch the 3 strips together; if your fabric is patterned, be sure the patterns match. Press the seams open.

4. Fold the fabric in quarters. Tie a string to a pencil; cut the string to 48 inches (half of 96 inches). Use a thumbtack to hold the end of the string in place at the folded corner of the fabric. Hold pencil at the free end of the string and draw a quarter-circle arc. Add a ½-inch seam allowance to this arc; cut through all 4 fabric layers (see diagram below).



5. Turn the fabric's raw edges under ½ inch and hem.

BARGELLO CHAIR SEAT, Page 101

Materials: Zigzag sewing machine; 22-inch square of 18-mesh mono needlepoint canvas (*or* size to fit chair seat); thread in the following colors: purple, dark blue, light blue, olive green, yellow, gold; sheet of polyester batting; board for seat backing; white thread for bobbin; masking tape; staple gun or tacks; soil-retardant spray.

Instructions:

1. Cover the edges of your canvas with masking tape to prevent threads from raveling. Sketch outlines of the chair seat on your canvas with a waterproof marker. Extend pattern at least ½ inch beyond these borders to allow sufficient stitched canvas to overlap to back of seat backing.

2. Place purple thread in the top of your machine; use white thread in the bobbin. Using the diagram below as a stitch guide, count canvas mesh so the peak of the Bargello design falls along the canvas border. Start stitching at widest end of canvas.

continued

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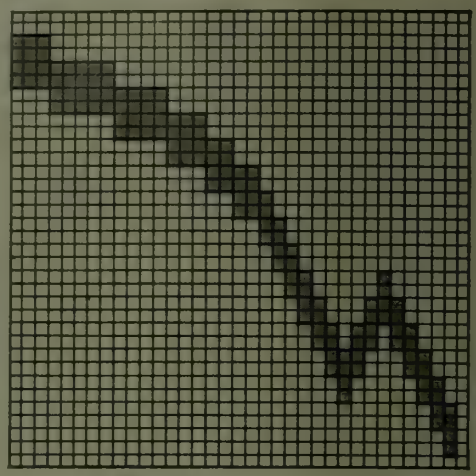
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BG7-3

continued

Sewing machine projects...



3. Set the zigzag on its widest setting. Lower the machine's feed dogs or cover them with a plate made for this purpose. Remove the machine's presser foot. Determine your starting point and place the needle into the first mesh. Pull up on the needle, bringing the bobbin thread to the top of the canvas to prevent threads from jamming.

4. Place the needle into the fourth mesh (follow diagram above for proper placement). Bar tack across these four mesh to allow threads to build up on the canvas surface. (Bar tack approximately 5 times across.)

5. Carefully place your needle in the next row, 2 mesh *above* your first set of bar tacks. Continue placing your needle and bar tacking in this manner until the row of Bargello is completed.

6. At both ends of *each* row, place the zigzag setting on "0" (for straight stitching) and sew several up and down stitches along the side of the bar tacks to secure them. Without this step, the threads may come undone.

7. For the second row, change the top spool to dark blue thread. The order of your colors to complete the pattern is: purple, dark blue, light blue, olive green, yellow, and gold. Once you've mastered the Bargello technique, you can duplicate any Bargello pattern in colors of your choice.

8. When the Bargello is complete, cut your chair backing board to fit the chair seat dimensions exactly. Place a layer of polyester batting on top of the backing board. Place the completed chair seat on top of the batting, right side up. Turn all 3 layers over and secure the Bargello canvas to the backing board using a staple gun or tacks. Clip corners where necessary to make canvas lie as flat as possible.

continued on page 164

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The 10 top selling cigarettes

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Brand C Non-Filter	24	1.5
Brand W	19	1.3
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Brand S Menthol 100	19	1.2
Brand W 100	18	1.2
Brand M	18	1.1
Brand K Menthol	17	1.3
Brand M Box	17	1.0
Brand K	16	1.0

Other cigarettes that call themselves low in "tar"

	tar mg./ cigarette	nicotine mg./ cigarette
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Brand P Box	14	0.8
Brand D Menthol	14	1.0
Brand M Lights	13	0.8
Brand W Lights	13	0.9
Brand K Milds Menthol	13	0.8
Brand T Menthol	11	0.7
Brand T	11	0.6
Brand V Menthol	11	0.8
Brand V	11	0.7
Carlton Filter	***2**	***0.2**
Carlton Menthol	***1**	***0.1**
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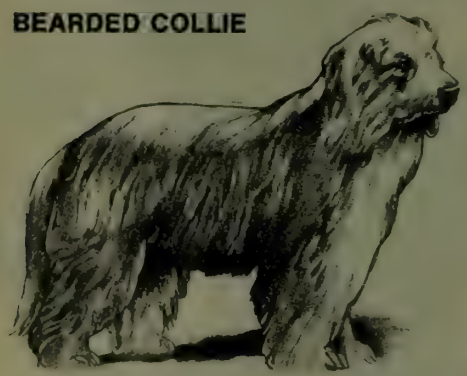
No doubt about it, exotic pets are bound to attract attention. But unusual animals that make good family pets are a hard-to-find combination. If you're in the market for an out-of-the-ordinary pet, don't overlook "man's-best-friend." There are literally dozens of novel canines that make outstanding companions. We've selected a representative half-dozen here that belong at the top of your list.

You won't find many of these dogs at your local pet shop. The best way to get more information about them, or about any unusual dogs, is to contact the appropriate breed club. If you can't come up with the address locally (through a kennel, veterinarian, or obedience club), you can probably get it by writing:

The American Kennel Club
51 Madison Avenue
New York, New York 10010.

A breed club also can help you track down a healthy litter of pups. Figure on paying $75 to $200 for a good pet-quality puppy, depending partly on where you live (prices in the Northeast and the Far West generally are highest). Especially rare animals or show-quality dogs can cost considerably more.

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The "beardie's" merry outlook on life, plus his funny shaggy-dog appearance, makes him an unusually engaging dog. His uniquely sweet disposition wins him avid fans.

Mrs. Lawrence Levy, Secretary
Bearded Collie Club of America
19 Gates Lane
Simsbury, Connecticut 06070

SALUKI
(Sa-LOO-kee)



The gentle Saluki is reputed to be the oldest breed of dog. He's called the royal dog of Egypt (the only canine considered clean enough to sleep in his master's tent). The Saluki is a slender animal, related to the greyhound, with long silky feathering on his ears and tail. He comes in many colors and color combinations, sometimes contrasting to form a mask on his face.

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Mrs. Lucretia Hewes, Secretary
Basenji Club of America
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The Canaan arrived in the U.S. in 1965, and there are only about 350 of this very special breed in the country today. The Canaan weighs about 55 pounds, but can adapt as well to an apartment as to larger quarters. His coat comes in a variety of colors, and he has a foxy, alert expression and naturally pricked ears. His plumed tail curls loosely over his back. The Canaan is a loyal and loving companion, excellent with kids, reserved with strangers, and an alert watchdog.

Mrs. Marguerite Lachs, President
Canaan Club of America
2718 Claray Drive
Los Angeles, California 90024

IRISH WATER SPANIEL



This large and flashy dog is considered the clown of the Spaniel family, though he doesn't look like a Spaniel at all. He's a devoted pet, talented hunter, and good-natured companion.

The Water Spaniel's muscular 60-pound frame is well balanced, sturdy, and covered with liver-colored curls. He's the only dog with a naturally smooth face and a top-knot of ringlets coming down to a peak between his eyes. This Spaniel is equally at home on land or in the local lake.

The Water Spaniel makes an alert watchdog and takes to training like a duck to water. His magnificent, unique coat needs combing once a week. If grooming is followed by a swim, his coiffure will be magically restored. He requires a fair amount of outdoor exercise, so suburban living really suits him best.

Mrs. Dorothy Read, Secretary
Irish Water Spaniel
Club of America
3758 Alzada
Altadena, California 91001

PAPILLON (PAP-ee-yon)



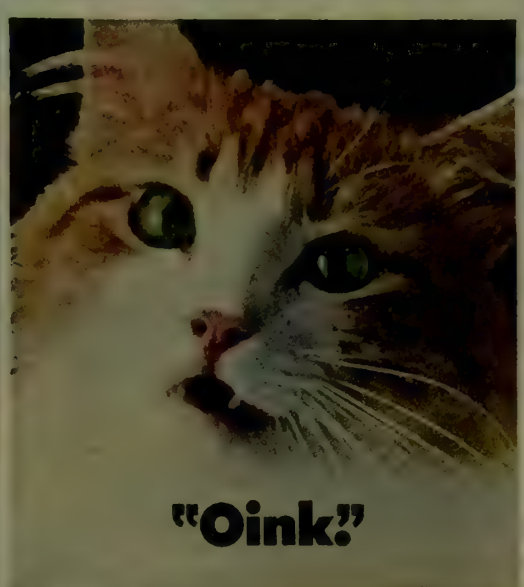
The Papillon is a gentle and delicate-looking tiny treasure with soft, silky fur. He weighs in at a mere five pounds, but has a resilient and hardy constitution. The Papillon has been named the "Butterfly Spaniel" because of his winglike softly feathered ears. His lovely white coat sports patches of different colors.

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GUIDE TO EUROPEAN PACKAGE TOURS

By Neil Kuehnl

Photographs Neil Kuehnl



Many escorted tour groups enjoy Venice by land (above) and by canal (far right) with an English-speaking gondolier. Itineraries also often include the Vatican in Rome, where groups see the Michelangelo frescoes in the Sistine Chapel (center photo).

European package tours are multiplying like rabbits these days. There are now thousands of packages available, and the number of Americans using them to travel in Europe grows every year. While the proliferation of enticing European travel packages gives you a practically endless choice of ways to tour Europe, it also complicates selecting what's best for you.

What are the advantages of a package tour? What are the pitfalls? Do you have to spend all your time with fellow tour members? How can you be sure that, after you've paid in advance, you'll get all you paid for? Where can you get reliable information and sound advice? For answers to these questions, and many others, as well as a look at what it's really like "on tour," read on.

WHY TAKE A PACKAGE TOUR?

● ***You can eliminate many of the logistical concerns and uncertainties of traveling abroad.*** Let's face it, not everyone enjoys figuring out a foreign train schedule, for instance, or trusting to luck that he'll chance upon a charming little inn where he can tuck in for the night. A properly constructed tour package can relieve you of many anxieties you'd rather not have, tell you when the train to Nice leaves, where to find the charming inn, and that the concierge will be expecting you.

● ***You save money.*** Sometimes you save a *lot* of money. The components of a good package tour cost far more if you buy them individually. The big tour operators have bulk-buying advantages plus access to special hotel, meal, and transportation rates that are never available to you as an individual. Buying a package of ground arrangements and air transportation together also opens up the world of much lower air fares. In addition, by buying in advance you are protected against some inflation-prompted price increases.

● ***You know in advance exactly how much your trip is going to cost.*** Reputable tour companies carefully specify in their brochures exactly which items are included in the prepaid tour price and which are options or extras to be paid by you while in Europe.

● ***You can get exactly the trip you want.*** At one extreme, you can buy a fully escorted group tour that virtually eliminates every bit of hassle from your trip. At the other extreme, you can opt for a tour that consists only of an economical fare (some charters permit this), or the air fare plus just a few nights' lodging and some local sightseeing excursions. In between are countless combinations that include fully prepaid hotels, airport transfers, specified meals, side trips, and so on.

● ***You may be able to pursue your special interests on a European package tour.*** There are tours catering to music, art, and theater lovers; wine buffs; gourmets; gardeners; nature studiers; skiers; hikers; bicyclists; swinging singles; senior citizens; nonsmokers; farmers; even scuba divers. The list grows longer every year.

continued



On a midsummer's day, lines at the Tower of London are horrendous. Tour groups enter the back way without waiting!

EUROPEAN PACKAGE TOURS



The Ring of Kerry in Ireland is wild, unspoiled country—and you're glad the bus driver remembers to keep to the left.

WHO OFFERS PACKAGE TOURS?

Your local *travel agent* is essentially a retailer who sells many "brands" of European package tours. To satisfy your vacation requirements, he might suggest a single complete tour from one major *tour operator* (the wholesaler, so to speak), or several separate tour components from different sources.

If you don't already know a reliable travel agent, now is a good time to scout around for one. Word-of-mouth recommendation from well-traveled friends is probably your best starting point. If an agency holds membership in ASTA, the American Society of Travel Agents, that's a good (but not an infallible) sign. Lots of flamboyant advertising by a travel agent of super-low-priced tours is *not* a confidence builder, however. In package tours, you usually get what you pay for.

Your travel agent may help most in excluding the less-than-reliable packages and making recommendations based on knowledge and first-hand experience. The agent will also handle all booking details for you when your decision is made. The travel agent's services cost you nothing extra—unless you specifically ask him or her to do tour tailoring that necessitates additional long-distance phone calls or other expenditures on your behalf. And then all you pay for are the actual expenditures. Agent fees come from tour commissions, and you're ineligible to receive those yourself.

As to tour operators, there are many large ones whose reputations are excellent and who stand behind what they offer. Read their brochures carefully to find out what they'll do in case you're dissatisfied with any aspect of their tour. (Good tour operators are *very* conscientious about making sure you get everything promised; they want you to book your future trips with them.) Packagers like Cartan, Caravan, Olson, Travelworld, Maupintour, American Express, Thomas Cook, and the American Automobile Association are well established and respected in the travel field. Many transatlantic airlines like TWA, Pan American, and the leading European carriers also offer reliable package tours, as do some cruise lines and car rental companies. And, for some programs, everybody works together to form a package that could include several modes of travel —fly/cruise/drive.

In addition, many cultural and educational organizations (museums, schools, special interest and professional groups, and clubs) may also be offering tours abroad. These you have to inquire about locally. Generally, a travel agent or tour operator has done the arranging for the group, but the tours are sold through the organization.

WHAT KINDS OF GROUP TOURS ARE THERE?

Let's clear up one point first—the word "group" as it applies to a package tour. A major tour operator buys and sells in group quantities: the air tickets, the hotel rooms, the sight-seeing tours, etc. But you as a vacationer stay with a group only as much or as little as you choose beforehand.

You are most conscious of the group on a *fully escorted tour,* in which the same people travel together daily for one, two, three weeks, or even longer. The group members are escorted and guided by a professional *tour director* (escort) who remains with them throughout. Often, the size of the group is determined by the size of the major means of conveyance. A motor coach tour group, obviously, must fit into the bus; that usually means from 30 to 50 persons. Ship and rail tours also have varying size ranges. Charter-plane tours bound for a single destination, such as a resort hotel, can number several hundred in one basic group.

An *independent tour* (called "free-style" or similar names by some packagers) scales down the group activities considerably. You may well cross the

continued



Now. Only 1 mg 'tar.'

This is more than just low 'tar.' This is ultra-low 'tar.' This is Now, a cigarette with only 1 mg. 'tar.' If you want to be sure you're getting ultra-low 'tar,' count all the way down to Now's number 1.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER, MENTHOL: 1 mg. "tar", .1 mg. nicotine av. per cigarette, by FTC method.

Q. Does Speed Queen pack a coupon for Tide in every new automatic washer?

A. Do kids run outside in their socks?



This Speed Queen washer is also good to have around when kids play outside. Its multi-cycle timer has settings for normal, permanent press/knits, even pre-wash soaking. And the exclusive large capacity, stainless steel tub means no chips, no snags, no rust.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 17 washers put Tide coupons in every top-loading automatic.

No question about it—when kids run outside in their socks, the dirt gets ground in with every step they take. And to help you get out that dirt, Speed Queen packs a 40-cents-off coupon for Tide in every one of their new washers. Now 40-cents-off is a good reason to try Tide. But we think you'll keep using Tide because of the way it cleans.

Tide was made to work best on the kind of dirt you see most in your wash—that terrible black dirt kids have a way of grinding into their knees and elbows and heels and toes... not to mention the day-in, day-out fruit juice and jam, chocolate drinks and ice cream. Tide can handle it all, and handle it beautifully!

The dirt you see the most is the dirt Tide cleans the best.





Ireland gives you lots of scenery for your travel dollar—as this tourist's-eye view of the lake country near Killarney reveals.

EUROPEAN PACKAGE TOURS



Highlight of an Irish tour might well be a medieval banquet at Bunratty Castle and others in the west of Ireland.

Atlantic with ten, 20, or even 50 others who have bought the same independent tour. But you don't know who they are until you are met at your first (and each subsequent) European city by a host or hostess who provides transportation to one or more hotels. This host is available for advice and assistance later on, but otherwise you are on your own. Sight-seeing coupons, theater tickets, meal vouchers, and similar items are often included with independent tours, but it's unlikely that you'll cross paths with the original flight group members when you use the chits.

A modification of the independent tour is the *fly-drive package*. Here, the use of a rental car is included, either immediately upon arrival or at a specified time afterward. Once you have the car, you might follow a preselected road itinerary with guaranteed hotel reservations each night. Or you could vary that routine (in Europe's off-season) with a package of hotel coupons good at a long list of budget to deluxe hotels, so long as you arrive by a certain hour. Or you can simply take your chances on finding country inns available, just as you might do with motels during many months of the year in the U.S.

You can also *customize a tour* with the help of a travel agent, in order to fit your very specific requirements. Let's say, for example, that a local organization you belong to is chartering a plane to Paris, with a return 14 days later. You could decide to spend two solid weeks in Paris . . . or a week in the city and a week seeing the French chateau country with a tour group, or in your own rental car . . . or the entire two weeks outside Paris (even outside France) with a tour group or on your own. Since you start with an economical air fare, your travel agent confines himself to the so-called land arrangements in Europe.

In another example, say you want a two-week escorted tour—but with an additional week in Rome or Dublin to spend with friends or relatives. That can be arranged by your travel agent. Or say you have extra time available this summer and want to sign up for two separate tours, one after another, with or without some free time in between. The travel agent can get you complete Tour A, plus make land arrangements only for Tour B. And so on and so on, depending upon your needs, desires, or whims.

On the other hand, you may have already determined that you wish to visit a particular country but need suggestions as to the type of tour that would best serve your purposes. Then it's wise to check the offerings of major operators who specialize in that country. Say, for example, you've decided on Ireland where prices are still reasonable, hospitality abounds, and, in the lovely south and west, the Northern Irish hostilities are only dimly heard. Trans World Airlines (TWA) currently offers an especially varied tour program in Ireland that includes escorted, independent, and fly-drive packages of one, two, and three weeks. Some of the longer tours are combined with days in England, Wales, or Scotland. (For where-to-write information on TWA tours of Ireland, see the last page (164) of this article.)

WHAT'S AN ESCORTED TOUR LIKE?

Well, let's go along with one for a couple of days in August and watch. This is what the American Express company calls its Priceless-category "Saunter" through England, France, Switzerland, and Italy. You get 17 days from New York for $1,192 to $1,379, depending upon the season. It's an upper-middle-range tour offering transportation via scheduled British Airways and Alitalia flights, guided sight-seeing, first-class-or-better hotels, and quite a few meals included in the price. (The price for a similar itinerary, minus a few meals and substituting some attractions and activities, and superior-tourist-class hotels, drops to a $959 to $1,098 range. Then it's in American Express' Carefree category and the tour is called "Casual.") We'll pick up the Saunter tour departing Paris on Day 8. Here's how the tour brochure sums up that day:

"You go by rail to the university town of Basel, on the Rhine, and then to Lucerne and its Alpine Lake setting."

continued



This famous wooden bridge is just one of many calendar-art photographs you can take in charming Lucerne, Switzerland.

EUROPEAN PACKAGE TOURS



Also in Lucerne, they take chess seriously indeed! Tour groups usually allow extra time in this popular, friendly city.

And here's how Day 8 actually unfolds for the group:

Since the French train pulls out promptly at 8:30 a.m., the tour bus must leave the hotel for the station at 7:30. Thus 6 a.m. wake-up calls are placed for all tour members, and they assemble in the coffee shop for a continental breakfast (included each day) at seven. Everybody is sleepy but excited as they exchange tales of what they did during yesterday's "free" (unescorted) day in Paris.

At 7:30, tourists and tour bus are ready to go, but their luggage is not. The hotel, one of the largest and most modern in Paris, has assigned only one man to pick up the 40 people's bags (set outside each room at 6:30) and cart them downstairs. So at the last minute, the tour director and the bus driver have to pitch in and help load bags. The tour director—a Senior Escort who is fluent in a half-dozen languages—is very annoyed and mutters that he will not recommend this hotel to American Express for use in 1977. Though the hotel's rooms are excellent, he feels the service is not fast or flexible enough to keep a tour group moving on schedule.

Even so, the bus reaches the train station on time. A first-class car has been reserved for the group, and everyone settles into comfortable six-person compartments.

This European train ride proves to be a treat. All the cars are clean, the pastoral French countryside is delightful, and the vacationers can move around and get to know one another better than they could aboard a bus. Almost everyone buys lunch in the dining car (a meal not included in the tour price), but a few old hands bring bread, fruit, cheese, and wine from Paris to eat picnic-style in their compartments.

At midafternoon, the train crosses the Swiss frontier. No officials appear to inspect baggage or even check passports; the tour director admits to having managed this coup but won't say how. The scenery now grows more mountainous, and at 4 p.m. the train pulls into Lucerne. Here, everyone obtains Swiss francs for traveler's checks at a change booth in the station, and another bus takes the group to its hotel.

This hotel, a grand and stately "palace" overlooking Lake Lucerne, is quite a contrast to that stainless steel and glass tower back in Paris. Most rooms here have little balconies; all the furnishings are overstuffed, and the plumbing is very continental, even to a hand-held shower unit in the tub. Some of the tour members would prefer fully modern conveniences in their hotels—others like local character and charm. This American Express package provides a mixture of both situations from city to city.

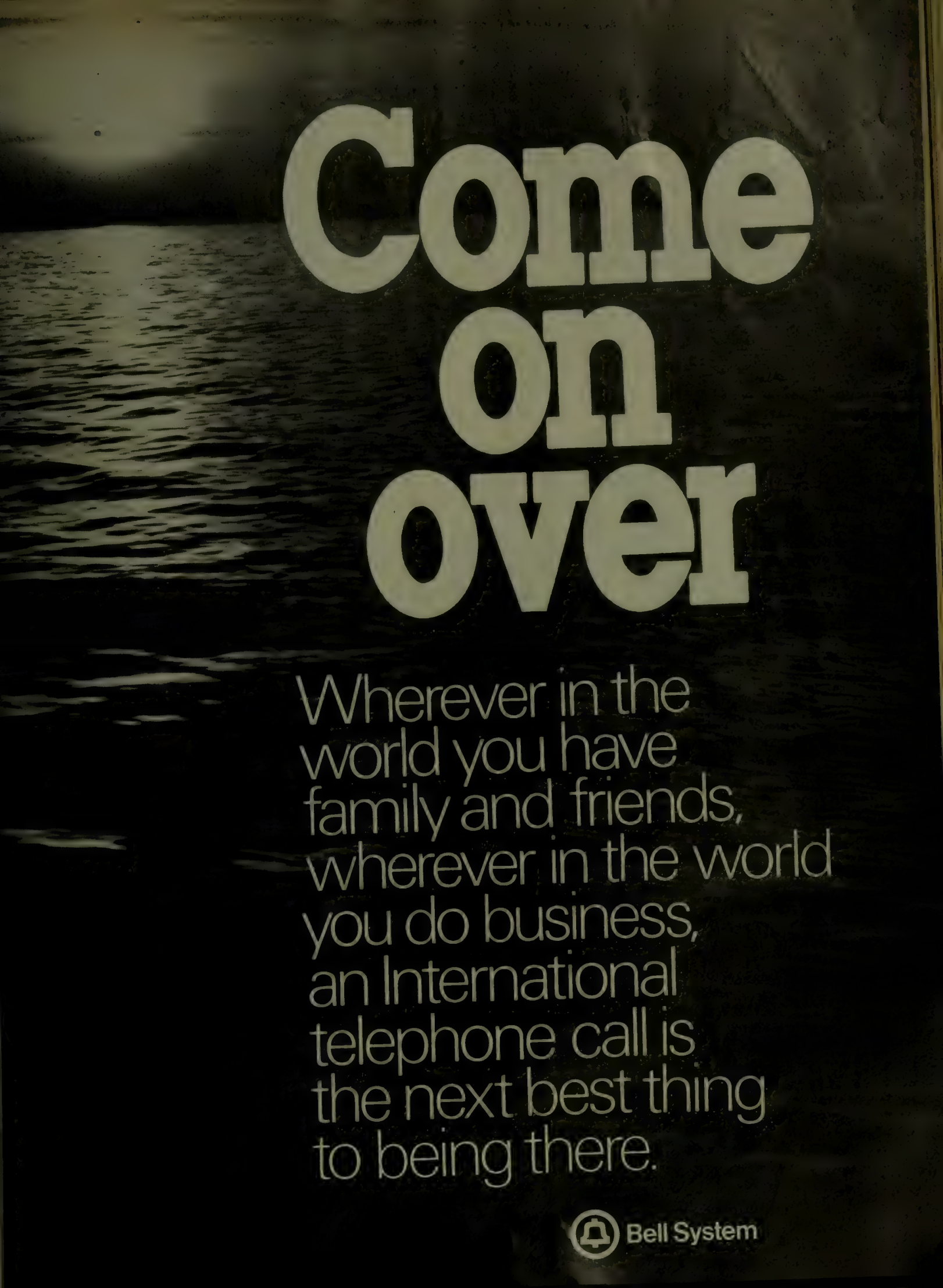
Today happens to be a Swiss national holiday, so colorfully costumed young men sing spirited folk songs on the hotel veranda. Tonight's hotel dinner is included (about half the dinners on tour are included in the tour price); it consists of steak, potatoes, and vegetable followed by ice cream that's crowned by a chocolate Swiss chalet. Fireworks after dinner are part of the holiday festivities, and a walk along the mountain-rimmed lakeshore brings the evening to an inspiring close.

The next day, Number 9, carries this description in the tour brochure:

"Spend the leisure morning discovering medieval wooden bridges and the carved stone Lion of Lucerne. In the afternoon you might want to take in the view from Mt. Pilatus, which is reached by mountain railroad, or just laze by the lake front. Tonight you'll enjoy yodelers and other entertainment at a fondue dinner party at the famed Stadtkeller."

You soon learn how to translate such brochure prose. "Leisure morning" (or "you're free to") means you can explore on your own, afoot or by public transportation. "Might want to" (or "maybe" or "perhaps") usually means an optional escorted group tour, which costs extra—$16 in this case, and well worth it according to the dozen who took this boat-rail-and-cable-car trip up to a 7,000-foot peak. "Fondue dinner party," when stated this specifically, means another meal that's in-

continued


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Monitor™ Paneling: A wood look at a less-than-wood price.
Georgia-Pacific's Monitor paneling is warm, good looking, easy to clean and inexpensive. It's ideal for a "rec" room or children's bedroom–wherever you want the look of wood. But don't want to pay the price. The wood fiber core is surfaced with several handsome, simulated woodgrain designs. Monitor paneling gives you a lot, for very little.



Gatehouse™ Paneling: Only you'll know the difference.
The simulated woodgrain finishes of Gatehouse paneling are certain to bring compliments–they're so beautiful, look so real. Still, Gatehouse paneling is easy on the budget. So, don't bother to tell friends that Gatehouse Sand, Nutmeg, Cinnamon, Mocha, and Antique are woodgrain designs. That's just between you and your pocketbook.



Oxford™ Paneling: The elegance of traditional English woodcraft.
Oxford paneling has a real birch face veneer with a unique dappled look–truly different and charming. And it comes in hues of ivy, burgundy, and heather. You can tell its quality immediately. Still, the price is surprisingly low. Oxford paneling is the best plywood paneling everyone can afford.



Bridgeport™ Paneling: Gives you the look of real wood planking.
Each simulated plank looks like it was installed one piece at a time. The real sliced pine face veneer has a natural board look. And a richness that only real wood veneer provides. Of course, Bridgeport paneling costs a little more. But then, real quality always costs more.

WHAT'S THE DIFFERENCE?

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Look for Georgia-Pacific's complete line of paneling wherever you see this sign. You'll find a paneling that's right for your lifestyle. Your mood. Your needs. And you'll get your money's worth no matter what you buy.

Georgia-Pacific Corporation
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Tours often stop at the famous Leaning Tower of Pisa, which is even more astonishing on the scene than in a photo.

cluded in the tour price. It turns out to be a jolly evening at a popular local restaurant, wherein some of the tour members, to their own surprise, go up on stage and display considerable yodeling talents.

Actually, most of this tour's members chose to spend Day 9 happily in Lucerne—a lovely Swiss town that welcomes pedestrians for shopping, picture taking, or wine sipping along the river that flows from Lake Lucerne. Although this majority had to decline several appealing side excursions, they still enjoyed a full day of rubbing elbows with Europe. Admittedly, in a high-season month like August, the tour members competed with many other vacationers from England, Germany, France, the U.S.A., and elsewhere, but the mix of people enriched the day.

WHAT DOES A TOUR INCLUDE?

A European tour can offer all kinds of great experiences—but since you are paying for them, be sure to shop carefully so you buy no more and no less than you really want. Most of the information in this section applies particularly to *escorted* tours—but some of it, as you'll see, can be important to *independent* or *fly-drive* tours as well. As you read various brochures, keep in mind the following cost factors for European tours in general:

1) Air Fare. This is a big chunk of the tour price. (However, it's usually possible to buy only the European land arrangements portion, if you wish. That assumes you are going over on a separate charter flight, or have already made other air reservations.) Read the tour brochure carefully to see if the air fare is or is not included—and from which U.S. departure point.

EUROPEAN PACKAGE TOURS



Florence is often called the artistic capital of Italy. A local English-speaking guide makes the experience more meaningful.

Transatlantic air fares are regulated by the U.S. Civil Aeronautics Board and by IATA, the International Air Transport Association. The rules often change, and a few airlines (such as Icelandic and Air Bahamas) are not members of IATA and thus set their own lower fares. We've summarized the latest transatlantic fare information at the end of this article.

However, you're wise to let a travel agent counsel you on this important subject before your travel plans become too fixed—especially as to *time*. Some of the best bargain air fares are available only if you commit to a travel package several weeks in advance of departure, or agree to stay in Europe at least 14 (or even 22) days. Also, traveling in the less busy off-season months (late September through early May) can save you additional money.

Finally, you may be surprised to learn that when it comes to European trips, More Costs Less. A package tour that includes prepaid air fare, hotels, sight-seeing, and/or a rental car can cost you less than the plane ticket alone! That's because such a package qualifies for a preferential air fare.

2) Hotels. Here is a major variable cost. European hotels are rated (in descending order of quality) deluxe, superior first class, first class, superior tourist, and tourist. (Anything below tourist class, you probably don't want to know about.) The two top grades are very fine indeed; below them, first class and superior tourist are usually what we would call "good" hotels in the United States. Tourist class hotels are not so easy to generalize, especially in smaller towns. There, a tourist hotel could be a charming, comfortable inn, or it might be the noisy old monstrosity next to the railroad station.

Even in major European cities, however, hotels have far more individual character than we're used to here. Rooms often vary within a single hotel in terms of size, plumbing, soundproofing, ventilation, bed configuration, furnishings, and lighting. One tour member might get an excellent room, while his neighbor has to put up with something considerably inferior. It's the "luck of the draw" on some evenings, and there's not much you or the tour director can do about that.

Also, hotel location is often very important to you as a vacationer when time and dollars are short. Older hotels usually are still convenient to shops, theaters, and restaurants. Newer hotels frequently (but not always) are

continued



Most tour groups view the majestic Roman Forum from this spot, but there's usually time to explore it later on your own.

found in outlying districts where you must rely on a taxi or city bus to enjoy your leisure time to the fullest. Your travel agent can help you judge a particular tour's hotel selections.

If you normally thrive under a wide variety of living conditions, then opt for a tour with medium-quality hotels. But if a single problem with your room or hotel location can spoil your whole day, then stick to tours offering deluxe or superior first class accommodations.

3) Meals. Most European package tours include continental breakfast each day. (Britain, Ireland, and the Netherlands frequently are more generous; their "full breakfasts" may include eggs, cheese, fish, or meat dishes.) A continental breakfast usually means hard or soft rolls, butter, jam, and coffee or tea. Beyond that you must pay extra; sometimes the extras aren't even available because the hotel lacks facilities or your tour group intends an extra-early departure.

Except on the most expensive escorted tours, you're on your own for lunch. That's all to the good because lunch is your best chance to sample local specialties not found on preset tourist menus. And many summer vacationers in Europe enjoy midday dining outdoors or in quaint cafes too small to handle an entire group.

Hotel dinners, when included, usually are quite Americanized and consist of meat or fish, vegetable, potato, and dessert. But any included meals *away* from your hotel can be among the most memorable experiences of your tour. They're frequently arranged at well-known places like the Eiffel Tower restaurant in Paris, or Bunratty Castle in Ireland—where the surroundings, the view, or the entertainment mean at least as much to you as the food.

Even when meals are included in the

EUROPEAN PACKAGE TOURS



A tour escort can advise you on the best shopping districts, such as this leather bazaar in fascinating Florence, Italy.

tour price, any cocktails, wine, bottled water, and other items not on the preset menu are at your added expense.

4) Sight-seeing. You'll find lots of variation among tours here, too—but that's as it should be, since some people prefer only a half-day orientation tour of a new city while others want to be guided nearly every minute of the day. The former category includes some people who spend their free time shopping . . . some who undertake their own in-depth coverage of a particular museum, art gallery, or cultural activity . . . and still others who sign up for extra-cost side trips to scenic attractions (like the ruins of Pompeii or the isle of Capri, from Rome).

You may actually be better off on a tour that *doesn't* schedule every minute in advance. A good tour director will always offer a fistful of options that he'll explain in far better detail than a brochure ever does. And when you make your choice on the spot, you can spend your money doing exactly what you feel like doing.

Sight-seeing that's included in the package price is usually done aboard a tour bus that holds 30 to 50 people. Sometimes your regular tour director is in charge; more often, a local English-speaking guide comes along to give you all the colorful details. Boat trips, cable car and carriage rides, and the like require special arrangements by your tour director.

As for the sights you see, you'll appreciate them infinitely more if you bone up before you leave this country. Read not only about the regions and cities you'll be visiting, but also about historical figures and events, as well as cathedrals, palaces, and gardens specifically mentioned in the tour brochure. Later, when you are at the scene, you won't have to strain to catch every word spoken by an accented local guide—and you'll enjoy anticipating what comes next.

WHAT ABOUT TRANSATLANTIC AIR FARES?

As noted earlier, the rules on these change often, so it's important that you consult your travel agent for details, advantages, and disadvantages and to find what works best for your purposes. As we go to press, here are some of the fares set to apply as of April 1 that will be frequently utilized by various tour operators. (We're using New York/London round trip for the example.) All these fares are substan-

continued on page 163



Give us three days.

You can do a lot in Utah in just three days. And three days will convince you to stay longer.

Only here can you hike a gentle trail beneath the 3,000-foot majestic peaks of Zion National Park. Float a raft through Cataract and Westwater canyons. Hike, explore, jeep through the primitive beauty of Canyonlands. Relive the culture of Indians who still weave their spell across our land. Or see an even older past come to life in Dinosaurland.

Hear the Mormon Tabernacle Choir on historic Temple Square. Ride the mule train through the delicate spires and arches of Bryce Canyon. Fish along mountain streams or on gigantic Lake Powell or Flaming Gorge.

Float like a cork in Great Salt Lake. Explore the land of Butch Cassidy and the Robber's Roost. Or relax in the Western hospitality of our tennis and golf resorts, superb hotels, motels and campgrounds, in the fine restaurants and friendly cities of Utah.

For just a little of your time, we'll give you the time of your life. In Utah.

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TRAVEL WEST

Barbara Humeston,
Associate Travel Editor
An Insider's Guide
to Family Vacations
for Readers Who Live
in Metropolitan Areas
of the Far West



Families travel in comfort in new Amcoach cars aboard many Amtrak trains.

All aboard for money-saving travel by rail

If riding the rails fits into your travel plans, Amtrak's off-season U.S.A. Rail Pass rates can save you money.

Between now and May 15, prices have been cut by $100 or more on 14-, 21-, and 30-day passes, which sell for $165, $220, and $275 respectively. Children ages 2 to 11 travel for half price.

What's more, you can postpone using your Rail Pass for up to 15 days after you buy it. Get your pass on the May 15 deadline, for example, and you can begin traveling as late as June 1 and continue traveling (on a 30-day pass) till the end of June. That's well into the summer vacation season.

A Rail Pass entitles you to unlimited coach travel on any Amtrak train, except speedy Metroliners through the northeast corridor. You can sidetrack, backtrack, make any number of stops, and take as many trains as you like over Amtrak and Southern Railway's combined 26,000-mile network, connecting some 450 points in the U.S.

HOW TO USE A RAIL PASS

After buying a Rail Pass from an Amtrak ticket or travel agent, make reservations for the trains you want in person or by phoning one of the toll-free numbers in every Amtrak timetable. Regular Rail Pass excursion fares can be upgraded to sleeping, parlor, or Metroliner accommodations on a space-available basis by paying the difference in rates. Requests for upgrading must be made within one hour of departure time or after you're on board the train.

A Rail Pass isn't really a ticket: You present it to a ticket or travel agent to get a coach ticket. You'll need both your Rail Pass and your ticket for boarding. On board the train, show your pass and ticket to the conductor or trainman, who will ask you to sign your ticket and may require identification to verify your signature.

When traveling by Rail Pass, you must board for the final leg of your trip before midnight of the date your pass expires (it's stamped on the front). Your pass won't cover train changes

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10 days of what you wanted other islands to be.

You went to other islands expecting unspoiled natural beauty. You found others had been there before.

You wanted to discover another culture. You met more tourists than natives.

You wanted long, lonely stretches of beach. You found hotel after hotel.

Now, Tahiti. That's a different story. It still has that undiscovered quality.

The unperturbed beauty. The French and Polynesian cultures.

Yet, it's easy to get to. Ask your travel agent about UTA's 10-day package* to Tahiti and Moorea. Then find all that you missed in other islands.

Tahiti. It's exactly what you want it to be.
10 Days. Tahiti & Moorea. $729.

TAHITI UTA

*Priced based on GIT economy airfare from L.A. per person double occupancy.

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continued

Travel West

after midnight on the date indicated.

If you buy a Rail Pass, you can get a refund only if you surrender the pass before the starting date. No refunds are given on lost or stolen passes.

Among new routes available to Rail Pass travelers are the "Shenandoah," which links Washington, D.C., and Cincinnati, Ohio; the New York-Newport News "Colonial;" the New York-Savannah "Palmetto;" and a route between Seattle and Salt Lake City via Boise, Idaho, and Ogden, Utah.

For more information, contact an Amtrak travel agent or Amtrak Headquarters, 955 L'Enfant Plaza Southwest, Washington, D.C. 20024.

Summer Rail Pass rates (which apply to passes sold after May 15) won't be announced till April. But they're expected to be 30 to 35 percent higher than off-season prices. ■

TRAVEL PLANNING GUIDE: Free Information

The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply check the spaces for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

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▲ Green Peas and Potatoes with Cream Sauce ▼ Broccoli with Hollandaise Sauce





Birds Eye® Combinations will do almost anything to get your husband's attention.

Does your husband think your vegetables are all alike as peas in a pod? Even when you're not serving peas? Then you should be serving him Birds Eye® Combinations.

Birds Eye® Combinations are mixed vegetables, glazed vegetables, vegetables in a cream sauce, vegetables with almonds—interesting, colorful, exciting vegetables. They're even broccoli and cauliflower in a great-tasting cheese sauce.

In short, they're vegetables that your husband can't ignore. That's because Birds Eye® Combinations will catch his passing fancy... the kind that makes him keep on asking you to pass the vegetables over to him.



BIRDS EYE®

Birds Eye® Combinations.

The first vegetables your husband might even notice.

Above photographs are approx. 2 times actual size.

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How to "fabricate" a picture frame

With a little know-how and some fabric scraps, you can dress up almost any plain wooden frame. The cover-up process is both easy and inexpensive, and any fabric is grist for your mill.

Pick a frame

Choose a frame that has a relatively smooth surface. Ornately carved frames are trickier to cover. For a standard 8x10-inch frame, you'll need a 40x5-inch strip of fabric to cover the frame, white glue, and a supply of pushpins.

Dismantle the frame by removing the backing, mat, and glass. Place your fabric strip wrong side up on a flat surface. Fold one end of the fabric (wrong sides together) to form a 90-degree angle and glue the fabric.

Spread glue along the frame's rabbeted edge (where the glass rests). Place the frame, right side down, so one mitered corner rests directly over the 90-degree angle. Line up the corner seam of the frame with the fabric angle, then turn the inner edge of the fabric strip along the rabbeted edge. Glue the fabric in place.

Apply a line of glue to the frame's outer beveled edge. Turn the top edge of the fabric strip to the underside of the frame, holding the fabric in place to glue. Place pushpins along the top and bottom edge of the fabric strip. Allow the glue to dry thoroughly.

Glue and fold

Continue gluing and folding in this manner, making a mitered corner with your fabric at each corner of the frame. (To make a mitered corner, fold the fabric over itself at right angles.)

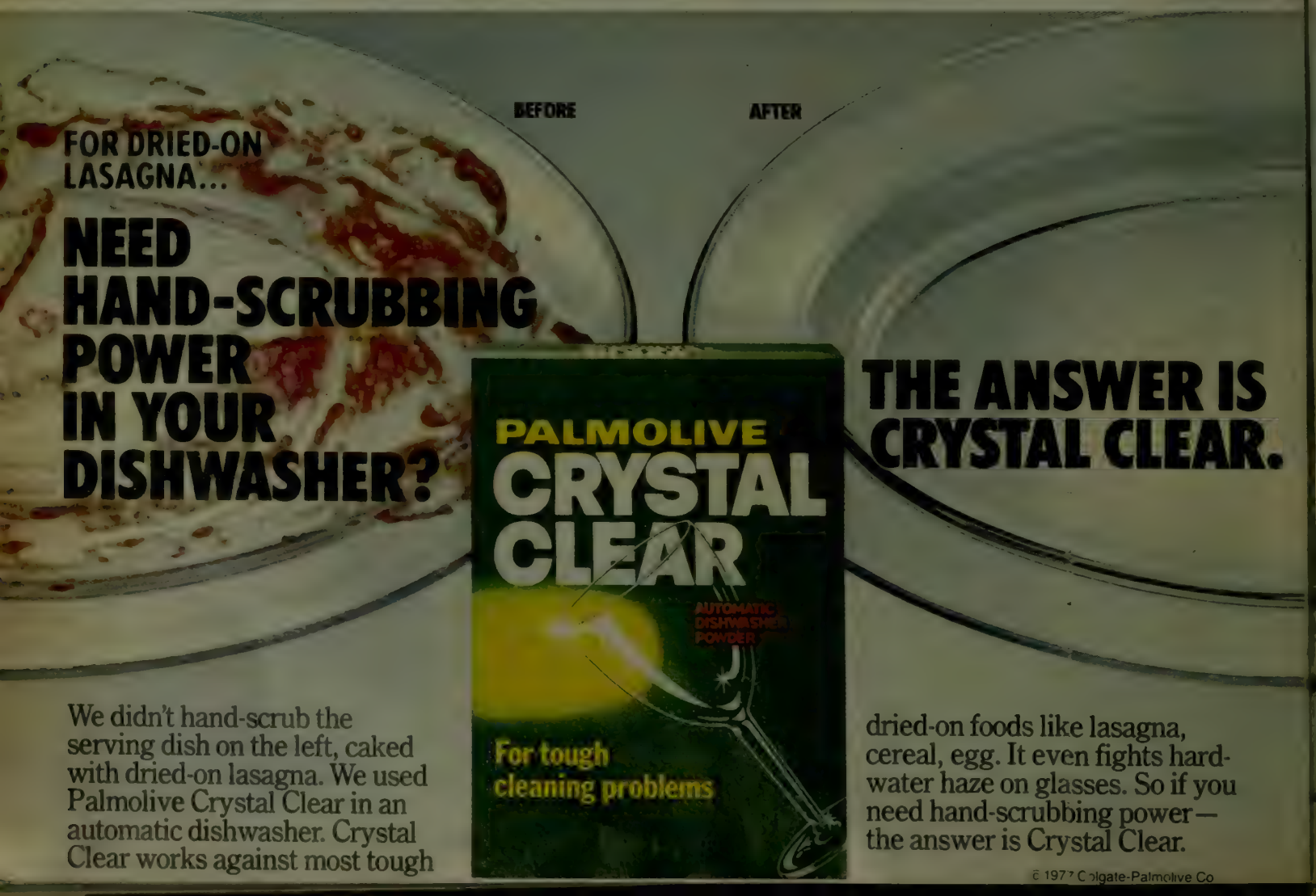
When all four sides are covered, turn the frame right side up. Trim the fabric at an angle corresponding to the first mitered corner. Turn under the fabric's raw edge and glue it down to overlap your starting point slightly. Before gluing the fabric to the frame, trim any bulk to make reassembling easier.

For a coordinated look, cover the picture-frame mat with fabric. To do this, you will need another fabric strip that measures 30 by five inches. Cover the mat as you did the frame.

Use a soil-resistant spray coating on the frame and mat for extra protection. Replace the glass and mat, insert your picture, and reattach the cardboard backing. Glue heavy wrapping paper, cut to size, over the entire back to conceal the raw edges of the patchwork strip.

Create a "softie"

For a different look, you can make a "soft" fabric frame for your favorite picture. Follow the instructions above but before gluing the top edge of each fabric strip, lay a narrow strip of batting along the top of the frame. Glue the fabric as directed and you have a puffy, slightly raised frame. ■



"Nancy, that was the best salad I've ever eaten."

Nancy's favorite Recipes

The squeeze-on dressing.

You get a well-dressed salad but few calories. Just cut Sunkist lemon wedges and squeeze juice over your favorite green salad.



The livelier "homemade" dressing.

Substitute fresh lemon juice for vinegar in packaged salad dressing mixes. It's fresher. More flavorful.



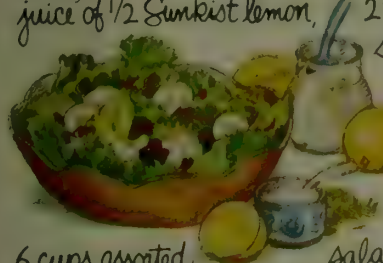
Lemon sesame dressing.

A wonderful mix of flavors. Combine 1/3 cup salad oil, juice of 1 Sunkist lemon, 1 tbsp toasted sesame seed, 2 tsp. sugar, and 1/2 tsp. onion salt. Shake. Toss with salad greens.



Salad à la Sour Cream.

This is a hearty one. Combine 1 cup dairy sour cream, grated peel and juice of 1/2 Sunkist lemon, 2 tbsp. sugar, and 1 tsp. celery salt; chill. Combine 6 cups assorted salad greens, 2 cups shredded red cabbage, 1 cup sliced cauliflowerets, and 1 cup cucumber slices; chill. Serve dressing over salad. Serves 6.





The best Caesar salad

To 1/2 cup olive or salad oil add 1 clove garlic, minced. Toss 2 med. heads romaine lettuce, torn in pieces with oil, 1 tsp. salt and pepper to taste. Break 1 coddled egg over salad; squeeze on juice of 2 Sunkist lemons. Add 1 tbsp. Worcestershire sauce and 6 anchovy fillets; toss. Add 1 cup croutons and 1/3 cup grated Parmesan cheese; toss lightly. Serves 6.



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Allow 6-8 weeks for delivery. Prices include tax and postage. Offer expires Dec. 31, 1978

"Of course. I made it with Sunkist® Lemons."

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Contemporary chair classics



These shapely chairs look freshly minted, even though the originals were created 30 or 40 years ago. Simple lines, along with comfort and easy-care materials, make these designs all-time favorites.

The chairs pictured here are copies of the originals. The beauty of these present-day versions is that they are less expensive and more easily available.



The Cesca Chair. This sleek chair is as sophisticated—and comfortable—today as it was in 1928 when it was designed by Marcel Breuer.

Like the original, this present-day version was created by bending tubular steel into the contoured frame. The cantilevered seat and back are made of wood and cane. Notice how the hardwood arms of the chair have been curved for added comfort. *Chromcraft Furniture.*

The Barcelona Chair. Curving contours are also characteristic of Mies van der Rohe's famous Barcelona chair which was introduced in 1929. Like the original design, this copy has tufted leather cushions and a curved steel frame with intersecting legs. Even though this contemporary copy is still considered *avant-garde,* its simple, well-proportioned look works well with any room scheme—modern or traditional. *Selig Manufacturing Co., Inc.*



Photographs: Bill Helms



The Butterfly Chair. New materials and production methods made the first low-slung, free-form butterfly chair a landmark design in 1938. Inexpensive and practical, the original chair was made by bending a single metal rod into a sturdy chair frame and stretching a leather sling over the contour. Today the same look is achieved by stretching brightly colored heavy canvas over a wrought-iron frame. *Montgomery Ward.*

The Director's Chair. Although this chair design is considered a modern classic, the original dates all the way back to ancient times. The chair was once appropriately called the folding X chair.

Today's popular version consists of a simple hardwood frame that collapses into a compact size for portability and easy storage. The back and seat upholstery are made of heavyweight canvas. *Telescope Folding Furniture Co.* ■

Now you can get Cook Book™ Chili without opening a book.



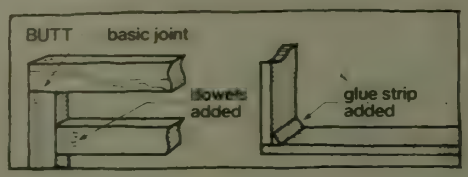
Big chunks of meat. Lots of it.
Kidney beans instead of pinto beans.
Pieces of tomato. Bits of onion.
And slices of celery.
Cook Book Chili is definitely not
the kind of chili you're used to.
Unless you make your own.

It's full of good reasons why it tastes homemade.

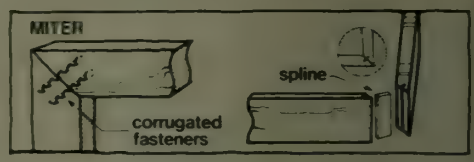
Hormel

Wood joint know-how

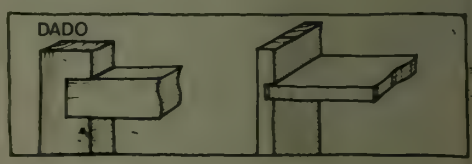
If you're about to try your hand at building a bookcase, picture frame, or even a box, you'll be working with joints. And chances are you'll be using one of the joints shown here. Whichever type you choose, remember that it requires some kind of auxiliary fastener such as nails or screws; and for maximum strength, use glue as well.



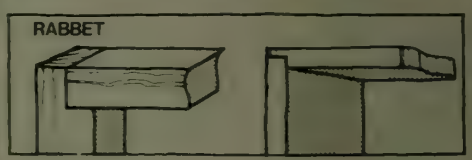
Butt joints are the easiest to make. Though these joints aren't weak, they aren't as strong as some other types. You can strengthen them with dowels or triangular glue blocks.



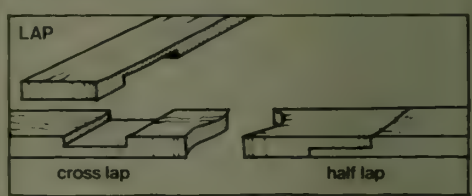
Miter joints are easily cut (usually a 45-degree angle) with a table saw, radial arm saw, or a miter box. For more rigidity, add corrugated fasteners, a spline, or dowels.



Dado joints are strong, and therefore they're good choices for shelves. Cut the groove with a router or with the dado attachment on a power saw. Or you can make several cuts on your table saw with a fine-toothed blade. To cut the groove by hand, use a backsaw, then chisel out the waste. Normally, the dado should be no deeper than half the thickness of the stock being cut.



Rabbet joints are dadoes at the ends of pieces of stock. Remove the waste with a dado head or make two saw cuts. Be sure the cuts form a right angle for a good fit.



Lap joints are made by cutting rabbets or dadoes (one-half the thickness) in the two pieces to be joined. The stock may be fitted at angles or end to end. Both rabbet and lap joints are stronger than butt or miter.

Dovetail and **mortise-and-tenon** joints are more complex and demand considerable carpentry skill. They're primarily used on fine furniture and require special tools. Fortunately, you can substitute other types of joints for most home projects. ■

For your pet's health
See your veterinarian regularly



BONES VS. BONZ®

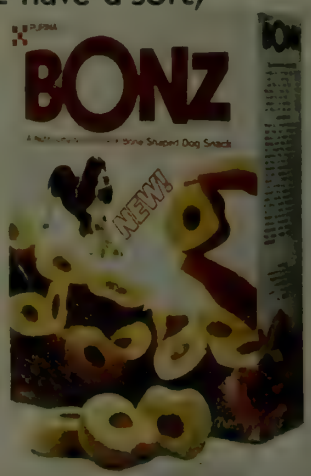
Bonz are a hard, crunchy new snack for dogs. They're good for your dog to chew, and help clean his teeth like a real steak bone.

And like a steak bone, Bonz have a soft, tasty little beef-flavored center dogs are crazy about.

But when it comes to nutrition, Bonz are better than steak bones. In fact, they're so nutritious, your dog could live on Bonz and water.

Nobody makes bones better than Purina® makes Bonz.

Bonz are better than bones.



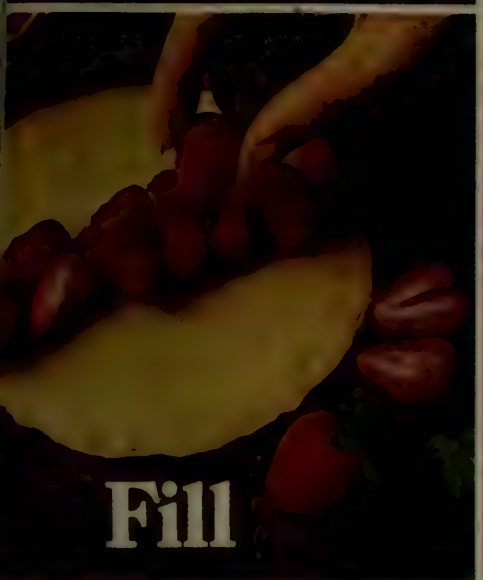
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Now, Aunt Jemima makes Crepes easy.













Introducing the first Crepe Mix and the first Frozen Crepe Batter ever.

Now, crepes are easier than ever. With Aunt Jemima Frozen Crepe Batter, just defrost and pour. With Crepe Mix, just add fresh eggs and water. Both make perfect crepe batter every time.

Aunt Jemima takes care of the batter, and that lets you get to the fun parts more quickly.

And what fun you can have. For entrees, fill them with chicken, seafood, even with leftovers. For desserts, fill them with fruits, or ice cream, and add your favorite toppings. Look for helpful recipes on each package.

Don't hold back. Let your imagination take over. With new Aunt Jemima Crepe Mix or Frozen Batter, it's quick and easy.



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Save 10¢ on either Aunt Jemima Crepe Mix or Aunt Jemima Frozen Crepe Batter.

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Close your eyes and imagine the flavor of a chocolate almond bar. Now sip new Hiram Walker Swiss Chocolate Almond. You'll find the similarity uncanny. (Not to mention very delicious!)

You see, Hiram Walker Swiss Chocolate Almond is the first cordial ever to blend the flavor of rich Swiss chocolate with the taste of choice almonds!

There are lots of ways to enjoy it. Like the cooling "Matterhorn": mound crushed ice in an on-the-rocks glass, and add 1-1/2 oz. Swiss Chocolate Almond.

No matter how you drink it, we think you'll agree. It's the best thing to happen to chocolate since almonds!

Send for a free illustrated recipe booklet with more than 100 mouth-watering food and drink ideas. Write: Hiram Walker Cordials, P.O. Box 14100, Detroit, Michigan 48214. Swiss Chocolate Almond, 54 Proof, Hiram Walker & Sons, Inc., Peoria, Illinois

continued

European package tours

tially to slightly less than standard scheduled economy (basic $646; peak $774) or first class ($1,312 year-round) fares. Charter fares are only approximations since they are individually negotiated and involve varying factors. Some of the fares are more flexible than others with respect to cancellation. Peak-season fares apply from mid-May through mid-September with basic fares charged the rest of the year.

Charters

Advance Booking Charters (ABCs) are brand-new and low-cost. The fare requires payment 30 to 45 days in advance of departure (and generally, stays of one to six weeks), but you don't have to join a club or buy any European land arrangements. Warning: These ABC flights may be canceled or modified as to departure dates (read the fine print in the offering notice), and if *you* cancel, it may cost you a substantial forfeiture fee. In the event that a charter is canceled, you should know that your money is safe. The CAB requires that a charter operator obtain a bond and establish an escrow account for the protection of consumers in the event of charter cancellation. Typical air-fare-only prices are approximately $299 to $389.

Inclusive Tour Charters (ITCs) are widely used by major tour operators who appreciate the late-decision flexibility. However, you must buy the air charter ticket and a package that includes three stops by air or surface transportation, at least 50 miles apart, plus a ground package. You can buy these packages up to the day of departure. Typical air fare is approximately $299 to $389. Minimum cost of an ITC air and land package is based on a total that's no less than 110 percent of the scheduled (see above) air fare.

One-Stop Tour Charters (OTCs) also add a seven-day minimum (no maximum) ground package to the air ticket, and must include at least one stop. OTCs require payment at least one month before departure. Air fare is about the same as ITCs but the minimum land package cost is $15 per night, or $105 for seven nights.

Scheduled flights

Advance Purchase Excursions (APEXs) are the cheapest scheduled fares across the Atlantic. Your trip must last from 22 (after October 1, 14 days minimum) to 45 days, and payment is due at least two months before departure. If you cancel after purchasing your ticket, there is an airline cancellation charge. Basic air fare is $350; peak season is $440. Peak of peak (midsummer) is $480.

22-45-Day Excursions are similar to APEX with regard to your trip's duration but don't require advance payment; they cost somewhat more, too. However, if you cancel after paying, there is no cancellation penalty. Basic fare is $467; peak season $587.

14-21-Day Excursions are the next step up in cost, but they too can be purchased (if space is available) up to the day of departure. Basic fare is $541; peak season $631.

Group Inclusive Tours (GITs) require land arrangements along with the air fare, and tickets must be purchased at least 15 days before departure. There is an airline cancellation

continued



"I was always running out of dry-skin lotion. But I never seemed to get rid of my dry, itchy skin.

Then I found I had psoriasis." Doris Foster, Albertson, N.Y.

Mrs. Foster was heartbroken when her doctor told her. Then she learned that millions of Americans share her problem—and that moisturizing lotions alone can't help relieve psoriasis symptoms the way Tegrin® Medicated Cream can.

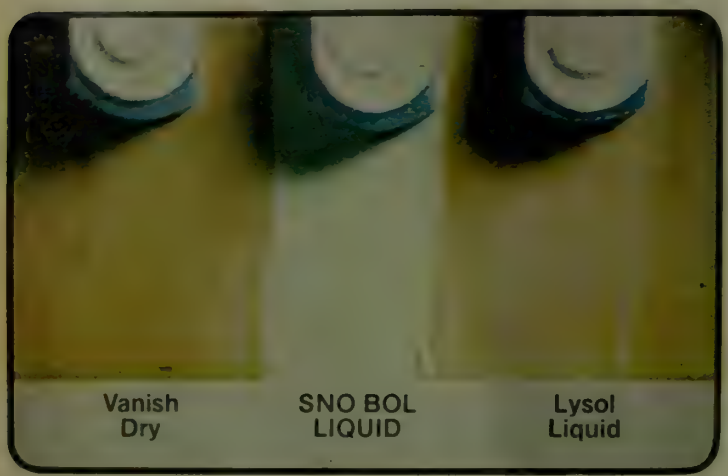
Tegrin does more than moisturize. It contains medications that help relieve the itching and flaking—actually help the growth of healthier skin.

"Once I stopped using dry-skin lotion and started using Tegrin, I started seeing results," says Mrs. Foster. "Tegrin helps me forget I have psoriasis... and that's just fine by me." **Tegrin moisturizes and medicates.**



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Super Strength SNO BOL® outcleans the other leading bowl cleaners.



In controlled tests, SNO BOL Liquid cleaned the toughest stains, like rust, faster and easier than both the other leading liquid and dry bowl cleaners. (All stains were brushed equally for 41 seconds.)

And while it cleans, SNO BOL also disinfects and deodorizes.

Fast and Easy.

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Save 10¢ and really clean up.

MR. GROCER: Your Staley representative will pay you 10¢ plus 5¢ handling charge for each of these coupons. Or mail direct to A. E. Staley Mfg. Co., Redemption Center, P.O. Box 1242, Clinton, Iowa 52734. Invoices proving purchase of sufficient stock of our brand to cover coupons presented must be shown upon request, and failure to do so may, at our option, void all coupons submitted for redemption for which no proof of products purchased is shown. OFFER VOID IF THIS PLAN OF MERCHANDISING IS TAXED OR RESTRICTED. Cash value 1/20th cent. Offer expires December 31, 1977. Offer limited to one coupon per product and size.



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continued

European package tours

charge if you cancel within 15 days of departure. "Group," as interpreted originally for this fare, was ten unaffiliated people. Now it's five, so it's a popular tour-operator fare. Basic 14-21-day GIT fare is $424; peak season $535. Minimum ground package is $120. Basic 7-8-day GIT fare in winter is $382; in spring and fall $424. Minimum ground package is $70.

WHERE TO WRITE FOR MORE INFORMATION

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In addition, if you're interested in Better Homes and Gardens tours (not available through travel agents) to the British Isles, Greece, or Spain, write (specify country) to Eileen Pye, Better Homes and Gardens Tour Service, 555 Madison Avenue, New York, New York 10022. ■

continued from page 146

Sewing machine projects...

9. To protect the chair seat from dirt, apply a layer of soil retardant.

HARDANGER CLOTH PLACE MATS AND NAPKINS, Page 102

Materials: Zigzag sewing machine; 1⅛ yds. of 42-inch wide hardanger cloth (available in needlecraft shops) or other even-weave fabric (to make 2 place mats and 2 napkins); light blue and dark blue thread; 8-inch-diameter screw-type embroidery hoop; bias tape for wrapping inner hoop; tissue paper.

Instructions:

1. Cut two 16x13-inch pieces of cloth for the place mats; cut two 14-inch-square pieces of cloth for the napkins.

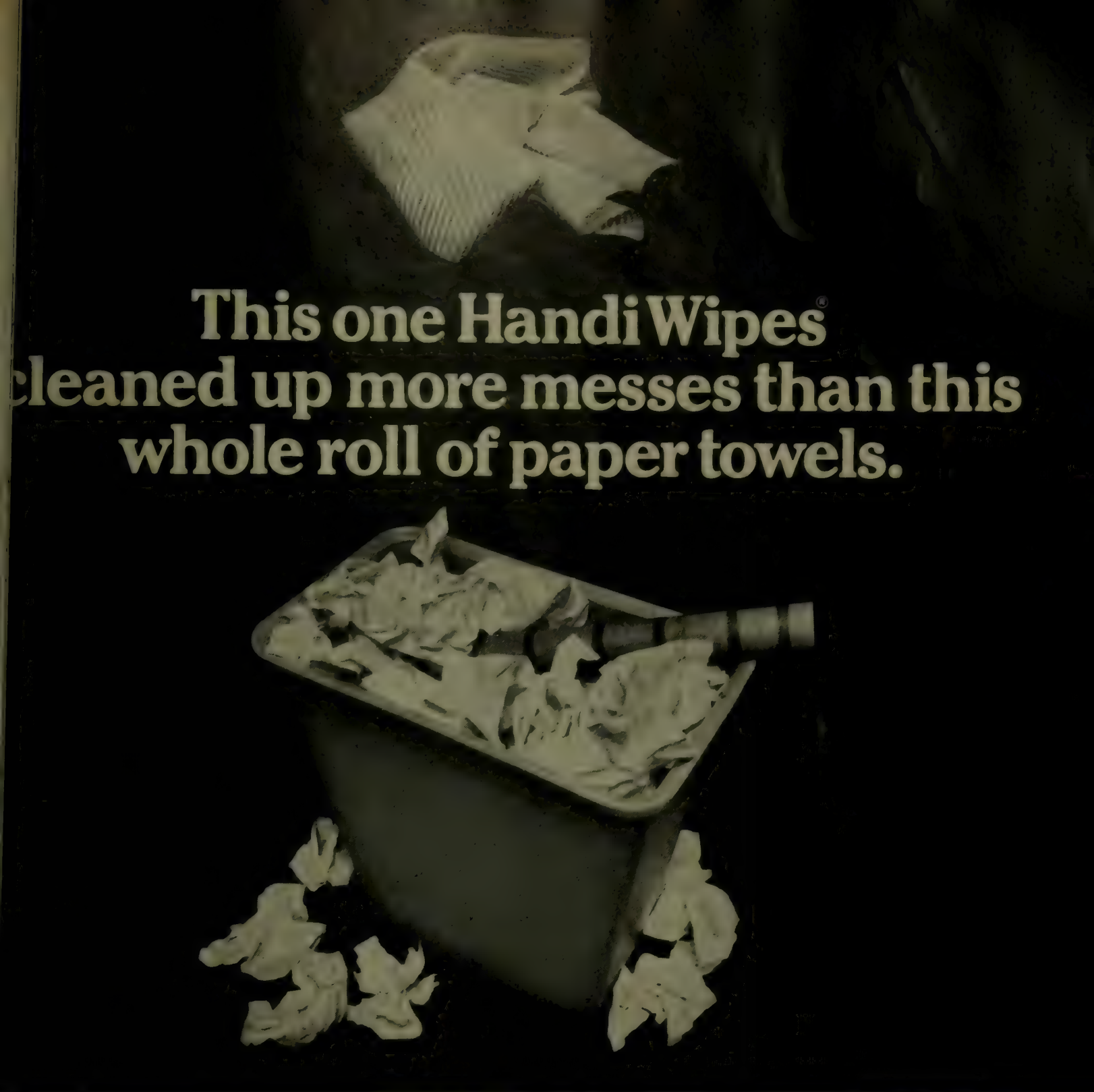
2. Set sewing machine on wide zigzag; lower the machine's feed dogs and remove the presser foot. Place dark blue thread on the spool and white thread in the bobbin.

3. Wrap the inner ring of the embroidery hoop with a single layer of bias tape to minimize creasing. Position one of the place mats on top of a piece of tissue paper; this prevents puckering as you sew. Place the tissue-backed cloth in the hoop, right side up, so the fabric is flush with the sewing surface with the paper on the bottom.

4. To reproduce the place mat pattern, refer to color photo, page 102, for placement suggestions. Diagram below illustrates how to form bar-tacked square and chevron designs. Each swing of the needle from one side to another should go across 4 fabric threads. This is termed "bar tacking."

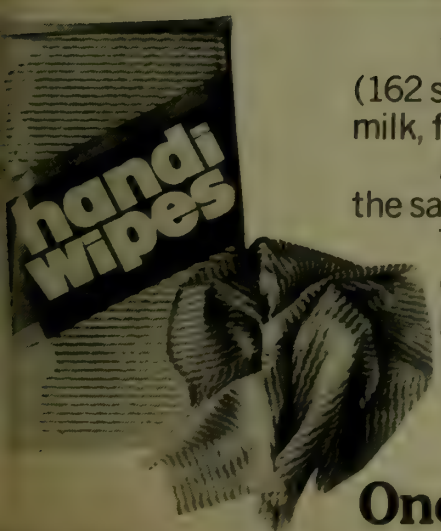
5. Place your needle in the fabric; pull up on the needle,

continued



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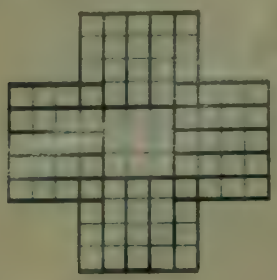
And if just one HandiWipes can clean up that many messes, imagine what a whole pack can do.

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continued

Sewing machine projects...



SQUARE



CHEVRON

bringing the bobbin thread to the top of the fabric to prevent threads from jamming. Bar tack across 4 threads; repeat this 5 times to allow threads to build up on the fabric's surface. Stitch 5 of these bar tacks side by side to form one side of the square.

6. Keep the needle in the top of the fifth bar tack and move the hoop so the next series of bar tacks will be perpendicular to the first. (Your needle acts as a pivot.) Continue stitching and turning in this manner until there are 4 sets of five bar tacks around a common square. As you finish the fifth bar tack, turn the zigzag setting to "0," and sew several up and down stitches along the side of the bar tack to keep it from raveling.

7. Position your needle to sew the next set of bar tacks, approximately ¼ inch from the first set; do *not* cut the threads between bar-tacked squares.

8. When all bar tack squares and light blue chevrons have been completed, remove fabric from the hoop. Replace the presser foot; raise the feed dogs. Sew a border of satin stitching that's approximately 1 inch from the fabric edge. Pull away outer threads parallel to the satin-stitched border to form fringe. Trim away the pieces of thread that link the bar-tacked squares.

9. To make napkins, stitch a dark blue satin-stitch border that's ½ inch from the outer edge of one of the 14-inch squares. Sew another line of satin stitching ¼ inch from the first. Place a light blue chevron in each corner of the napkin. Trim away the fabric close to the first border to form a clean edge.

CRAZY QUILT PATCHWORK PLACE MATS, Page 103

Materials: Sewing machine with decorative cams or stitch settings; scraps of cotton fabrics; ¾ yd. 36-inch wide fusible interfacing (makes 2 place mats); 1 yd. solid color fabric for backing; contrasting bias binding for edging mats; steam iron.

Instructions:

1. Preshrink all cotton fabrics, including backing fabric. Cut two 13x16-inch ovals from the fusible interfacing and two from the backing material.

2. Cut cotton scraps into interesting shapes; place them wrong side down on the adhesive side of the fusible interfacing. Press with an iron until the scraps adhere to the interfacing.

3. Set machine on one of its decorative settings. Using a contrasting thread color, stitch around each fabric scrap to conceal raw edges. Combine several decorative stitches, if you wish.

4. Place right sides of place mat front and back together. Sew a ½-inch seam around the raw edge, leaving room for turning. Clip curves, trim seams; turn to right side. Slip-stitch opening closed. Baste bias binding around place mat seam. Stitch binding in place.

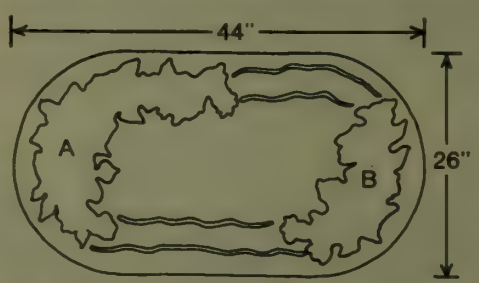
OVAL RUG, Page 104

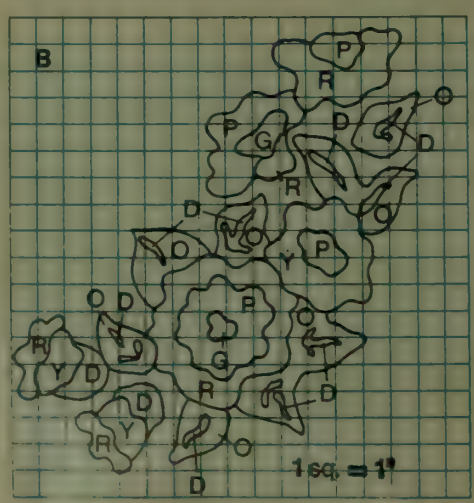
(Finished size = 44x26-inch oval.)

Materials: Sewing machine; 1⅓ yds. washable duck canvas or rug burlap for backing; 3 skeins (2 oz.) ivory rug yarn; ½ skein rug yarn in each of the following colors: yellow, gold, rust, plum, olive green, dark green; knitting needle, pencil, or other instrument for lifting yarn loops; clear nylon thread for spool; white thread for bobbin; tissue paper; dressmaker's carbon paper; liquid latex rug backing.

Instructions:

1. Enlarge patterns below and transfer motifs to a 46x28-inch oval of backing fabric using dressmaker's carbon







paper. Follow oval drawing below for proper placement of rug motifs.

2. Place a large sheet of tissue paper *under* the fabric backing to help prevent puckering as you sew.

3. Remove the machine's presser foot; lower the feed dogs. Beginning with the design areas and following the color key below, stitch loops of yarn to the canvas backing.

Color Key:

D - Dark green
O - Olive green
P - Plum
G - Gold
R - Rust
Y - Yellow

4. To attach yarn loops to fabric backing, first stitch the end of a length of yarn to the material. Pull up a yarn loop using the knitting needle or pencil to the *right* of the sewing machine needle. Stitch over the base of the yarn loop to secure it to the backing (refer to how-to photos on page 104). Continue pulling and stitching loops in this manner to complete each color area. Change yarn color when necessary.

5. To fill in the ivory background areas faster, use several lengths of yarn together and pull up more than one loop at a time. Then, stitch across all loop bases at the same time.

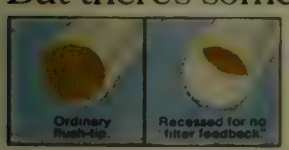
6. When the rug is complete, turn the 2-inch fabric margin to the back of the rug and press. Slip-stitch the margin in place, trimming excess to eliminate bulk. Apply a nonskid backing of liquid latex, if desired. (Note: Although the rug is sturdy, it is not designed for use in high-traffic areas.)

continued

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continued

Sewing machine projects...

YARN STITCHERY PILLOW, Page 105

(Finished size = 16x19 inches.)

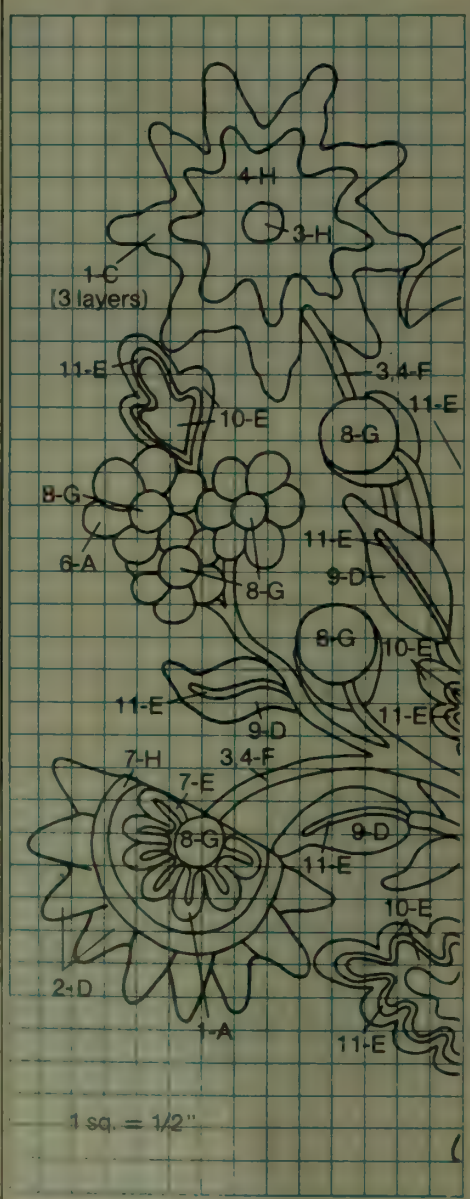
Materials: Sewing machine; ½ yd. natural-colored cotton duck fabric; yarn scraps in the following colors: light orange, dark orange, light brown, dark brown, ivory, magenta, purple, yellow, dark green, olive green, green, gold; pair of tweezers; clear nylon thread for spool; white thread for bobbin; tissue paper; dressmaker's carbon paper; polyester fiberfill for stuffing.

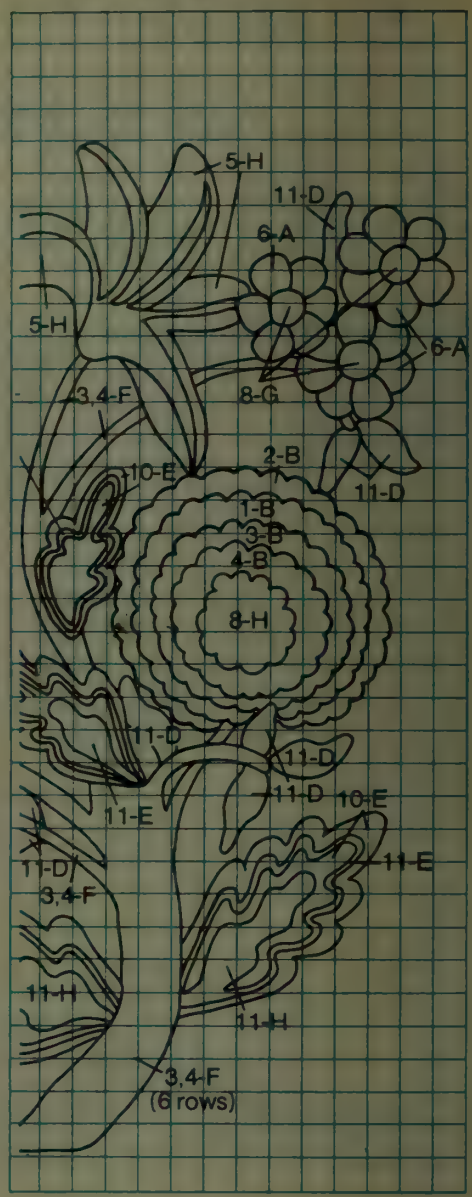
Instructions:

1. Cut two 17x20-inch pieces of fabric to form pillow front and back.

2. Enlarge patterns below onto tissue paper, join the two halves of the design together, and transfer it to the right side of the pillow front using dressmaker's carbon paper.

3. Remove the machine's presser foot; lower the feed dogs. Use clear nylon thread for the spool and white thread for the bobbin. Place a piece of tissue paper or lightweight interfacing *under* the pillow front to help prevent puckering as you sew. Following stitch key and color key below, complete the stitchery.





Stitch Key:

A - Lazy daisy stitch
B - Lazy daisy twist
C - Lazy daisy variation
D - Satin stitch
E - Outline stitch
F - Chain stitch
G - Flower center
H - Loop stitch

Color Key:

1 - Light orange
2 - Dark orange
3 - Light brown
4 - Dark brown
5 - Ivory
6 - Magenta

continued



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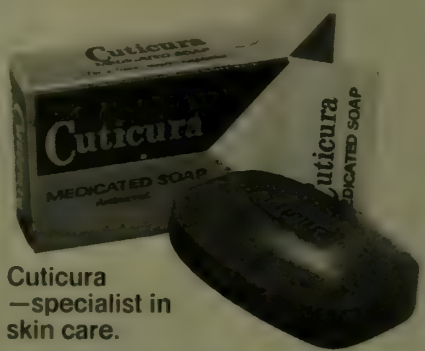
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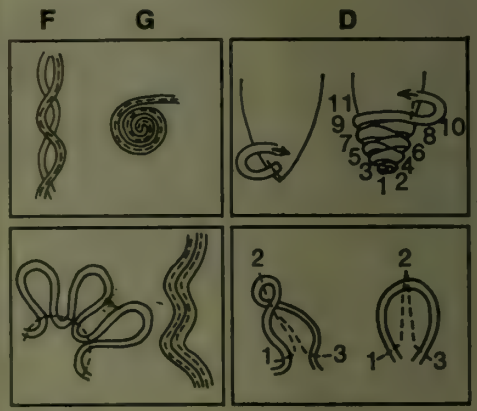
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continued

Sewing machine projects...

7 - Purple
8 - Yellow
9 - Dark green
10 - Olive green
11 - Green
12 - Gold



4. When forming ***satin stitch (D)***, sew one end of the yarn at the *left* side of the leaf near the base. Bring the needle to the *right* side of the leaf, fold the yarn over the first set of stitches to cover them, then bring the yarn to the needle. Stitch the yarn along the leaf outline. Continue folding and stitching the yarn in this manner from one side of the leaf to the other until the section is complete.

5. The tweezers can be used to move yarn pieces around safely, holding them in place as you stitch them to the backing.

6. When the stitchery is complete, carefully cut away the tissue or interfacing from the back of the pillow front. With right sides together, sew pillow front to back using a ½-inch seam allowance; leave an opening for turning. Trim seams, turn, and stuff with polyester fiberfill. Slip-stitch the opening.

RECTANGULAR RUG, Page 105

(Finished size = 3x5 feet.)

Materials: Sewing machine; 4 skeins (2 oz.) rug yarn in white and yellow; 2½-inch and 4-inch wide hairpin lace frames (available in needlecraft shops); clear nylon thread for spool; white thread for bobbin; 1¾ yds. washable duck canvas or rug burlap; liquid latex rug backing; tissue paper.

Instructions:

1. Cut a piece of rug backing that's 40x64 inches (this allows for a 2-inch margin).

2. To make white rug yarn loops, use the 2½-inch lace frame. With the curved part close to you, begin wrap-

continued

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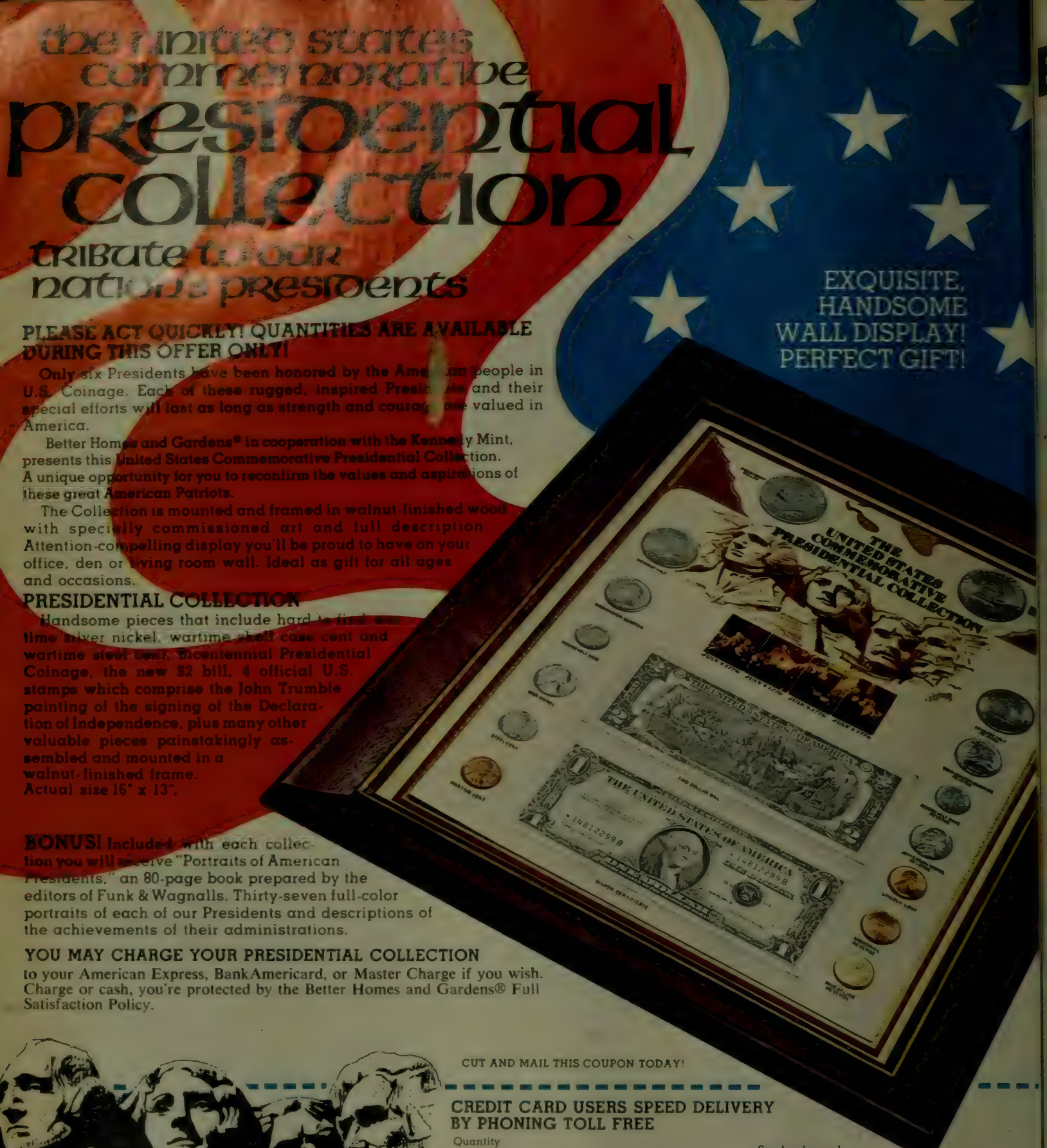
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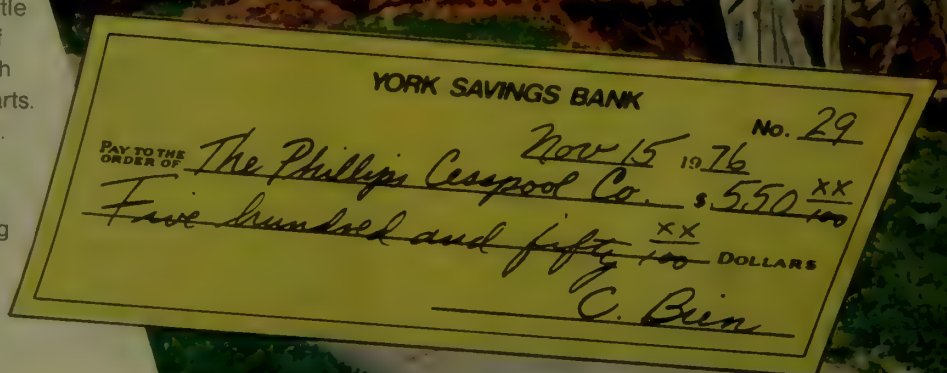
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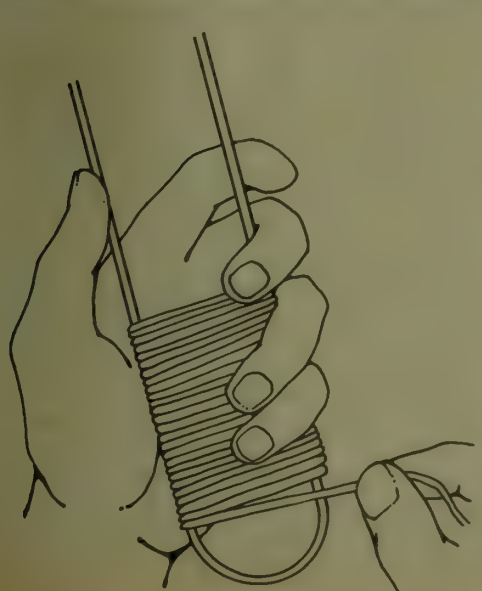


continued

Sewing machine projects...

ping rug yarn around the frame. Keep the loops of yarn close together as you wind (see diagram below).

3. Lower the machine's feed dogs. When several inches of yarn loops have been wrapped, stitch the yarn down through the *middle* of the lace frame using nylon thread in the spool and white thread in the bobbin. Be sure to keep the yarn loops close together without gaps. As the yarn is stitched, let it slide off the open end of the frame, pull the frame toward you, and continue wrapping the yarn around the frame. When you've made a strip of yarn loops 36 inches long, cut yarn and begin a new strip.



4. Place a large piece of tissue paper or lightweight interfacing *under* the piece of rug canvas. This helps prevent the fabric from puckering as you stitch.

5. The completed rectangular rug consists of 27 rows of white yarn strips in the center surrounded by 4 rows of yellow strips along each side for a border (see photo, page 105). To stitch the yarn strips in place, position a yellow yarn strip along the 2-inch border of one side of the backing. Using the same nylon thread in the spool and white thread in the bobbin, stitch down the center of the yarn strip a *second* time to secure it to the backing. Complete one side of the rug in this manner. To begin the second full row of yellow strips, place the center seams of a new strip ¼ inch from the *stitching line* of your first row of yarn strips. This gives the rug a plush look so the backing fabric doesn't show through. Continue stitching strips to the backing until the rug is complete.

6. Clip the yellow yarn loops with scissors when the rug is finished. Do *not* cut the white yarn loops.

7. Turn the 2-inch margin to the rug back and press; slip-stitch the margin to the rug back. Apply a nonskid backing of liquid latex, if desired. (Note: Although the rug is sturdy, it is not designed for use in high-traffic areas.)

You may want to adapt your own embroidery patterns for machine stitchery projects. Be sure the motifs are large enough to interpret the crewel stitches.

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For additional information on creative machine stitchery, consult the following sources:

Verna Holt, *Machine Embroidery and Yarn Stitchery*, A M I Printing Company, Las Vegas, Nev., 1973, $7.95.

Verna Holt, *Machine Embroidery and Yarn Stitchery Supplement #1*, A M I Printing Company, Las Vegas, Nev., 1976, $2.25.

Robbie Fanning, *Decorative Machine Stitchery*, Butterick Publishing, N.Y., N.Y., 1976. $9.95. ■

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HERSHEY NURSERY CHOCOLATE TREE
621 Park Ave., Hershey, Pa. 17033

Zip code must be included with order. Offer good only in the 48 adjacent United States. Pennsylvania residents add .18¢ for Sales Tax. Offer void where prohibited, restricted or license required.

PLEASE ALLOW 4-6 WEEKS FOR DELIVERY.

Better Homes™
Shopping editor's choice

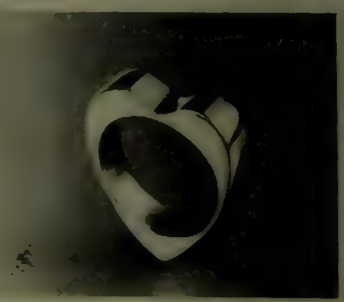
Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively



Lucky ponyshoe puzzle

Try to solve the secret; remove the ring from the connected authentic lucky ponyshoes! Solution included. A great St. Patrick's Day gift. 8"L x 2½"W, order Style Q-9, $6.95 ppd. Spear Engineering Co., Dept. 3001, Box 7025, Colorado Springs, CO 80933.



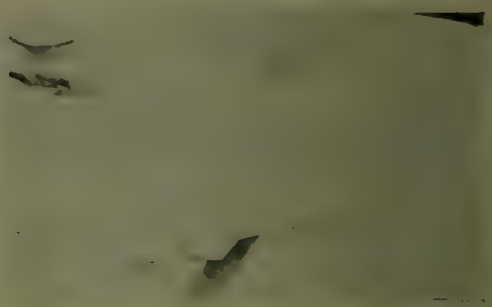
Give your heart for love

A lifetime ring of solid Sterling Silver. A sentimental shape unique in rings, surprisingly comfy on your finger. Israeli import. A romantic Valentine gift. Sizes 5, 6, 7, 8; #3323, $8.98 + 45¢ post. Lillian Vernon, Dept. H3E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



Mason jar shakers

Beautifully reproduced Mason jar Salt & Pepper Shakers. Authentic down to real wire bails that secure the lids. 3¾" tall, $1.98 pr.; 2 pr./$3.49 + 25¢ post. per pair. (PA res. add 6% tax.) American Consumer, Dept. MJ-30, Caroline Rd., Philadelphia, PA 19176.



King bed converter in seconds

Convert your twin size beds into a luxurious king-size. Place polyurethane Span-A-Bed between 2 twin-size beds. Fits snugly—you'll never know it's there. 6' long, 14" wide. $4.99 plus 75¢ post. Holiday Gifts, Dept. 403-7H, Wheat Ridge, CO 80036.



Brilliant bands and guards

Baguette bands, simulated diamonds: $8.95 ea. Guard rings with simulated rubies, emeralds, sapphires, topaz, jet, amethysts, or diamonds. $5.95 ea. + 50¢ post. In sterling. Send size. Lions, Dept. 117BG, 665 Middle Neck Rd., Great Neck, NY 11023.



Long sleeve action back classic

With snap-on front, graceful 7-gore skirt. In easy-care, machine washable polyester & cotton blend. Striped in Blue/White, Brown/White, Red/White. 10-20, 12½-24½, 38-44. $28 + $1.50 postage. Vicki Wayne-B3A, 600 S. Country Club Rd., Tucson, AZ 85716.

continued

Pick Strawberries In 90 Days

GIANT EASY-TO-TRAIN CLIMBING STRAWBERRIES



★ Ever-Bearing Perennials Grow Year-After-Year! ★ Can Be Trained on Any Trellis, Fence, or Pole! ★ Produces Berries From Bottom To Top! ★ Easy To Grow — Simple To Plant! ★ Large, Juicy Berries! ★ Bears Fruit First Year!



It's true! A beautiful Climbing Strawberry. A strawberry plant that produces delicious, honey-sweet red strawberries the entire way up! Read these facts and learn how you can grow these beautiful ornamental plants that produce berries you can pick from the vine.

Imagine the curiosity, the envy of your neighbors as they watch you grow strawberries on a pole, trellis, or fence. Imagine the interest and excitement as they watch this richly foliaged plant reaching vigorously upward. Imagine your own delight as you watch enticing bright red strawberries appear. Just picture yourself leisurely walking through your garden picking real red strawberries from your own exotic Climbing Strawberry plants . . . picking delightful tasting strawberries right off the vine — without having to wash off the dirt — and popping them into your mouth to enjoy their vine-fresh flavor!

CLIMBING STRAWBERRIES ARE PERENNIALS
Ever-Bearing — Produce All Summer Until Frost

You don't have to buy and plant these Climbing Strawberries every year! Because they are hardy perennials, they'll grow year-after-year. And each spring they'll produce even more lustily, increasing in length quickly and forming 5 to 6 rosettes at intervals. These rosettes produce clusters of flowers from which the berries fruit profusely this year. In turn, the rosettes produce more runners which bear more flowers and fruit. A prolific, splendid plant to enjoy for years and years. It is truly ever-bearing.

EASY TO GROW

These plants have proven their ability to thrive and produce and withstand severe winters. And you don't need a lot of space to grow them in . . . only a couple of square feet of ground per plant! Imagine a Climbing Strawberry plant from only 2 square feet of ground! Amazing, but true. Planting and care are simple, full directions come with your order.

★ STRAWBERRIES FROM SPRING UNTIL FROST ★

Climbing Strawberries grow and bear succulent berries until the killing frost comes. Planted in early spring, these Climbing Strawberry plants start producing berries around July and continue to produce week-after-week, until frost. You can enjoy the firm texture, tempting fragrance, and delightful taste of these magnificent strawberries for months. But that's not all! These plants are as beautiful as they are practical. Not only do they produce delicious fruit, but they also help to dress up your garden with beautiful greenery decked generously with bright red berries. A splendid ornamental plant with luxurious green foliage. Act today!

The **Climbing Strawberries** offered in this ad are cultivated exclusively for us, are available **only** through this advertisement, and cannot be purchased **anywhere else. PLANTS WILL BE SHIPPED IN TIME FOR PROPER PLANTING IN YOUR AREA. YOU WILL BE PICKING BERRIES 90 DAYS AFTER YOU PLANT THEM.**

© 1976 Climbing Strawberries

3-MONTH WRITTEN GUARANTEE

Climbing Strawberry plants are shipped to arrive in perfect condition for planting — to grow and produce berries, or plants will be replaced absolutely FREE anytime within 3 months!

CLIMBING STRAWBERRIES PHILADELPHIA, PA.

RUSH ORDER TODAY

CLIMBING STRAWBERRIES Dept. CT- 345
Caroline Road — **5 Plants Only $1.98**
Philadelphia, PA. 19176 — **10 Plants Only $2.98**

Please rush me my CLIMBING STRAWBERRY PLANTS. 5 for $1.98 .... or 10 for $2.98.

☐ SEND _____ Climbing Strawberry Plants. (Add 35¢ for postage and handling).

Total enclosed $_____ PA residents add 6% sales tax. Check or money order, no CODs please.

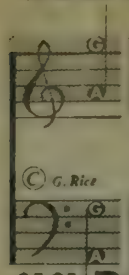
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Address_____ Apt. #_____

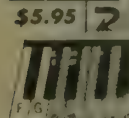
City_____ State_____ Zip_____

6013-148

RoJan® MUSIC YOU CAN PLAY



Read RoJan Music Scores as easily as you now read a book! Play 2 songs 1st day, Piano or Organ, or your money back!



$5.95

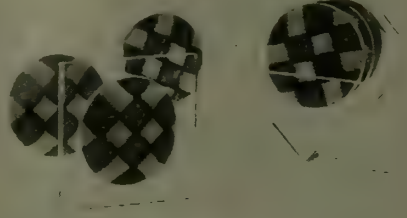
Why spend years learning 52 lines and spaces? Rojan simplicity enables you to play rich modern chords on sight, excellent arrangements other beginners can't touch! BOOK 1 ($5.95 + .65c postage) has 14 songs . . . Shenandoah, Sheherazade, etc. BOOK 2 ($5.95 + .65c postage) has 13 songs . . . Fascination, Bill Bailey, Clair de Lune, Bach's Prelude in C, etc., plus keyboard harmony. BOTH BOOKS ONLY $9.95 + $1.00 postage & handling. Remember, you MUST learn to play, be thoroughly delighted, or return for full refund!

Send check or M.O. Money back guarantee.

J. W. HOLST, Inc. Dept. BR-37, 1864 E. US-23 East Tawas, Michigan 48730

Creative Village Stitchery Showcase

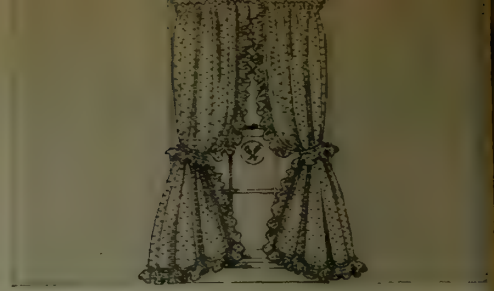
NEEDLEPOINT COASTERS



Circle within a square and squares within a circle. An exclusive of Creative Village, these easy to stack geometric needlepoint designs of golden yellow, orange and brown are inserted in an acrylic holder. For a complete set, kit includes canvas, yarn, 6 acrylic coasters (each 3½x3½x¼"), holder, needle, and instructions.
$12.49 plus s/h $1.30.

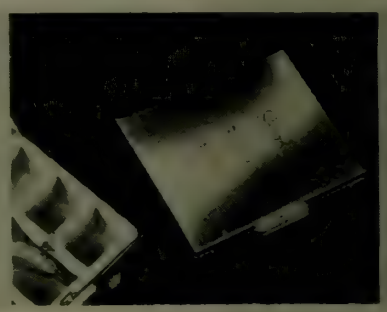
Creative Village Catalog 25¢ or FREE with your order!

BA, MC accepted - Include Acc't. Exp. Date & Int'bank #. Creative Village, P.O. Box 100, Dept. 85 Pine Brook, N.J. 07058



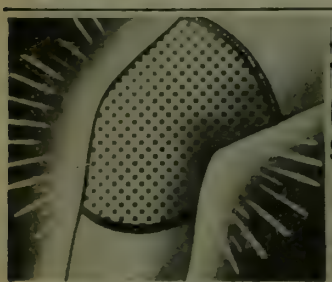
Petite bell flowers

On 50% cotton 50% polyester permanent press. 76" W pr., 3" ruffles; brn, blue, red or grn. on natural background. 45", 54", 63", $12 pr.; 72", 81", 90", $16 pr. Val. 11" x 54", $4. Add $2 post. pr. ord. Cat. free. Country Curtains, Dept. BHG3, Stockbridge, MA 01262.



Ear port—keeps earrings together

No more tangles; a lovely brass case 2¾" x 2½" x ½" has 7 velvety compartments in two sizes. Small tongs to pick up your earrings. Engraved with 3 initials (Please print). $4.95; 2/$9.50. Bruce Bolind, Dept. BH-3, Boulder, CO 80302.



Joint Therma Pad Soothes Away Aches, Pains!

RELIEVE THOSE ACHING JOINTS

Warm-Ease pad seals in body heat and concentrates it where you need it most. Relieves aches, pains, stiffness. Soft foam-filled jersey covered pad is sanitary, washable. Fits snugly around knee, elbow, ankle for quick soothing comfort. Ideal relief for arthritis sufferers.

$2.49 plus .35¢ postage

HOLIDAY GIFTS

Dept. 403-7D, Wheat Ridge, Colorado 80036



Personalized Band Ring

Classic of classics — solid Sterling Silver or Karatclad 18K Gold Electroplated for him and her! Custom-engraved, hand polished — ⅜" band to exchange with someone special. Sizes 5-11. PRINT initials.

1844 Sterling Silver Band $5.98
1214 18K Gold Karatclad Band . . . $2.98

Add 45¢ post. & hdlg. NY res. add taxes

LILLIAN VERNON Dept. H32 510 S. Fulton Ave. Mt. Vernon, NY 10550

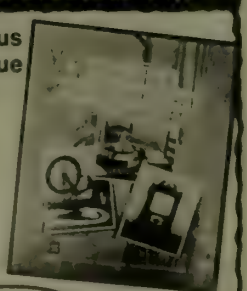


"Magic Arc" facial pillow

Provides comfortable sleep; you awake fresh as a daisy. Its secret is in unique balance of air & foam; arc shape. Sm. 17" x 9"; two satin zipper covers. Great for sleeping with rollers. $7.98 ppd. Better Sleep, Inc., Dept. BH3, New Providence, NJ 07974.

FURNISHED IN EARLY AMERICAN?

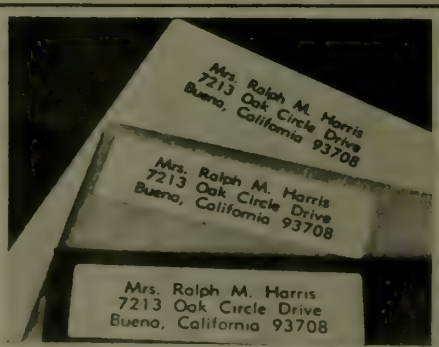
Send 50¢ For Famous Sturbridge Catalogue "1,000 Pictures Of Basic Items For Furnishing An Early American Home"



Everything in Early American. All by mail at modest prices. Money-Back Guarantee even includes shpg. chgs. both ways.

HUNDREDS OF GIFTS WITH AN EARLY AMERICAN FLAVOR

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the Nation's Center for Early American
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PRESS ON ADDRESS LABELS

Identify possessions, correspondence too. Black ink on white, blue, pink, yellow, silver or gold labels. 1¾" x ½". Any message up to 26 letters per line, up to 4 lines. 225 for $3; 450 (alike) for $5; 1,000 (alike) for $10 ppd. Please specify color. Useful 80-P. Gift Catalog, 50¢. Bruce Bolind, 153-P Bolind Bldg., Boulder, CO 80302.



Religious collection

51 different religious worldwide stamps. Represented are monasteries, shrines, abbeys, saints, cathedrals, nativity & special pilgrimage issues. 25¢. Selection of approvals, buy any or none, return balance. D.M. Darling & Co., Dept. HK, Rockville, MD 20850.

continued

HE BETTY CROCKER RECIPE CARD LIBRARY

A New Concept in Cooking Convenience

Saves time...saves money...saves space...
and makes cooking
more fun!

FREE INTRODUCTORY OFFER
This beautiful Recipe File, valued at $5.00, is yours FREE just for examining the first set of Betty Crocker Recipe Cards.



Here is the complete list of the 24 exciting sets of cards that are included in the Betty Crocker Recipe Card Library.

- Seasonal Favorites
- American Classics
- Convenient Oven Meals
- Gifts From Your Kitchen
- Recipes For Calorie Counters
- Snacks Around The Clock
- Recipes Children Can Make
- Foods That Go Places
- Favorite Family Desserts
- Men's Favorites
- Hurry-Up Main Dishes
- Family Breakfast Brighteners
- Budget Casseroles
- Come For Coffee
- Children's Parties
- Fondues!
- Entertaining On A Shoestring
- Crowd-Size Entertaining
- Outdoor Entertaining
- International Favorites
- Dessert Spectaculars
- Impromptu Party Fare
- Salads For Every Occasion
- Gala Menus From The Betty Crocker Dining Room



A word from the Betty Crocker Kitchens

e we first introduced the Betty Crocker Recipe Card Library response has been enormous. Literally hundreds of thousands of rs have poured in praising the Library and ordering more cards. lo order soon while the supply lasts. We know this wonderful ary will give you a new lease on cooking and entertaining.

D NO MONEY

ake advantage of this special offer just fill out the coupon and vill rush your first set of 27 Recipe Cards — *SEASONAL ORITES* — and four blank cards for your own recipe discoveries PLUS the Recipe File and Divider Cards, for 14 days FREE nination. You may return the cards within 14 days and owe othing. Or you may pay only $1.19 plus a small charge for age, handling and local tax for the set of Recipe Cards. er way, the Recipe File, a $5.00 value, will be yours as a GIFT, out obligation.

e following two months you will receive your second and third of recipe cards for the same low price of just $1.19 each plus age, handling, and local tax. If you are *completely satisfied* you thereafter receive three sets of recipe cards a month for the seven months, until your 24-set library is complete. You will ys be billed at the same low price of $1.19 per set plus postage, dling and local tax, and the sets are in every case *sent to on approval*. You may also cancel entire arrangement at any time.

Betty Crocker

Golden Press, Dept. BC-615, 175 Community Drive, Great Neck, New York 11025

(Detach postcard and mail today!)

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Permit No. 1064
Great Neck, N.Y.

BUSINESS REPLY MAIL
No postage stamp necessary if mailed in U.S.A.

POSTAGE WILL BE PAID BY

GOLDEN PRESS
Department BC-615
175 Community Drive
Great Neck, New York 11025



THE Betty Crocker® RECIPE CARD LIBRARY

Yes, the handsome recipe file pictured here can be yours absolutely FREE, just for examining the first set of the exciting new Betty Crocker Recipe Card Library. It comes in your choice of four stunning decorator colors.

This valuable library — *one of the most important homemaking helps since the invention of the refrigerator* — contains over 1,000 wonderful recipes printed on convenient, easy-to-use cards that contain full-color photographs showing you exactly how the dish will look when you have prepared it. The recipe file will keep your cards clean, tidy, and ready for instant use at any time.

To take advantage of this special offer, simply indicate your choice of decorator color on the coupon below and mail it to us. Even if you do not wish to keep the Recipe Cards, the handsome Recipe File — *a $5 value* — is yours to keep as a gift.

Betty Crocker is a registered trademark of General Mills, Inc. 1207

BC-615

GOLDEN PRESS, Dept. BC-615
175 Community Drive
Great Neck, New York 11025

Avocado Green | Flame Red | Harvest Gold | Antique White

Please send me the introductory offer as stated in this ad. I understand the $5.00 Recipe File in the decorator color I have selected above is mine to keep without obligation, just for examining the first set of Betty Crocker Recipe Cards.

BETTER HOMES AND GARDENS

Name_____

Address_____

City_____ State_____ Zip_____

Offer may not be repeated this season in this publication.

Offer limited to one per household. Available in Canada, priced slightly higher.



Start Building Your Collection Now!

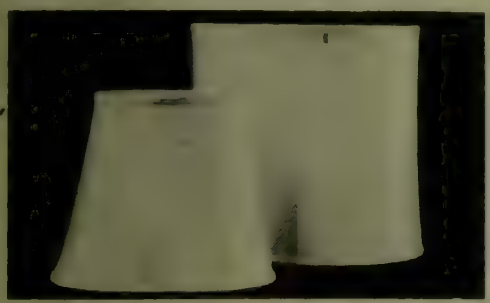
From all the thousands of recipes developed and tested by the Betty Crocker Kit over the years, they have chosen the most popular—YOUR Favorites!

There are more than 1,000 recipes in all, many never before in print. They are divided into 24 categories, some of which are for parties—others are for family m
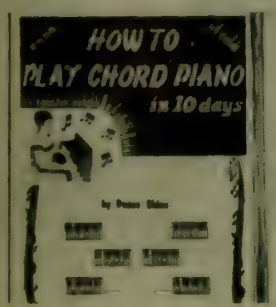


Aluminum garden markers

Your garden can be the pride of summer activities. White lettering stamped into black enameled plates. 12" stake; plate 2½"W x 7"D, $1.95 each ppd. Order style GM. State vegetable desired. Spear Eng., Dept. 3003, Box 7025, Colorado Springs, CO 80933.



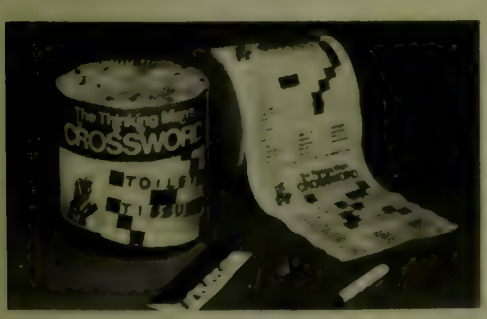
Hard-to-find lampshade sizes

Popular Drum and Empire shapes, hand tailored of tissue shantung, fully lined & washable. Order these elegant shades direct from the maker for savings. FREE information sent immediately. Write: Robelier, Box 183, Dept. BHG3, Villanova, PA 19085.



Play chord piano in just 10 days

Even if you've never played before. New chording system teaches you how to play "pop" tunes with your right hand while your left creates rhythm using chords. 10 lessons $3.95 + 75¢ post. J. W. Holst, Inc., Dept. BC-37, 1864 E. U. S. 23, E. Tawas, MI 48730.



Crossword puzzle toilet tissue

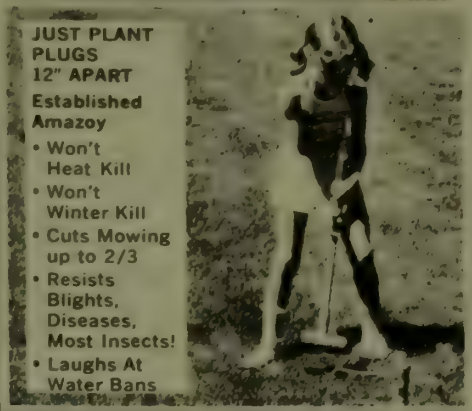
Each sheet is printed with one of six different puzzles. Roll comes complete with wall hanger, ball point pen & answer booklet. Great fun. $2.50 each, 3 rolls/$5.98 + $1.50 post. ea. order. Harriet Carter, Dept. BHG-14173; Plymouth Meeting, PA 19462.

continued

Grass Seed Is For The Birds! Zoysia Saves Time, Work, Money

Amazoy is the T.M. Reg. U.S. Pat. Office for our Meyer Z-52 Zoysia Grass. Zoysia Farm Nurseries, 1977

Now! Get Up to 200 Plugs Free.



No Need To Rip Up Present Grass
Plug Amazoy Into Old Lawn Or New Areas

It's true, the things people are saying about Amazoy Zoysia. It grows so thick, walking on it is unforgettable . . . like walking on a thick, pile carpet. Amazoy lawns drive out crabgrass & weeds all summer. They stay green and beautiful in blistering heat when other grass burns out. They cut mowing in half. Amazoy never needs replacement; ends re-seeding forever. Won't heat kill or winter kill, just goes off its green color after frosts, regains fresh new beauty every Spring — true perennial from part shade to full sun. *Every plug guaranteed to grow in YOUR climate.* Should any plug fail to grow in 45 days, it will be replaced free.

Order now and remember > ***If it isn't Amazoy you're not getting the grass that made Zoysia famous.***

WE SHIP PREPAID . . . A typical 300 plug & plugger order sent "collect" costs you $8.67 to $11.28 — or more in added charges. But we deliver at NO extra charge . . . delivery is free from sea to shining sea!

To: Mr. Mike Sandin, Zoysia Farm Nurseries
Dept. 437, 6414 Reisterstown Rd., Baltimore, Md. 21215
Please send me guaranteed Amazoy as checked below:

☐ Full Size Plugger $4.95	☐ 100 Plugs & Bonus of 10 Free. $6.95	☐ 100 Plugs & Plugger, Bonus of 20 Free. $9.95
☐ 200 Plugs & Bonus of 20 Free. $11.20	☐ 200 Plugs & Plugger, Bonus of 25 Free. $13.75	☐ 300 Plugs & Plugger, Bonus of 50 Free. $17.75
☐ 600 Plugs & Plugger Plus Bonus of 100 Free. $27.95	☐ 1100 Plugs & Plugger Plus Bonus of 200 Free. $39.95 Total 1300 Plugs.	

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Address _____
City & State _____ Zip _____

"SAVE YOUR HEART" with a STAIR-GLIDE stairway lift.



Rental-Purchase Program Available

Your STAIR-GLIDE stairway lift installs easily and in less than 2 hours. No marring walls or stairway. No special wiring required. Shipped directly from factory within 4 days. STAIR-GLIDE® . . . the nation's largest selling stairway lift! UL Listed! (Outdoor models available.) **Write for free brochure.**

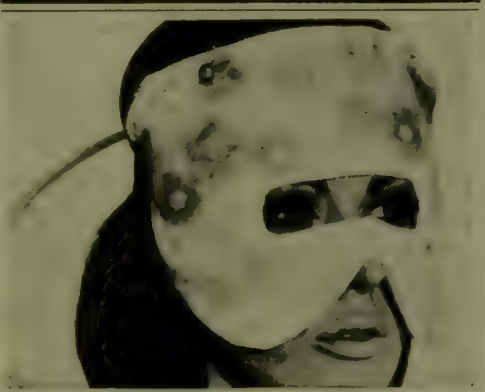
AMERICAN-STAIR-GLIDE® CORP.
4001 East 138th, Dept. BHG-37, Grandview, Mo. 64030

THE WARMEST WELCOME



Greet your guests with "My House is Your House", decoratively lettered in Spanish! Thick brush pile, cocoa fiber rug, safely non-skid with latexed ends—what a pleasant way to tidy up muddy feet. Made in India. 15½x26". Go-with-all colors—natural plus green. Ours alone!
8593 "Mi Casa" Door Mat $8.98
Add $1.00 post. & hdlg., NY res. add taxes

LILLIAN VERNON Dept. H33
510 S. Fulton Ave., Mt. Vernon, NY 10550



ELECTRIC FACIAL MASK

New appliance applies heat to upper & lower sinuses to help dry up congestion from colds & allergies. 3 settings for dry or moist heat. U.L. approved. You'll never know how you lived without it. $12.98

MONEY BACK IF NOT DELIGHTED Add $1.25 Post.

HARRIET CARTER Dept. BHG-14073 Plymouth Meeting, Pa. 19462



LAWN AERATOR SANDALS

Specially constructed aerating sandals give new life to your lawn the easy way. Strap sandals to your shoes when watering or mowing the lawn and do two jobs at once! Thirteen steel spikes on each sandal loosen compacted turf and soil, let air and water reach down and revive roots. 1½" spikes lets soil "breathe".

$9.99 plus 95¢ postage.

HOLIDAY GIFTS
Dept. 403-7F, Wheat Ridge, Colorado 80033

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U.S. $1.00

Older Issues, Commemoratives, Airmails, Virgin Islands, Others — Catalog Value over $5.00. U.S. Bargain Price List. **ALL FREE**
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EMPIRE STAMP
Toronto, Canada
M4W 2M2

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NARROW WIDTHS — WIDE WIDTHS

FREE CATALOG, with hundreds of shoe styles in famous American-made brands, from just $10.95! Sizes 4 to 12, widths AAAA to EEE. Slippers, hosiery, handbags, too. Write today!

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LANOUE SHOES, Dept. 37-D, Brockton, MA 02403



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2. Big collection of 19 all different U.S. stamps: 19th century, 1st Christmas stamp, etc.
3. Collection of prized Commemoratives: Civil War, a Mississippi Riverboat, many others. Also, other exciting stamps to examine free. Buy any or none, return balance, cancel service anytime—but all 3 offers are yours to keep! Send 10¢ — TODAY!

HARRIS, Dept. CX-146, Boston, Mass. 02117



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Convert your drawer space into a silver chest instantly! Pad is lined with Pacific Silvercloth with fold over flap to keep out dust. Prevents tarnish and scratching—silver is always clean and ready to use. Standard size holds 108 pieces, Jumbo holds 120 pieces.

Standard (11¾" x 15" x 2¼") **$10.99**
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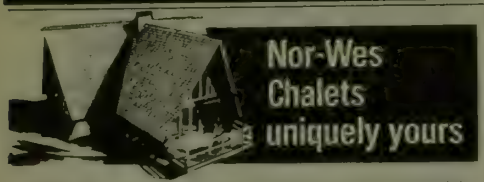
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If you spend time on your feet, this pair of shoes by Revelations offers solid comfort. The supple leather upper is matched to a soft man-made crepe sole with padded insole, ½" heel. Available in black, camel, navy, bone and white. Sizes are S=7-12, N=6½-12, M=5-12, W=5-11, WW=5-10, half sizes avail, no 11½. Send $25.00 plus $1.25 post. & handling to:

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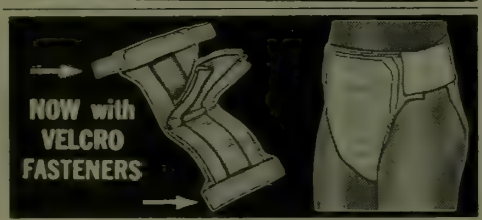


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The ever popular flattering ankle chain is back! This time in solid copper, to hug the ankle comfortably. We don't know if copper justifies the claims made; we do know you'll love the look. Available with Heart or Bar design. Please specify. Order several and save.

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From the makers of the Cushion-Lift Chair, a fully powered lift Recliner; only one of its kind. Gets you to your feet & reclines at the touch of a button. For info. or free trial write: Ortho-Kinetics, Inc., Box 2000, Dept. BHG-37, Waukesha, WI 53186 (1-800-558-2151).

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Ball Fringe on Permanent Press

Natural or White



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45", 54", 63" ..... **9.00** Pr.
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Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service to thrifty homemakers. Sturdy, specially-made ball fringe is carefully stitched onto our 50% cotton/50% polyester blend . . . truly carefree. 90" wide per pair.

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COUNTRY CURTAINS
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Joke Weed—garden marker

Your prize-winning garden wouldn't be complete without "weeds." 12" aluminum stake with black enameled aluminum 2½"W x 7"D. Order style WM, $1.95 ea. ppd. Spear Eng. Co., Dept. 3002, Box 7025, Colorado Springs, CO 80933.

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The Official Commemorative Print of the Historic 1976 Gathering of Tall Ships

Two years in the painting and meticulously accurate in nautical detail, this high fidelity lithograph will delight all those who admire fine art. Painted by the renowned marine artist, Kipp Soldwedel (Tall Ships Artist of Record), this official commemorative print is reproduced in magnificent color, 21 x 28 inches.

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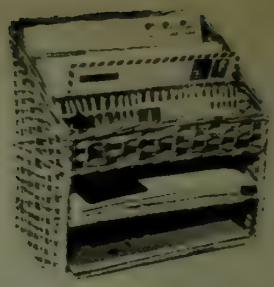
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Authentic Early American pattern is magnificently reproduced in lovely satin-finish stainless steel. Fabulous 50-piece set features genuine hollow-handled pistol-grip knives and graceful 3-tined forks. You'll set a truly elegant table. *But supplies are really limited!* Order today. Only $22.95 plus $2.00 postage. **Special Offer.** Save more! Order 2 sets for only $44.95 plus $2.00 postage and handling.

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To keep your desk neat

Hand-woven stationery basket of natural willow organizes neatly. Has 2 shelves, 3 partitions; holds letters, bills, stamps, etc. 11½" W x 11"H x 6½"D, $7.95 plus $1 postage. Catalog 25¢. Fran's Basket House, Dept. BH3, Route 10, Succasunna, NJ 07876.



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With rosewood handles, sharp, tough & long lasting. Carver 14¼", cleaver 12¾", cook's knife 10¾", parer 8". Set of 4, $9.98, two sets, $18.96 plus $1 postage. (PA res. 6% tax) American Consumer, Dept. VM-349, Caroline Rd., Philadelphia, PA 19176.

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Cleverly designed to hold 6 of your most luscious plants on swiveling adjustable shelves. And, it's portable, so you can follow the sun from room to room! 39"H. of pine & hardwood with brass carry ring. Fin. Antique $24.95. Easy Kit $17.95. Add $2 post. ea.

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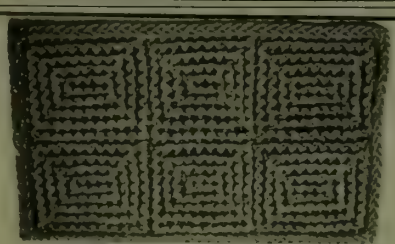
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Any item replated at sale price—no charge for dent removal, straightening. Worn antiques, heirlooms, quadruple silver-plated. Write for 25-yr. warranty & price list. Silver-plating Div., Senti-Metal Co., Dept. BH-3, 1919 Memory Ln., Columbus, OH 43209.



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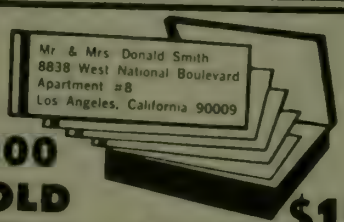
Build this dual purpose building. Use one side as a pony barn, the other side as a tool shed. Use for storage or use the front as a cover for your boat. 20'X17'X 9' high including front cover. Inexpensive to build for so many uses. Complete plans and material list $5.00. For brochure on other projects to build, send 25¢ for postage and handling.

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Replaces the high chair; clamps to table or counter. Great for travel; allows baby to eat with family. Made of sturdy plastic & steel. For up to 4 yrs. $10.98 + $1.79 post. (IL res. 5% tax.) Catalog $1. House of Minnel, Dept. 237E, Deerpath Rd., Batavia, IL 60510.



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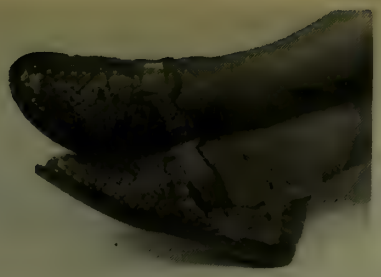


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Pet stains & odor remover



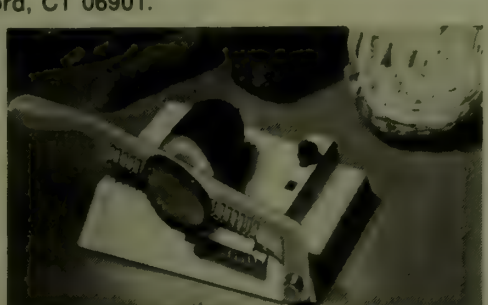
Scientific chemicals remove strongest stains and odors from carpet, upholstery and drap-ery. 16 oz. Specify "A" Kit for stains, "B" for odors; or Combo Kit of "A" & "B"-$7.50 each kit; 2/$12.99. Order from: American Century, Dept. BH-37, Box 36232, Los Angeles, CA 90036.

11 piece cookware set



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NO SPLASH, SOFT-STREAM WATERING BEST FOR ALL PLANTS. IT'S AS EASY AS TURNING ON THE FAUCET.

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Our all-vinyl indoor hose comes with adaptors to fit all kitchen and bathroom sinks. Its light weight makes it the perfect plant accessory and an ideal gift for the home grower. Order yours today for only $9.99 or take advantage of our 'Buy-For-A-Buddy' Offer...two for only $17.76. ©1976, CMI

Complete unit with all adaptors and accessories... $9.99
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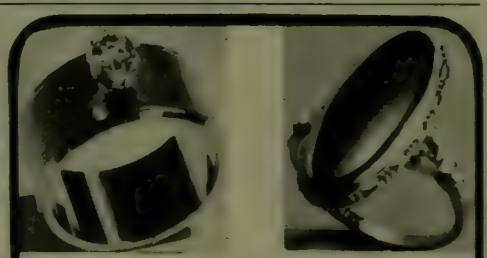
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Neat way to store a complete dinner service for eight. Saves valuable cupboard space. Prevents chipping and breakage. All metal caddy with soft vinyl cushioning. Stores 40 pieces—8 each cups, saucers, soup bowls, dinner plates and dessert plates. Use for your best china, or everyday dinnerware! 9" high x 19½" across.

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Send 25¢ for the next 4 issues of our colorful art needlecraft catalog.

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The Stitchery
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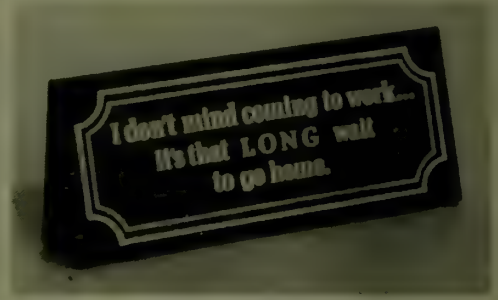
The snake-chain belt

A glide of gold-finished solid brass, clasped with a gleaming personalized plate. Stretches for smoothest fit. One size fits waists from 24" to 32". Print initials. #1289, $8.98 + 75¢ post. Lillian Vernon, Dept. H3E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



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622 TOMATOES FROM JUST ONE SINGLE PLANT...

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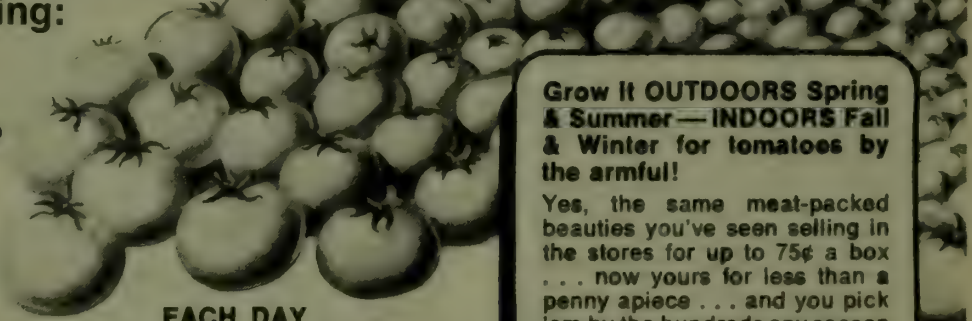
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Amazing F-1 Super-Hybrid, gives you Armfuls — and Armfuls — and Still More Armfuls of Luscious Tomatoes not just in spring and summer . . . but anytime of the year . . . even in winter.

IT'S A LIVING "TOMATO FACTORY" INDOORS OR OUTDOORS!

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Yes, the same meat-packed beauties you've seen selling in the stores for up to 75¢ a box . . . now yours for less than a penny apiece . . . and you pick 'em by the hundreds any season of the year.

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Just picture the taste-thrills galore as you enjoy fresh-off-the-plant salads and sauces any season of the year . . . as one dozen, two dozen, three, four or even five dozen fresh new tomatoes APPEAR WEEKLY! And not little itsy-bitsy midget tomatoes . . . but plum-sized beauties that are chock full of tasty goodness as the biggest, juiciest tomato you've ever sunk a tooth into. Yes, there's just no other tomato in all of nature that can possibly compare to this exciting SUPER-HYBRID with all of these miracle features:

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- Professionally bred to be super-hardy. Meaning they require no special care, no special sprays, no special feeding. All you do is water them and pick them by the basketful — for the most luscious, tasty tomatoes you've ever sunk a tooth into.
- So much meaty goodness from so little space. Just a one square foot patch in your garden OR a single windowsill in your home rewards you with baskets and baskets of delicious tomatoes throughout the year — indoors or outdoors.

GROWS SO FAST YOU'LL PICK YOUR FIRST BUMPER CROP JUST 7 WEEKS FROM TODAY!

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6181-481

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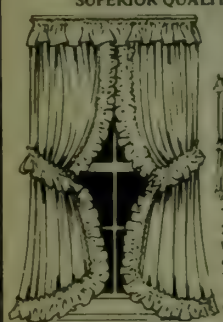


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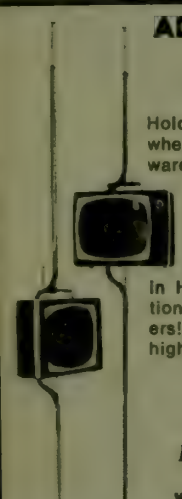
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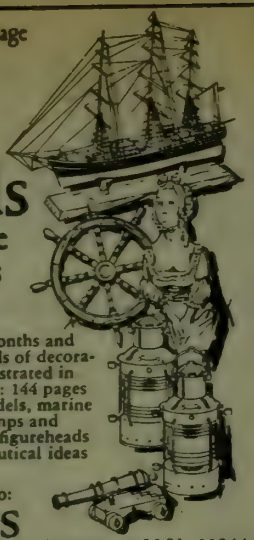
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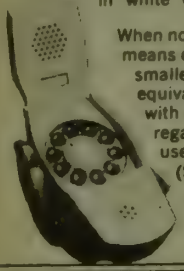
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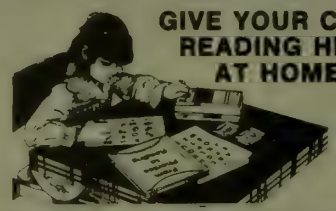
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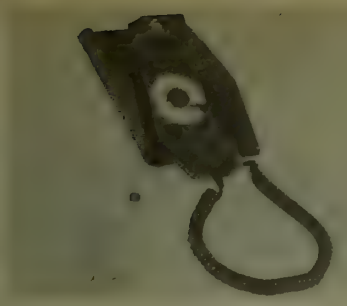
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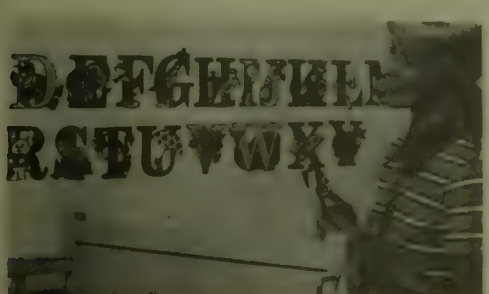
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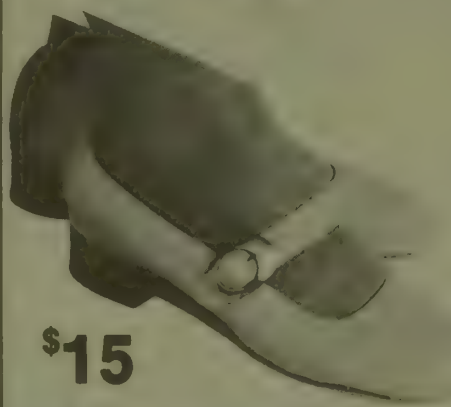
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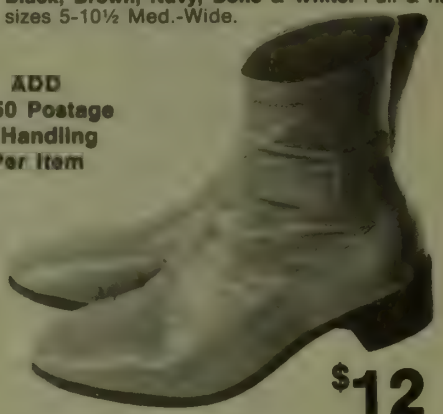


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KRAUS . . "Like wearing gloves on your feet."

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WORLD GARDEN, Dept. 3BH
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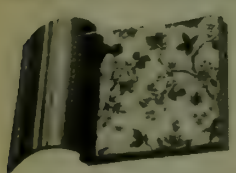
To personalize just press handle. Makes raised letter impressions on paper & envelopes. Print 3 lines desired (24 characters or less per line). $9.95 + $1 post. 4 lines, add $1.25 Extra plate $8.50. Postamatic Co., Dept. BH-3, Lafayette Hill, PA 19444.



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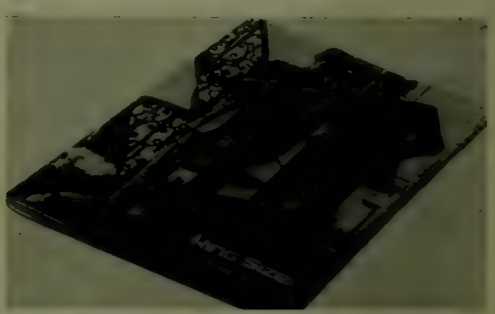


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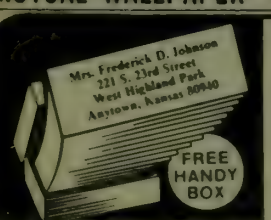


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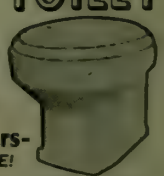
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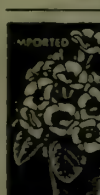
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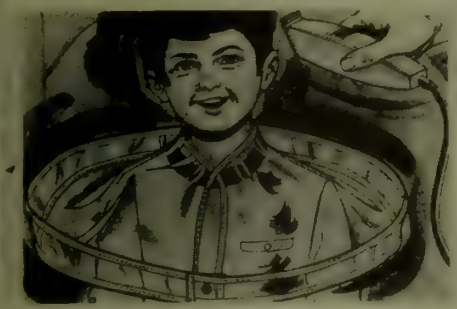


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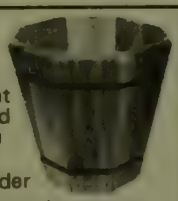


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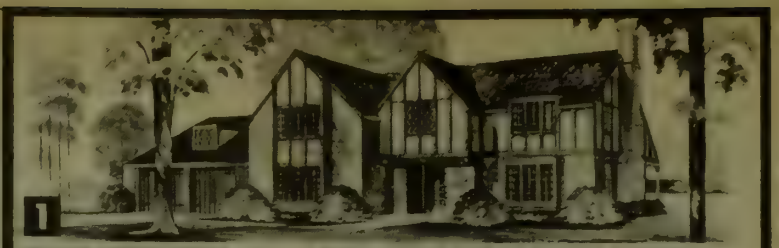
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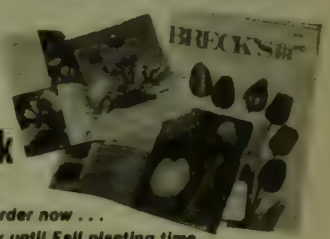
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72"x72"	14.00	22.00
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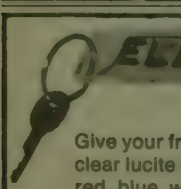
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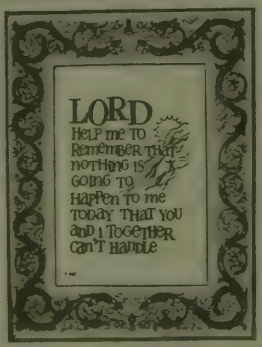
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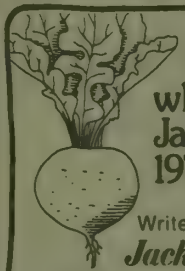


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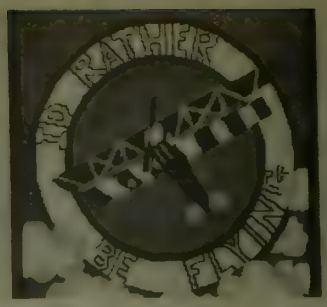
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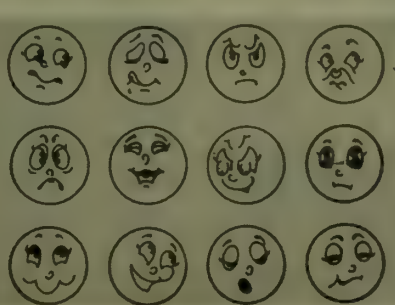
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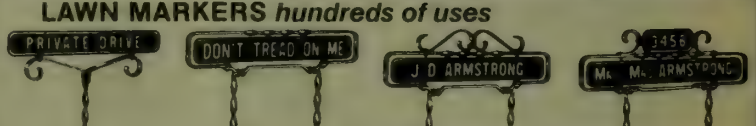


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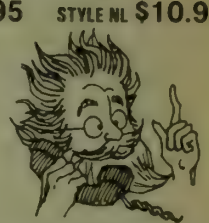


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The Man Next Door.

Grandpa Hillis recalls that he thought nothing of walking three miles in a snowstorm to school when he was a boy, and Burt, Jr., says that he really doesn't think much of it, either.

If pressed, Bubba Daley, 16, will admit that he's not really enrolled at Harvard and doesn't belong to a ritzy club despite those decals on his auto. They came with his new secondhand car—and had a lot to do with why he chose it.

"Among the satisfactions of retirement," confides Uncle Dodd Buckner, "is the freedom to tie up your tomato vines with your neckties."

According to Aunt Opal, the worst thing about the evening news nowadays is that it doesn't get better when you switch channels.

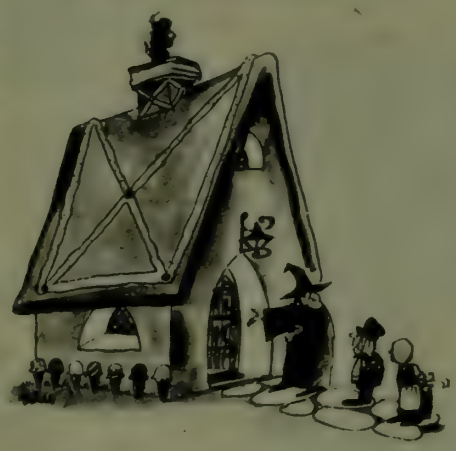
"Most of us should give thanks not only for what we have, but also for having a great deal more than we deserve," the Rev. George Hall declared last Sunday.

Sometimes I think there must be something to the theory of reincarnation, because how could I have gotten so far behind on things in just one lifetime?

Asked where he would live if he had the whole world to choose from, eight-year-old Hank Nardman thought seriously for a moment and then replied: "Anywhere that Betsy doesn't live." Betsy is his sister.

Although Bill Norman agrees that every person should be prepared to fall back on their savings if needed, he fears that he might suffer some permanent injuries if he had to do it right now.

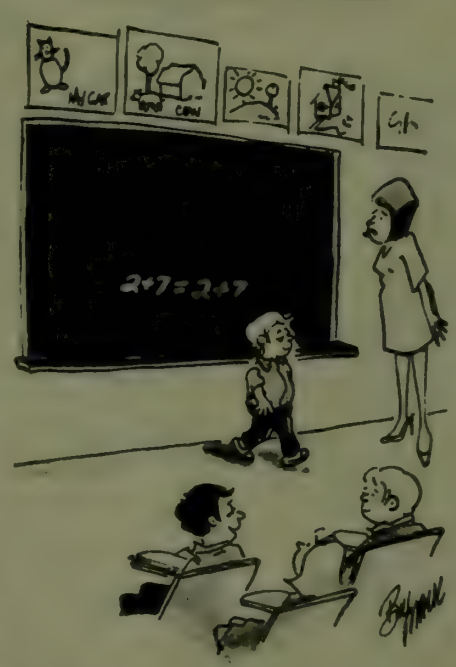
Burt, Jr., is arriving at the age when he thinks how far he goes in life may well depend on how much gasoline is left in the car.



"Gingerbread? Really? How did you get a mortgage?"

Our Judy, age ten, is on the lookout for the first signs of spring: yellow daffodils, the first robins, the flying of kites, and the sound of rock tunes drifting across the neighborhood from just recently opened windows.

After returning from their midwinter "Caribbean cruise," Bill and Isabel Norman were the envy of half the town until Bill let it slip that their trip was made aboard the flagship from "Ed's Half-Day Sportfishing Trips."



"Let's see her argue with that *logic."*

One of the highlights of our family's cross-country motor home trip last summer was Christine's discovery of an old porcelain-and-metal barbershop chair. According to Christine, it was "a steal at only $75," but in my opinion the secondhand dealer would have been happy to move that grimy, rusty monstrosity for half that price.

Still, the chair brought back memories of 25-cent haircuts, and it totally eclipsed Isabel Norman's old phonograph as a conversation piece. So we broke the chair down into sections, lugged them into the main aisle of the motor home, and—as the pioneers did a century ago with their butter churns and spinning wheels—headed west.

Once home, Christine decreed that every last piece of metal had to be separated from the chair, stripped, and replated. The dismantling job pretty well killed an evening, and I felt for a time that it might well do the same for me.

Then came the news that the replating would set us back around $225. Even that didn't daunt us—after all, we certainly weren't going to haul that chair a thousand miles back to where it rusted in peace before we came along. . .

Next, there was a bill for the reupholstering job followed by the return of what seemed to be at least 500 bright and shiny nickel-plated pieces of hardware.

The major trouble with old barber chairs, I soon discovered, is that they don't come with written instructions for reassembly. It became a process of trial and error, a lot of unsolicited advice, and a few heated discussions.

Despite the odds, the barber's chair eventually came together as it was meant to be. Bill Norman is suitably impressed. He say that costly, reconditioned chair makes it perfectly clear why the price of haircuts isn't what it used to be.

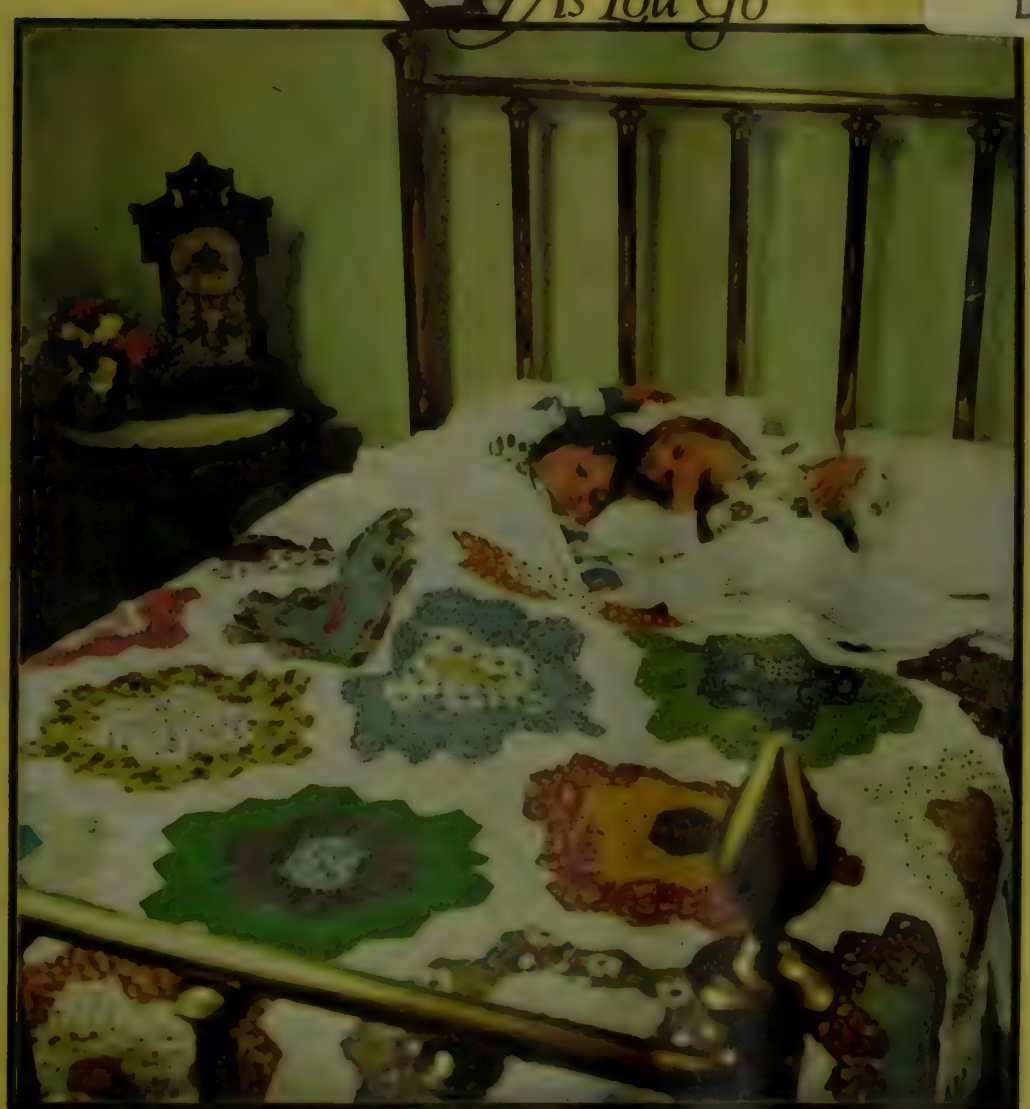
Burton Hillis

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Better Homes and Gardens.

A Grandmother's Flower Garden To Quilt As You Go

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140055



Got a problem ceiling?

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Introducing the suspended ceiling that doesn't look like a suspended ceiling. Look close You can barely see the metal grid. Armstrong has carefully designed these new ceilings the color-matched grid is part of the ceiling pattern, not an interruption. And because the are suspended ceilings, wall-to-wall beauty is only one of the benefits. They're easy to install a easy to keep looking fresh and new. If a panel gets damaged, just lift it out and lay in a replaceme No staples or glue, no muss or fu

Notice the kitchen ceiling. Because it's a suspended ceiling, you can have lights wh*ere* *you* want them – over the stove or the counter – not just where the builder put them. T pattern is called Royal Oak. It has the rich, textured look of sculptured plaster inset in wood. And washable, fire-retardant, and acoustical to help quiet down kitchen clatt

Now, notice the ceiling in the recreation room. The pattern is called Scotch Pine, and rustic board-and-plank look seems to make the whole room more inviti

Scotch Pine is washable and fire-retardant, and because it's a suspended ceiling, the pan simply lift up and out of the way for easy access to pipes, wires, and ducts above.

This weekend, see these exciting new suspended ceilings plus 20 more at your Armstrong ceiling retailer. He has everything you need: panels, Super White grid, lighting fixtures, and easy-to-follow instructions. He's under "Ceilings" in the Yellow Pages. Or, send us the coupon on the opposite page. We'll send you the name of the retailer nearest you and our full-color brochure.

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CREATORS OF THE INDOOR WOR

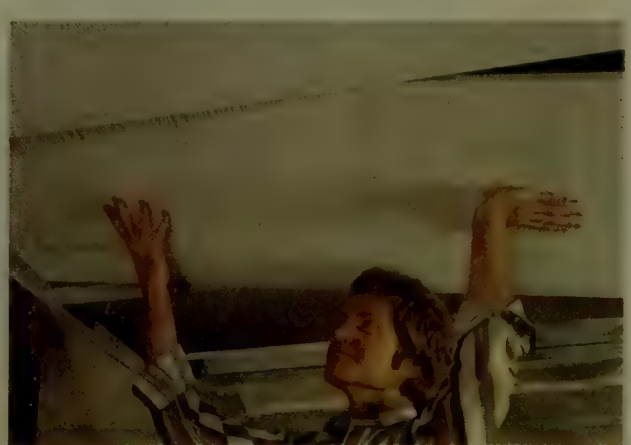




You can install a beautiful new Armstrong suspended ceiling almost anywhere in your home. Briefly, here's how:

1. (Upper left) Hang the Super White metal runners at least six inches below your existing ceiling or open joists
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Maybe he should wish for a new power plant.

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He'd see that some parts of the U.S. face serious shortages of electricity as early as the late 1970's.

And that we have to continue building power plants, as rapidly as possible—because they take 8-10 years to complete.

He'd also wish for a new plant so that new offices and factories will have power to operate by the time he's ready for a job.

Finally, he'll need it to benefit from all the electrical things to come. The electric car he'll drive. The electric buses and trains. And all of tomorrow's electric miracles—entertainment, time-savers, labor savers, and conveniences.

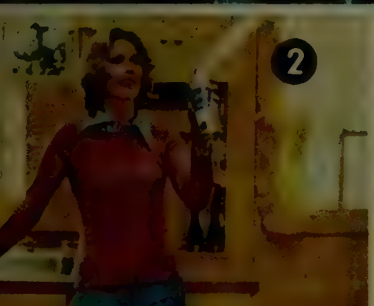
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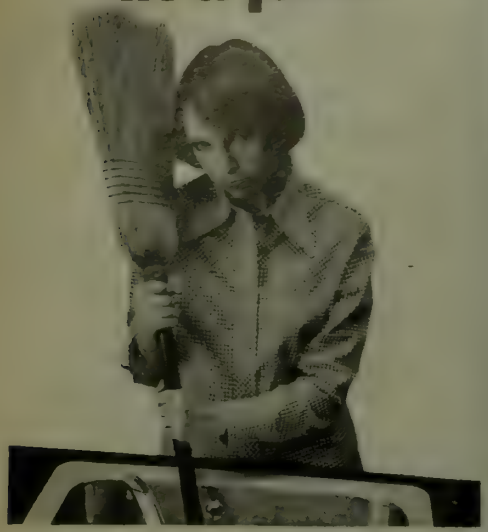
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Lysol® Spray kills household germs, including germs that cause odors.

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$30* Queen and King size

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There are four sizes of foam-backed, matching draperies at wonderful low prices, too. And lots of wonderful natural-look pillows. All at most Sears larger stores from March 20, through April 23, 1977.

Only at **Sears**

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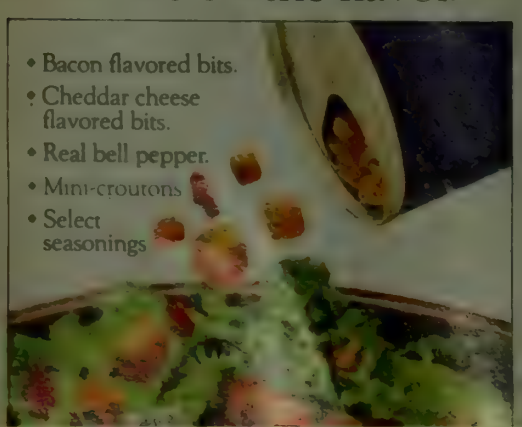
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Shake on the flavor.



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Why just call Long Distance when people expect it? Little things come as surprises, and the telephone is a convenient, inexpensive way to share them. Pick up your phone the next time you have some news, and bring someone you love into your life again. Long Distance is the next best thing to being there.

Bell System

Hope at last for families who want their own first home

For far too long, the headlines have heralded what seems like the death of a basic American dream for many young families: a home of their own. Ever-rising prices and tough financing demands have simply shut off hope for thousands of people who've been trying to take their first step into home ownership.

Now, Senator Edward Brooke (R. Mass.) has come forth with an important bill—the Young Families Housing Act (S. 664)—which offers several creative solutions.

This bill could bring many people into the housing market, with a result that would benefit not only those families but all of us who want to see home ownership continue as a vital part of American life.

We support Senator Brooke's bill and hope that you will, too.

You can show your support by mailing the messages below to Senator Brooke and to your own senators. The debate is going on *this minute*, so do it now.

There is no question that a house is still the best investment—psychological as well as financial—most families can make. (See "Is owning a home still a sound investment?" in last month's issue.) Unfortunately, first-time home seekers suffer in the very market that benefits present homeowners. Prices for new and older homes continue shooting upward, keeping a first home maddeningly out of reach for many people who want to buy. Steep interest rates add to the problem, and it doesn't look as though they'll drop—certainly not enough to compensate for rising building costs.

Since these costs aren't likely to turn around dramatically in the near future, it's probably wise to get in on the market soon.

The problem is, many people simply do not qualify financially. For some, the impediment may be the down payment required. For others, present income isn't high enough to meet the lender's standards. Many young people face both problems. Yet the longer they wait to buy, the higher the price and probable monthly costs.

Senator Brooke's Young Families Housing Act tackles these problems in two ways that would help more young people buy their first home sooner:

A tax-deductible down payment savings account

The Brooke bill would allow special, tax-sheltered savings accounts which could be used only for building up funds toward a down payment on a first home. Deposits in these "individual housing accounts" (IHAs) would be tax-deductible up to $2,500 a year, with a lifetime ceiling of $10,000. There would be penalties when funds were withdrawn for any purpose other than a down payment on a first home.

The IHA concept has several virtues. It provides a solid incentive for people to save toward a down payment on a house. It speeds up the savings process. And IHA accounts would increase funds available to the housing industry, which in turn could help lower mortgage rates overall.

More realistic monthly mortgage payments

The Brooke bill also proposes a form of graduated payment mortgage which would allow young families to make smaller monthly payments when they first take out the loan and larger payments later on.

The reasoning is that a family's income is likely to be less during the early home-buying years. If mortgage payments can be held down then, more families would qualify for financing and thus get their first home sooner. Later, when incomes are likely to be greater, the higher payments would be easier to handle.

How you can support the Young Families Housing Act

If you agree with us in approving the basic ideas in Senator Brooke's bill, join us in letting him know. Contact your own senators, too. Sign the letters below and send them off. Your support can really count. ■

Senator Edward Brooke
U.S. Senate
Washington, D.C. 20510

Dear Senator Brooke:
Too many young people who want to buy their own home are being kept from their dream by high prices and financing problems. I support your Young Families Housing Act (S. 664) and urge its passage.

(signed) _____

(address) _____

_____

Senator _____
U.S. Senate
Washington, D.C. 20510

Dear Senator _____:
I support the Young Families Housing Act (S. 664) introduced by Sen. Brooke to help young people buy their first home. I urge your support for the bill.

(signed) _____

(address) _____

_____

Senator _____
U.S. Senate
Washington, D.C. 20510

Dear Senator _____:
I support the Young Families Housing Act (S. 664) introduced by Sen. Brooke to help young people buy their first home. I urge your support for the bill.

(signed) _____

(address) _____

_____

Q. Does Norge pack a coupon for Tide in every new automatic washer?

A. Do pirates dig for treasure?



Searching for buried treasure can be a very dirty job. But to help you get out the dirt your buccaneer might get into, Norge packs a 40-cents-off Tide coupon in every new automatic washer.

Now 40-cents off may be a good reason to try Tide, but there's a better reason to keep on using it. 'Cause Tide was made to handle the different kinds of dirt you see so much of, like the tough ground-in dirt that actually goes through the pants legs to the inside. And even stuff like grape jelly and catsup. On tough problems like those, Tide gives you the kind of cleaning you need.

The dirt you see the most, is the dirt Tide cleans the best.



This Norge washer has a giant 20 lb. capacity that's powered by a commercial grade heavy-duty Transmission. In addition, Norge offers an exclusive lint filter that works at every water level and an Energy Sentry Control System.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 17 washers pack Tide coupons in every top-loading automatic.

Box or menthol:

Carlton is lowest.

See how Carlton stacks down in tar.
Look at the latest U.S. Government figures for:

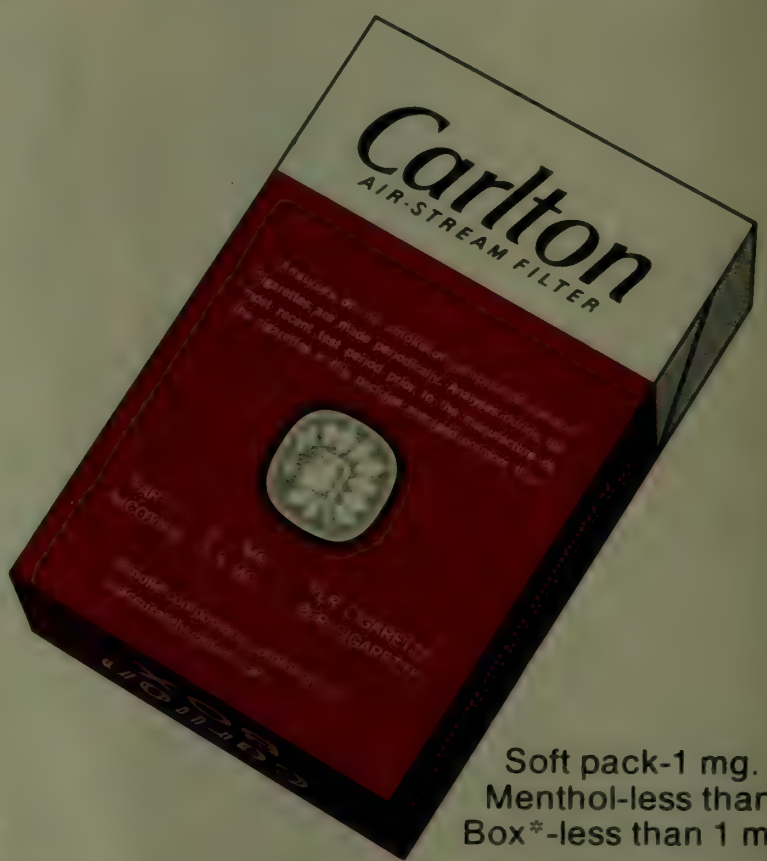
The 10 top selling cigarettes

	tar mg / cigarette	nicotine mg / cigarette
Brand P Non-Filter	25	1.6
Brand C Non-Filter	23	1.4
Brand W	19	1.2
Brand W 100	19	1.2
Brand M	18	1.1
Brand S Menthol	18	1.2
Brand S Menthol 100	18	1.2
Brand BH 100	18	1.0
Brand M Box	17	1.0
Brand K Menthol	17	1.4

Other cigarettes that call themselves low in "tar"

	tar mg / cigarette	nicotine mg / cigarette
Brand P Box	15	0.8
Brand K Mild	14	0.9
Brand W Lights	13	0.9
Brand M Lights	13	0.8
Brand D	13	0.9
Brand D Menthol	11	0.8
Brand V Menthol	11	0.7
Brand V	10	0.7
Brand M Menthol	8	0.5
Brand M	8	0.5
Carlton Soft Pack	**1**	**0.1**
Carlton Menthol	**less than 1**	**0.1**
Carlton Box	**less than *1**	***0.1**

*Av. per cigarette by FTC method



Soft pack-1 mg.
Menthol-less than 1 mg.
Box*-less than 1 mg.

Less than 1 mg. tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Of all brands, lowest...Carlton 70: less than 0.5 mg. tar, 05 mg. nicotine av. per cigarette, FTC Report DEC. '76.

Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report DEC. '76.
Box: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette by FTC method.



YOUR RIGHTS WITH THE POLICE

Along with most law-abiding, middle-class citizens, you probably feel relatively safe from unfair treatment at the hands of the police. That assumption has led many people into deep trouble that might have been avoided.

"Nobody's life is immune to sudden bad luck," says William P. Shea, former assistant attorney general of New York and now a private lawyer in New Hampshire. "No matter who you are, you could get involved in some situation not of your own making—a riot, an accidental death—in which you will find yourself confronting the police."

The laws of this country are designed to protect your rights by putting various obstacles in the way of the police. Yet ironically, the spirit of fair play and good citizenship causes many people to give the police more cooperation than the law requires. They answer questions that they need not answer, and submit to searches that would be illegal without their consent.

Here are your most basic rights.

Your rights in traffic violations

With most traffic violations, the police won't place you "under arrest." Instead, they will give you a "citation in lieu of arrest." Technically, you *have* been arrested—but instead of being held, you are set free on your personal promise to pay a fine or appear in court.

Don't be fooled by the apparent informality of this quasi-arrest procedure. If the violation is trivial and the fine is ten dollars, you may elect just to pay and be done with it. But let's suppose you are charged with causing an accident and then fleeing the scene. The officer who hands you the citation isn't required to warn you of your rights, but you should behave exactly as though you are under full arrest. Whatever you say to him can be used to convict you, so stand firmly on your right to be silent. You are *not obliged* to answer any of his questions, particularly those that could possibly incriminate you.

Your rights against illegal search

As a rule, a policeman may not search your person, house, car, or other property except under three conditions:

1. *With your voluntary consent.* If you consent because you are intimidated or threatened, that is not "voluntary," and the search is illegal. The results of an illegal search are not admissible as evidence in either federal or state courts.

2. *With a search warrant.* This is a document signed by a judge. The police must show that they have good reason to believe a crime has been committed and certain specified evidence is to be found in the place they want to search. Also, warrants specify that the search must be conducted on or before a certain date and, generally, in daylight hours.

Most warrants require that the police knock on the door of your home before entering, and you have a right to examine the warrant before you let them in. If it is being served at too late an hour or after its expiration date, you have the right to turn them away.

Your rights are more limited in some states, where judges can issue "no knock" warrants. Designed to deal with easily hidden evidence such as drugs, "no knock" warrants authorize the police simply to break into a home.

3. *In the course of, and as part of, a lawful arrest.* If you aren't under arrest and the police have no warrant, you may refuse to submit to a search in most situations.

Suppose you happen to be in the vicinity when a store gets robbed of cash. The police find you leaving the scene. Something makes them think you are suspect, and they order you to empty your pockets or handbag. You are reluctant to obey because, by bad luck, you happen to be carrying a good deal of cash, and you are afraid that this will only increase their suspicions. The correct procedure is to ask if you are under arrest. If the answer is no, you do not have to obey the order.

There are some exceptions to the rules about illegal search—the most important having to do with cars. Police argue that they must have leeway to conduct a search before the opportunity vanishes down the road, and many courts have agreed. Most counselors suggest that you submit if the police want to search your car. But watch everything they do, and tell your lawyer later. If he can show that the search was illegal, nothing found by the police can be used against you.

Other, minor exceptions: airplane passengers must submit to searches of their luggage, pockets, and handbags, or they won't be allowed on the plane; the U.S. Customs may search anybody arriving from a foreign country.

Your rights against false arrest

The Fourth Amendment says a policeman must have "probable cause" before he can legally arrest you. Mere suspicion is not reason enough for an

continued

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General Electric introduces colors as fresh as the great outdoors.



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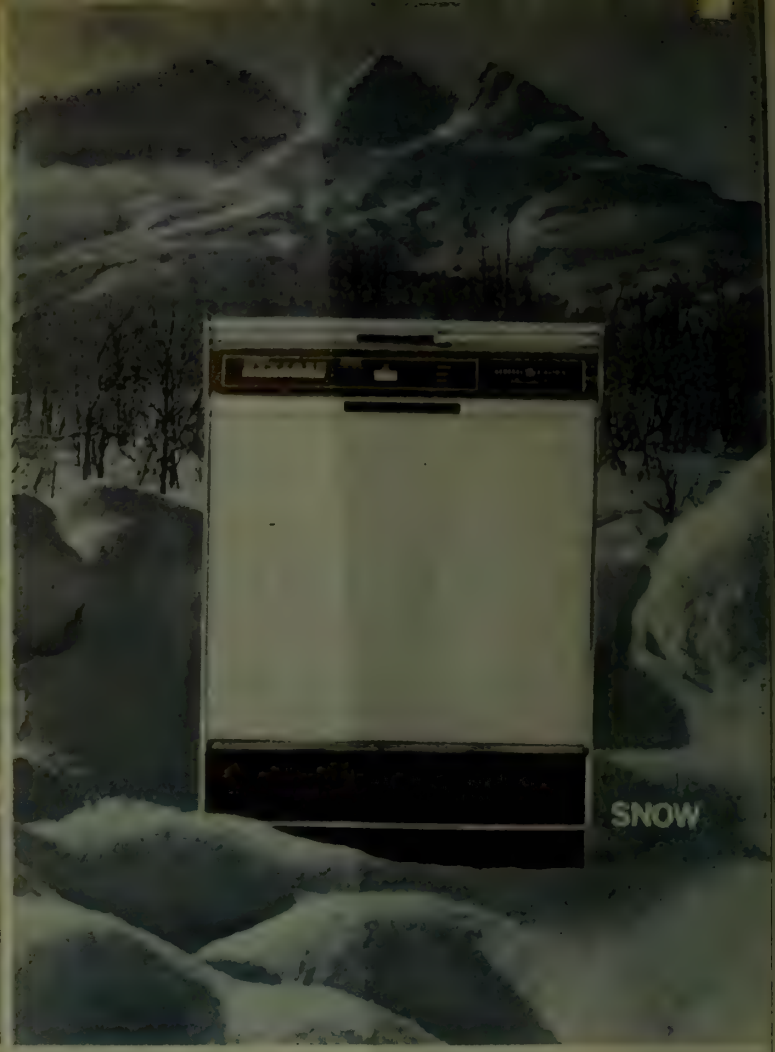
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"...just beautiful—more than we dared to expect. The silver pieces are about 80 years old...belonged to my mother. I'll recommend you to all my friends." MRS. N.J.L., Pa.

"My tea service just arrived...so lovely! I'm sending more..." MRS. M.A.P., Pa.

"...my silver arrived in perfect condition, and I'm thrilled with every piece you did. In 54 years, they've never been as beautiful." MRS. J.H., Ill.

"We are very grateful that craftsmen of your calibre still exist today..." MRS. T.D., Calif.

"Mrs. W—is delighted, and I don't mean maybe! I am too, because I checked other silverplaters in our area, and they wanted an arm and a leg compared to your very reasonable price. Great job!" MR. L.W.W., Texas

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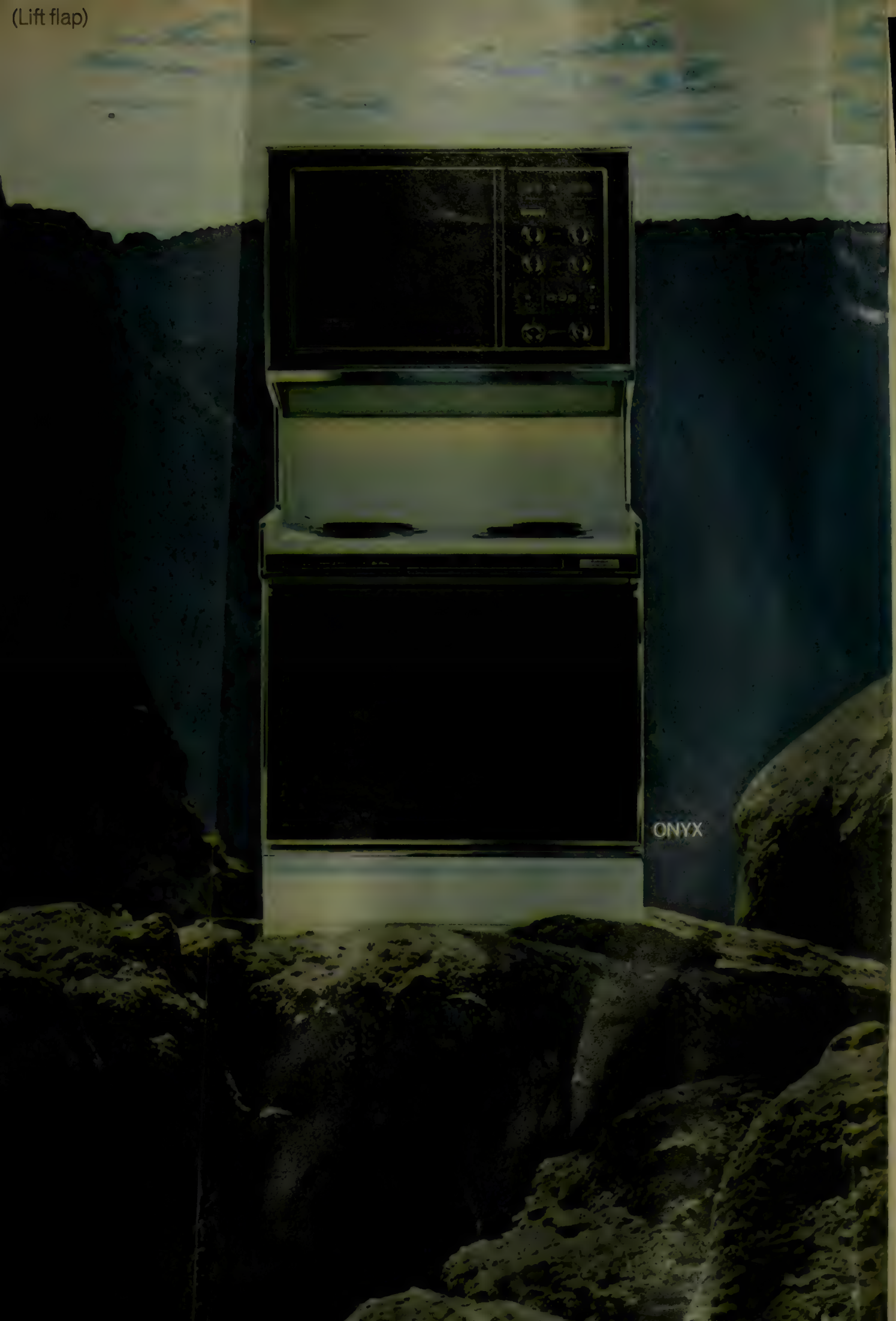
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Your rights with the police

arrest. Probable cause is generally held to arise from any of four situations: 1) a policeman actually sees an offense being committed; 2) he has information about the offense from a credible witness; 3) he finds evidence in the course of a lawful search; or 4) he sees evidence in plain view.

Suppose a policeman stops your youngster for a traffic violation and sees marijuana cigarettes lying on the car seat; that could be probable cause for a lawful arrest. But if the cigarettes are in a paper bag, and the policeman grabs the bag and looks inside without your youngster's consent, that could be an illegal search. The arrest based on it might also be illegal.

Because all states allow the police to use "reasonable" and "necessary" force in making an arrest, most counselors advise against resisting, even if you feel the arrest is unlawful. Say you are driving home late at night from a formal dance. You have had a moderate amount to drink and are in perfect control of yourself and your car. The police stop you to warn of a malfunctioning taillight, then note your party attire and decide they want to arrest you for driving under the influence of alcohol. You feel they have no probable cause, since nothing you have done or said gives evidence of intoxication. What should you do?

Paul Chevigny, staff attorney for the New York Civil Liberties Union, counsels that you temporarily submit. "Don't be abusive," he says. "Talk to the police politely, but briefly. Go along with them. But remember all the details, and tell them to your lawyer. If he can show that the arrest was unlawful, that could help win your case."

You have the right to sue for damages if you are illegally arrested.

Your rights under interrogation

When arresting you, a policeman is supposed to give you the famous four "Miranda warnings:" 1) You have the right to remain silent; 2) anything you say can be used as evidence against you; 3) you have the right to consult a lawyer; and 4) if you can't afford a lawyer, one will be appointed at no cost.

These warnings are meant to be taken quite literally. Even if you've begun to answer questions, you have the right to stop talking at any time and ask for an attorney. However, if you first indicate that you wish to remain silent and then begin to answer questions, your answers can be used against you.

Your best bet whenever you're detained for questioning is to request counsel right away, and remain silent until a lawyer is present. The law says very clearly that refusal to answer questions about an alleged offense is not to be construed as evidence that you committed the offense.

Although the police can't make you answer self-incriminating questions, there are a few exceptions. For one thing, all states give police the power to stop a car for any reason, and ask for the driver's license and registration.

For another, some states have "stop and frisk" laws. These generally apply to highly explosive situations such as riots or large-scale disasters. A policeman may stop you as you walk down a street, ask who you are and why you are there, and pat down the outside of your clothing in search of a weapon. He may not go any further unless he finds probable cause for arrest.

Then there's the question of a driver being stopped and asked to take an alcohol test. In some states, refusal may mean loss of license. Try to reach a lawyer before taking such a test. If that isn't possible, talk to him as soon afterward as you can.

Your right to call for help

The Miranda warnings say you have a right to consult a lawyer, but they don't say how. In practice, this is left up to individual police departments. Some allow you to make unlimited phone calls, while some limit you to one or two. Still others insist that a policeman make the calls. In any case, your right—and your youngster's—to call for legal help is inviolable.

What if you don't have a lawyer or cannot reach one you know? Ask to call the Public Defender's office serving the city or county. These offices maintain 24-hour answering services for such situations, and if for any reason they cannot represent you, they are responsible for referring other counsel to you. The point is to get someone there who can protect your rights from the outset and can arrange to get you out of custody. Later there will be time to get whatever counsel you choose.

Instruct your youngsters to phone you in the event of any trouble with the police. Also, make it clear to youngsters that they are not obliged to answer any question until they have talked to you and you have called a lawyer. In practice, it may be hard—especially for a youngster—to remain silent if the police press the point. Tell your children to resist as long as they can, but to answer questions if they become frightened. Before answering, they should say something like this: "All right, I'll answer, but because you're scaring me." Then be sure to tell your lawyer about this exchange; statements obtained through coercion can be disqualified as evidence in court.

Your right to release after arrest

Except in some unusual situations—cases involving armed assaults, for example—you have a right to be released promptly after an arrest. To get you released, a lawyer need only convince the police or a judge of two things: 1) that you won't be a danger to the community if let loose, and 2) that you won't run away before the case is closed.

In almost all states, juvenile offenders can usually satisfy the two requirements by being released into the custody of their parents. The age at which one stops being a "juvenile" varies from 14 to 21, depending on the state, the nature of the offense, and other factors.

With a minor offense, an adult can often get released on "personal recognizance." This means that the authorities are satisfied with your promise (and your lawyer's) that you will show up when required.

Failing that, your lawyer will arrange for you to be released by posting bail. The Eighth Amendment says that "excessive bail shall not be required." It doesn't say what "excessive" means, but this much is clear: Except in rare circumstances, a judge would be violating your rights if he set bail at an impossibly high level as an excuse for making you stay in jail. In most situations, you have a right to be free while waiting for the final disposition of your case. ■

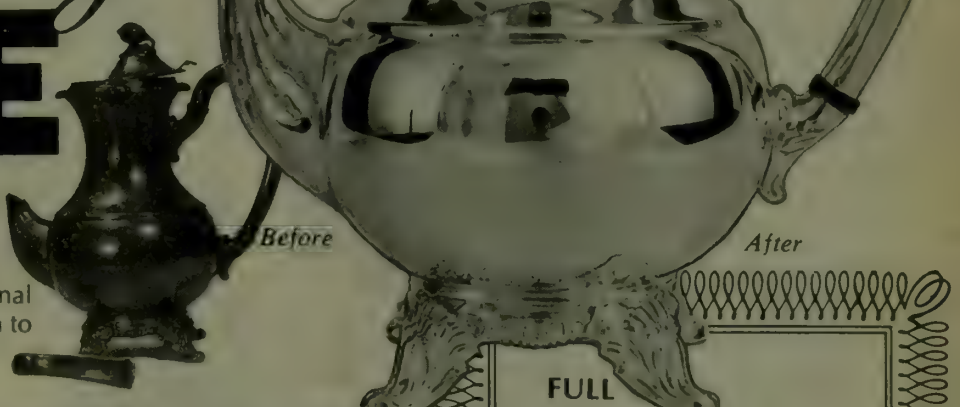
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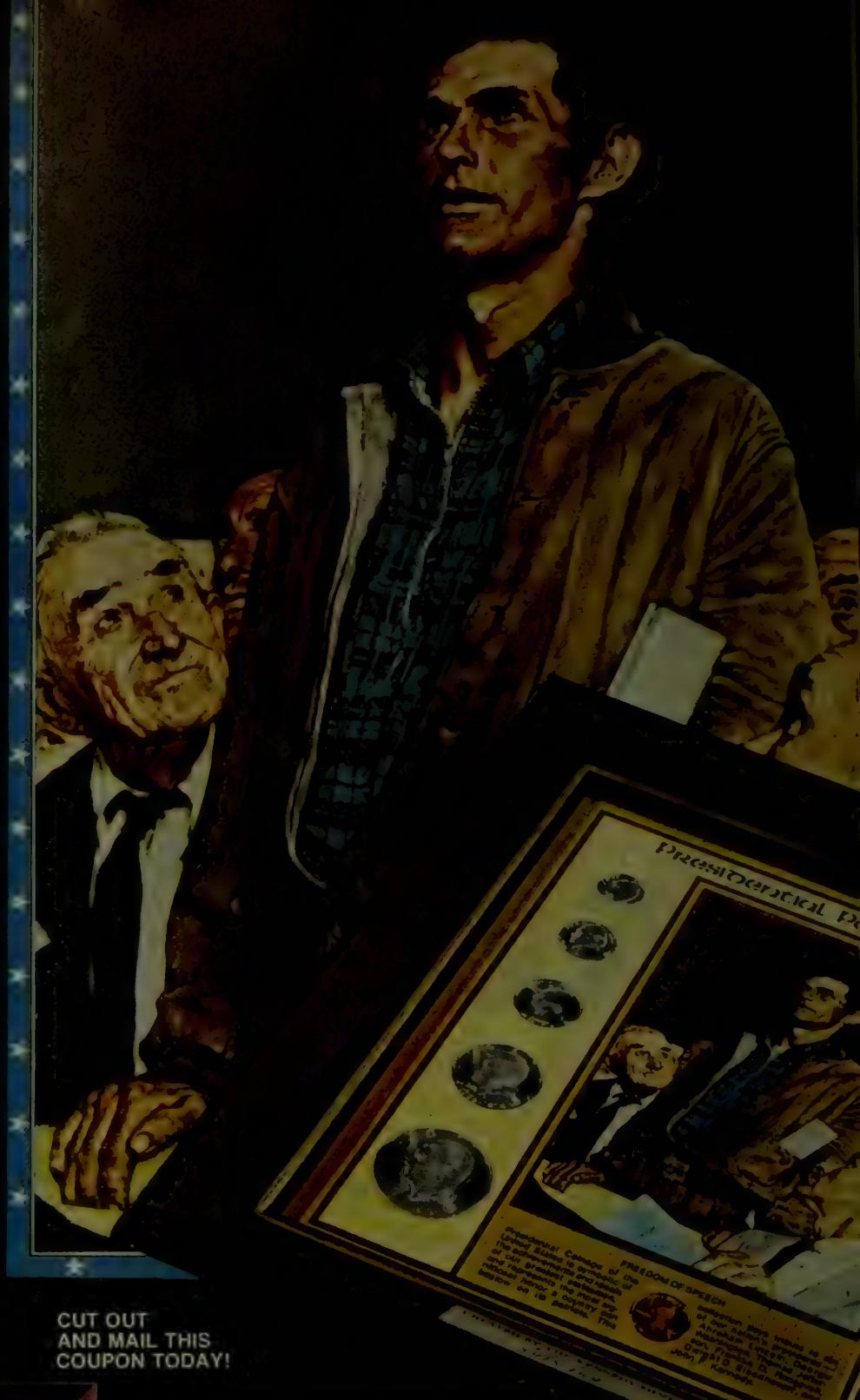
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Please fill out questions below to help us assemble future "Shopping Bags" with products you need, want and can use.

Age Group
☐ 18-24 ☐ 50-64
☐ 25-34 ☐ 65+
☐ 35-49

Married?
☐ Yes ☐ No

Number of children
☐ none ☐ 2
☐ 1 ☐ 3 or more

Check ages of your children
☐ Under 2 ☐ 6-11
☐ 2-5 ☐ 12-17

Do you have:
Dishwasher ☐ Yes ☐ No
Clothes Dryer ☐ Yes ☐ No

Hair Group:
☐ Blonde ☐ Silver
☐ Brunette ☐ Black
☐ Redhead

Skin Type
☐ Dry
☐ Normal
☐ Oily

Hair Type
☐ Dry
☐ Normal
☐ Oily

Do you own a pet?
☐ Dog ☐ Dog & Cat ☐ None
☐ Cat ☐ Other_____

H204

Name_____
PLEASE PRINT FIRST NAME LAST NAME

Address_____ Apt._____

City_____ State_____ Zip_____

Do you have a telephone? ☐ Yes ☐ No

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Caulking reduces heat loss/gain through joints and cracks and also keeps out water, dirt, and insects which can attack the paint and framing of the house.

Where to caulk

As a rule, you should caulk all joints where two different materials or parts of a house meet. Some common caulking sites include:

- around doors and windows where frames and siding meet
- where house siding meets the foundation
- in the joint formed where steps, porch, or patio meet the main body of the house
- around flashing and in the gap in the seam between the flashing and shingles
- along the seam formed by siding meeting at corners
- wherever plumbing enters the house through exterior walls
- around the exhaust vent for a clothes dryer
- in the spaces formed between room air conditioners and the window frames
- in the opening around outdoor receptacle boxes
- in the fine cracks that develop in stucco and other siding materials
- around the holes where electrical wiring enters the house from an unheated attic or crawl space.

What's available

Consider the kind of joint you're filling and choose from the several basic types of caulks on the market. To get the best performance, carefully follow package directions.

Oil base. Oil-base caulks are the most commonly used because they will bond to most surfaces—wood, masonry, metal—inside or out. They are best used for non-moving narrow joints such as around window and door frames or for filling and waterproofing cracks and crevices. As with oil-base paint, these caulks clean up with a solvent. Wait 24 to 48 hours before painting over the caulk with oil- or latex-base paint.

Latex base. Latex or acrylic caulks adhere to most surfaces but are not recommended for expansion joints. These caulks resist mildew, can even be applied to damp surfaces, and accept latex paints about 30 minutes after application. For oil-base paints, wait 24 to 48 hours. Clean up with water.

Butyl-rubber base. Butyls are especially effective for masonry-to-metal joints, but also do a good job on other materials. You can buy a special product for gutter and metal-lap projects; another type—a translucent butyl—is made for use with corrugated plastic panels. The butyls require a solvent for cleanup. The caulk skins over within 24 hours and can be painted in a week.

Asphalt base. This type of caulk seals flashings and fills minor roof leaks. Because of these uses, it comes in black and should not be painted. It cleans up with a solvent.

Silicone base. Work fast if you're using silicone caulks; they cure very quickly. But they are worth the extra care, because they stay extremely flexible for many years. Silicones take well to almost all surfaces, but most brands can't be painted. If you plan to paint over the caulking, be sure to use a paintable silicone. One of the most common uses of silicone caulks is filling gaps around tubs, showers, and sinks.

Other caulks can be bought in rope form. Rope caulk is convenient when you're weather-stripping windows, room air conditioners, and transoms.

How to use caulks

Start with a clean, dry surface. Clean away all old caulking (scrape, peel, gouge, but get it *all)* or the new caulking will not adhere properly. Then use a stiff brush to clear away all particles. Clean the area with a solvent to remove as much dirt, oil, wax, and dust as possible. Let the area dry, before you apply the caulk.

For best results, work when the temperature is moderate. In cold weather there may be frost or condensation on the joint. In hottest weather the joint will be in its closed position. Either way, your efforts will be wasted.

Caulk is available in bulk form, but most homeowners prefer to use a disposable cartridge in a drop-in applicator gun.

To ensure a good seal, use the correct bead size for the job at hand. (The bead should overlap both surfaces of the crack you're filling.) The cartridge label should tell you where and how to cut the spout.

Hold the gun at a 45-degree angle to the crack and either push or pull the gun, depending on which direction works best for you. (Run a few practice beads to get the hang of it.) Use steady pressure on the gun's trigger to keep the bead uniform, and fill the crack in one continuous movement, if possible.

Some types of caulking compounds, such as those made for bathtub sealing, come in toothpaste-like tubes that you squeeze as you go. The rules about a clean, dry surface apply for these caulks too. When working with them, it's especially important to remove soap residue with a solvent, because silicone caulk will not adhere to a soapy surface. Completely dry the area before applying the caulk.

Squeeze the caulk out of the tube in a continuous bead all around the tub or sink. Then wrap a clean rag around your index finger, dip the finger in denatured alcohol, and press the caulk into the joint. Keep the rag damp, smoothing the caulk as you press it in. Use the same rag to remove excess caulking material.■

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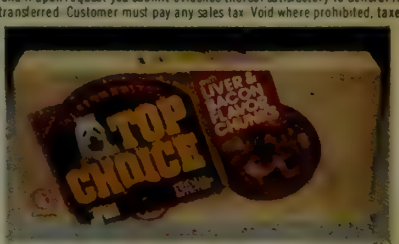
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Cosmetics:

WHAT YOU SHOULD KNOW TO USE THEM SAFELY



Americans spend nearly $8 billion a year on cosmetics—shampoos, deodorants, soaps, lipsticks, after-shave lotions, perfumes, cleansing creams, eye shadows, dusting powder, and dozens of other items—and for the most part we don't worry about the safety factors involved in these products. The fact is that despite the prevalence of cosmetics, no one really knows what their long-term toxic effects will be.

Most horror stories of adverse reactions to cosmetics—such as blindness, baldness, discoloration and loss of fingernails—are decades old. The stories date from an era when less was known about predicting sensitivity and when raw materials were less uniform and frequently lower in quality than they are today.

Still, serious reactions that require medical treatment or result in interruption of normal activities do occasionally occur. Here's what you should know to protect yourself before you buy and to avoid the recurrence of any adverse reactions you might experience.

What kinds of adverse reactions occur?

Most adverse reactions to cosmetics are limited to what is described as *contact dermatitis*—any type of skin reaction, irritant as well as allergic, usually confined to the site of contact. The skin itches and develops a rash or becomes red or blotched. Burning and swelling may occur. Bumps and blisters often appear. In the eye area, the eyelids may become swollen and the eyes may water. Sometimes contact dermatitis may affect areas of the skin beyond the site of contact.

Reactions can occur immediately or days later. On rare occasions cosmetic reactions develop only after exposure to the sun when certain substances activated by ultraviolet light waves produce abnormal darkening of the skin—brown marks on fair-skinned persons.

Irritation may be the result of an accident—when shampoo gets in your eyes, is swallowed by children, or when an aerosol spray is inhaled. Some materials applied to the skin may be absorbed into the bloodstream with possibly harmful effects on internal organs.

Armed with increasingly sophisticated laboratory techniques, scientists are taking a new look at such substances as hair dyes, antimicrobial soaps, and hormone creams.

How can the cause of a skin reaction be determined?

Doctors try to distinguish between *irritant* and *allergic* skin reactions. An irritant reaction can occur the first time a person comes in contact with a substance and is more common than an allergic reaction, which is related to an individual's genetic composition.

An allergic reaction can be harder to track down, since you can use a substance repeatedly over the course of many years and then, for no known reason, develop a sensitivity to it. Some chemicals can be irritants as well as sensitizers.

If a cosmetic ingredient proves to be merely an irritant, you probably will be able to use it without discomfort in the future, in another concentration or in another product. On the other hand, once you become allergic to a substance, you remain allergic to it in essentially all concentrations and combinations. Furthermore, you may have difficulty with any chemically similar preparations.

The location of a skin eruption sometimes makes the origin hard to identify. Itchy and puffy eyelids, for example, can be caused in some cases by nail polish rather than by eye shadow; the more sensitive skin of the eyelids reacts, while the less sensitive skin of the hands may not. In one case study, a rash on a man's arm was traced to his wife's hair dye. He came in contact with the dye when she leaned her head against his arm.

Sometimes cosmetics are not the culprit at all. A reaction to nickel in hairpins, eyelash curlers, and earrings and other jewelry may mimic a cosmetic reaction. Similarly, the sponge used to apply make-up may be the troublemaker rather than the makeup itself.

Pushing back the cuticle prior to applying nail polish may expose sensitive skin to irritating ingredients.

Finding the cause of an irritation or allergy is made more difficult by the fact that more than 5,000 ingredients, not counting those in fragrances, may be used in cosmetics. Fragrances—used in all types of products—can be made from some 4,000 ingredients, with perhaps as many as 150 of them in any single product. Even products with no apparent smell may contain a fragrance to mask the odors of other chemicals.

Certain ingredients, however, are more likely than others to cause sensitization. Fragrances and preservatives are among the most common offenders. Dermatologists—physicians who are skin specialists—have samples of known sensitizers available for testing. Additionally, many manufacturers will supply a physician with the individual ingredients in any cosmetic suspected of causing an adverse reaction.

Patch testing is a quick way to determine whether a person is allergic to a given substance. A small amount of the chemical is applied to the skin —often on the forearm or back—and usually covered with an airtight bandage. After 24 to 48 hours the "patch" is inspected to see if there's skin reaction. Thanks to recent im-

continued



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UNITED AIRLINES

continued

Cosmetics

provements in standardization of chemical concentrations and interpretation of test results, patch testing has become a reasonably reliable diagnostic tool.

Some doctors prefer a "use" test, because certain ingredients may not produce a reaction by themselves but only when used in combination with others. A use test is performed with the product itself or with the same concentration of the suspected ingredient as there is in the product during use. For example, a cream is applied full strength, but a shampoo is diluted with water.

How common are adverse reactions?

A manufacturer's survey of several thousand users of cosmetics found that nearly half of the women questioned professed to have "sensitive" skin. On the other hand, how many reasonably could be expected to admit having, by inference, "insensitive" skin?

Yearly estimates of injuries under normal conditions vary greatly. Manufacturers cite low figures, while some consumer groups come up with high figures. Under current laws, manufacturers are not obliged to substantiate the safety of their products; the burden of proof that a substance is harmful rests with the Food and Drug Administration (FDA). However, most firms do pretest their products. At present, the FDA does not consider the threat to health sufficiently grave to require pre-market clearance as is the case with drugs.

Most consumers who experience adverse reactions simply discard the offending product. Only about 600 persons a year complain to the FDA, which is responsible for regulating cosmetic safety.

To gain perspective on the nature and extent of cosmetic reactions, the FDA and the American Academy of Dermatology recently sponsored a three-month nationwide study of 9,000 families, involving 31,000 family members. Nearly all of the 589 adverse reactions thought to have been caused by cosmetics involved skin reactions. The dermatologists reviewing the consumer reports rated about 86 percent to be minor irritations that would not require medication or a physician's attention; about 11 percent were classed as "moderate"—that is, reactions that persisted for a prolonged period and that could interfere with normal activities; and about three percent were considered severe—painful enough to require a doctor's attention and to result in an interruption of normal activities.

The researchers found the highest rate of adverse reactions were caused by deodorant/antiperspirant products, followed by depilatories (chemical hair removers), moisturizers and lotions, hair sprays and hair lacquers, mascaras, bubble bath products, eye creams, hair colors and hair lighteners, facial skin creams and skin cleansers, and nail polishes.

How to use cosmetics safely

Remember that cosmetics are designed for use on healthy skin. You're asking for trouble, for instance, if you apply an astringent lotion to your sunburned face. Severe problems can result from using products for other than their intended use—applying hair dye on eyelashes or using underarm deodorant as a feminine spray, for example.

Read the package directions first and then follow them exactly. The length of the instructions is likely to correspond to the potency of the product as well as the severity of its effect. Hair dyes and rinses, home permanents, and hair-removing preparations all carry detailed instructions. Directions vary not only among brands but also in the same brand as the product is changed.

If the manufacturer's instructions recommend a patch test, don't skip it, even though you've used the same preparation before. When having your hair done professionally, have a patch test made first. And if itching, redness, or blisters appear, don't proceed.

If you have a history of allergic reactions to cosmetics, test any product before you buy it. Demonstrator samples should be available where cosmetics are sold. Apply a

continued


They say I'm a
morning person.
Maybe so.
But I can't do a thing
til I've had my Dial.
Oh you great big,
beautiful,
golden bar.
Wash away
the sleep.
Splash on the
confidence.
You can't
buy a better
deodorant
soap.
Or one
that lasts
longer.
Aren't you glad!
dial



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UNITED AIRLINES

continued

Cosmetics

cosmetic sample to the inside of your forearm; let the cosmetic dry, then cover it with an adhesive bandage for 24 to 48 hours to see if any adverse effect appears.

Buy amounts you might reasonably expect to use in six months. Cosmetics deteriorate with age and with exposure to the heat and humidity in most bathrooms. Keeping cosmetics in the refrigerator will slow down deterioration. You should discard products (other than perfumes, colognes, toilet waters, and alcohol-containing products or aerosol sprays) you haven't used for six months or whenever there is any sign of decomposition.

To help prevent bacterial contamination it's wise to wash your hands before using cosmetics and to keep containers covered. Don't share lipsticks, mascara wands, etc. with anyone.

Don't lick your eyeliner brush and never use saliva to moisten cosmetics. (Some women wet eye preparations by spitting on them, a practice that can result in serious complications.) And don't apply eye cosmetics in a moving vehicle.

Keep cosmetics out of reach of children. Cosmetics can look and smell appetizing; poison control centers report 96 percent of accidental ingestions of cosmetics involve children under five years of age.

What about hypoallergenic cosmetics?

Remember that any ingredient used in cosmetics has the potential for producing an adverse reaction; absolute safety cannot be assured.

To end confusion about the term hypoallergenic, which really means "less likely to cause an allergic reaction," the FDA recently issued final regulations that state that a cosmetic may be labeled hypoallergenic if scientific studies show that it causes significantly fewer adverse reactions in human test volunteers than did competing, similar products having at least ten percent of the market share. Former FDA Commissioner Alexander M. Schmidt observed, "The regulation is important because all cosmetics labeled as 'hypoallergenic' will have been shown scientifically to cause fewer reactions. As a consequence, all cosmetics should become safer as manufacturers learn from scientific studies more about the numbers and kinds of reactions that occur with their products."

While the specific safety testing requirements have been challenged by cosmetics manufacturers, a suit was decided by the district court in favor of the FDA and the regulation has been in effect since September 1976.

A cosmetic claiming to be "allergy-free" would be considered misbranded, and regulatory action could be taken. A cosmetic claiming "safe for sensitive skin" has to comply with the same regulatory requirements as does a "hypoallergenic" cosmetic.

Some persons choose hypoallergenic cosmetics because they're often unscented so they won't clash with the wearer's perfume. Hypoallergenic products tend to be more expensive but they may be worth the cost to you if you're convinced what costs more has to be better. The fact is that the cost of cosmetics is related to packaging, advertising, and volume of sales as well as the actual ingredients. Hypoallergenic cosmetics won't cure skin problems such as acne and aren't necessarily better as a cover-up for blemishes than products not so labeled.

What to do if an adverse reaction occurs

Don't discard the product or pass it along to a friend. Write the manufacturer and send a copy of the letter to the Food and Drug Administration, Division of Cosmetics Technology, 200 C Street S.W., Washington, D.C. 20204.

If the problem is severe enough to prompt a visit to the doctor, take the suspected cosmetic along. The list of ingredients on the label will help him determine your specific sensitivity. Once the ingredient responsible for your allergy is identified, you can check labels next time you shop for cosmetics. ■

(Produced in cooperation with Lynne Lamberg.)

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STORE COUPON 173 CT 173

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Name_____

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MAIL IN OFFER 178 CT 178

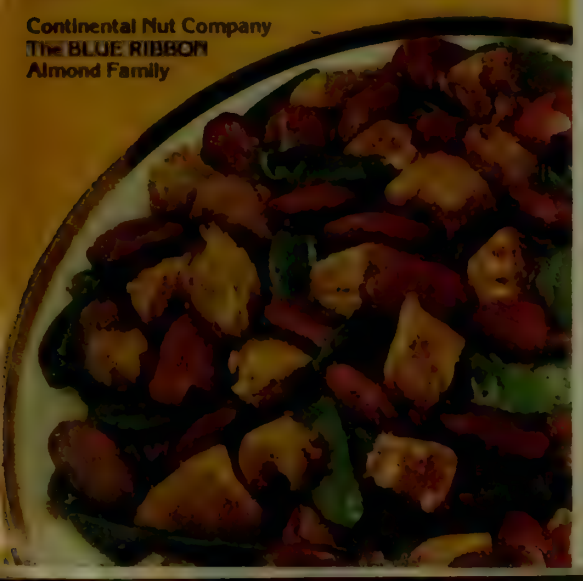


CALIFORNIA ALMONDS
Blue Ribbon Idea

CHINATOWN ALMOND CHICKEN

This is a little wok, but it's worth it. Skin, bone and cut 1½ pounds chicken breast in ½ inch cubes. In bowl mix 1 tsp. ginger, 2 tsp. sugar, 1 tbsp. cornstarch; blend in 3 tbsp. each water and soy sauce, and ⅓ cup sherry. Thaw 2(6-oz.) pkgs. Chinese pea pods. In wok (or skillet) heat ¼ cup oil over medium heat. Add 1 cup BLUE RIBBON Natural (or Blanched) Whole Almonds; stir and cook about 3 minutes. Add chicken and cook just till meat turns white. Pour in sherry mixture; cook till sauce thickens. Add pea pods; stir-fry till hot and glazed. Serve at once. Serves 4.

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HOUSEPLANT HOW-TO

If you're a frustrated fern fancier whose plant seems to lose leaves faster than it grows them, take heart —ferns are really easier to grow than you think. Just follow these instructions for lush results.



Photograph: William Hopkins

Most ferns need bright, indirect light; four hours is about right for the hardier Boston varieties, while the more delicate maidenhair, holly, pteris, and bird's-nest ferns do well in less light—such as that from a north window. Sun that's too bright causes tender foliage to burn and shrivel, so filter the sun with a sheer curtain if necessary.

Ferns aren't fussy about soil, as long as it's rich in humus. You'll have best results with a packaged potting soil high in organic material. Or you can mix your own, using two parts peat moss, one part loam, and one part perlite or vermiculite.

The general rule on fertilizing ferns is to feed them twice a year—early in the spring and then again in late summer. Certain genuses respond better to more frequent feeding—asparagus and Boston ferns, for example, should be fed every three or four months.

The best thing you can do for your ferns is give them humidity. Mist in the morning so foliage dries off.

Leather-leaf fern, upper left corner in the photo, is probably familiar to you; florists use it as greenery in cut-flower arrangements. *Rumohra adiantiformis,* as it's known botanically, likes moist soil, filtered light, and twice-a-year feeding.

Hare's-foot fern, upper right corner, has woolly rhizomes that resemble a hare's foot creeping along the top of the soil. Another name for this fern is golden polypody *(Polypodium aureum 'Mandaianum').* By any name, it needs bright, indirect light, barely moist soil, and twice-a-year feeding.

Foxtail fern *(Asparagus densiflorus 'Myers'),* lower right corner, has long plumes so full of soft needles they actually do resemble a foxtail. Give the fern bright, indirect light, keep the soil barely moist, and feed three or four times a year.

Plumosa fern, lower left corner, is another member of the asparagus genus; its botanical name is *Asparagus plumosus,* and its culture is identical to the foxtail. ■



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To Mr. Husting, suitable punishment did not come easy.

You've come a long way, baby.

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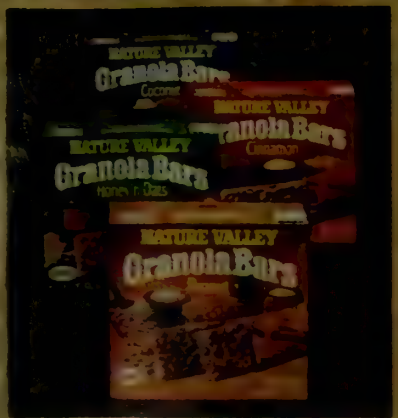
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SNACK GOES GRANOLA!



8 WAYS TO Protect your investment in your HOME

Home is the biggest investment most of us will ever make. And with the recent sharp rise in home-buying and ownership costs, it's more important than ever to protect that investment.

One reason for extra vigilance is that energy, taxes, and other costs can overwhelm you if you don't concentrate on holding them down. Remember, too, that potential home buyers are more conscious of such costs.

Also, the financial leverage that a home has always offered is even more crucial now—especially if you'll be using the profits from the sale of your present home to help finance your next one in a marketplace where home prices are soaring. The more cash you can take out of your current house, the more flexibility you'll have for your next home. Most lenders are reluctant to grant home loans on which monthly payments, including taxes and insurance, run more than 25 or 30 percent of your gross income (perhaps up to 35 percent, if you have no other long-range debt). Being able to make a sizable down payment can help you hold those monthly costs down so you can buy the house you want at today's prices.

Here are eight ways to protect your investment in your home.

1. Cut energy costs

Two facts prevail: Smart conservation can pay for itself, and, on the other hand, wasting energy can endanger your investment.

Don't forget, potential buyers are much more energy-conscious these days. Consider adding insulation, storm windows, and weather stripping, possibly with the help of reputable local home improvement firms.

Also, proper servicing of household mechanical equipment (furnace, air conditioner, water heater, washer/dryer, disposal) can improve efficiency and reduce power costs. These machines become less efficient with age, and loss of efficiency means wasted dollars.

2. Keep up maintenance

As somebody once observed, "No one ever doubted the ingenuity of a plumber who ever got a bill from one." To be sure, labor costs for plumbing, electrical, and other home repairs aren't likely to lessen over the years; yet the need for such jobs will remain, especially if you want to keep up the value of your home.

Your best cost saver is to learn to do things yourself. Repairs and projects that seem complicated can really be fairly simple when you put your mind to them. Helpful guides abound at newsstands, libraries, and building supply stores. However, evaluate your skills realistically. A bad job will only cost you more in the long run.

Prospective buyers will be eying your home with more cost-conscious savvy than before the energy crisis. According to some professional home inspectors, the trouble spots that can lower a home's value most are leaky roofs and flashings, faulty heating systems, leaky plumbing, cracks in walls and ceilings that indicate settlement problems, and signs of weakening foundations and footings.

3. Add home improvements

Properly done, renovations and additions can enhance your investment a lot. Take care, though, not to load too much value onto your house; you may price it too far above the going value of other homes in your neighborhood. Also, additions that are highly personal can be risky. Your attic observatory may be your pride and joy, but not everybody wants one. You may not be able to recover the bulk of such expenses; indeed, they could detract from the salability of the house.

In general, the home improvements that bring the best return on your dollar are a new kitchen, a new or remodeled bathroom, a third or fourth bedroom, and a new family room. They're all features that home buyers look for, according to a recent, informal survey of Realtors and appraisers conducted by Better Homes and Gardens. Central air conditioning and fireplaces are also good attractions.

Some more chancy improvements, in terms of a buyer's willingness to pay extra for them: swimming pools, extensive landscaping, basement rec rooms, and badly planned garage conversions. Common sense is the key. Special features like pools or heavy landscaping that are expensive to maintain or require constant vigilance will narrow the field of potential buyers. They'll just go down the street to a home similar to yours without those extra features, and get the house they want without extra cost. Still, if the improvements mean a lot to your family, that counts more than eventual financial return.

continued on page 42

Drawing: Sheila Barger

The Currier & Ives Plate Collection

- Twelve of the most popular Currier & Ives lithographs depicting the romance and excitement of America's growth and expansion.



Home on the Mississippi

Actual size of plate 6" in diameter



urrier & Ives created art that captured life 19th century America. The tranquility of ral life, the splendor of America's moun-ins and plains, the excitement of our fron-er and the grace of clipper ships and river-oats — all of these and more are recorded in eir works. Now you can enjoy the best of urrier & Ives beautifully reproduced on 12 wless Bing & Grondahl porcelain plates.

The Best of Currier & Ives

The 12 individual works that make up this col-tion portray the romance of America during r nation's first 100 years. By carefully selecting ly the best of the hundreds of works of Currier & Ives, this series presents a panorama of Amer-icana rarely available to today's collectors.

The Beauty of Bing & Grondahl Porcelain

To reproduce a Currier & Ives scene accurately on a beautiful porcelain plate demands precision craftsmanship of the highest order — a quality for which Bing & Grondahl is world renowned. Since 1853 Bing & Grondahl has produced porcelain in exclusive editions for Royalty and the wealthiest families of Europe. Bing & Grondahl's plates bear the symbol of appointment to the Royal Danish Court. This symbol will be on every plate in the Currier & Ives Plate Collection — your assurance that each plate is truly a work of art and a mas-terpiece of design.

Continued on next page ►

Continued from preceding page

An Important First Edition

In 1895 Bing & Grondahl issued a plate that was to become most famous — *The world's first Christmas Plate* — recently valued at $2,750.

Now, in 1977, Bing & Grondahl, in cooperation with the Danbury Mint is issuing another first edition — The Currier & Ives Plate Collection. *These plates are the only plates of their kind in the entire world.*

A Strictly Limited Edition at a Guaranteed Price

To enhance its heirloom value the Currier & Ives Plate Collection will be issued as a strictly limited edition. It is available only by advance reservation and only until *April 30, 1977.* The original issue price of $38.00 per plate is guaranteed to each subscriber throughout the series.

Actual size of plate 8" in diameter



American Homestead — Spring



The Sleigh Race



Yosemite Valley



The Old Grist Mill

Guaranteed Satisfaction
Convenient Acquisition Plan

Each plate in this collection will be crafted with
ne most demanding attention to every detail —
erfection of porcelain, precision of register,
delity of color to match the original Currier &
ves scene, and 2 bands of 24 kt. gold hand applied
o each plate.

Should you receive any plate that fails to meet
our own standard of excellence you can return it
or a replacement or a refund.



Plate's reverse side

Immediate Action Required

To subscribe to this important collection, simply
omplete the reservation application below and
ail it. *YOU NEED SEND NO MONEY NOW!*
LEASE ACT PROMPTLY TO RESERVE
HIS FIRST EDITION!



BHG

PREFERRED RESERVATION APPLICATION

The Danbury Mint
10 Glendinning Place
Westport, Conn. 06880

All orders must
be postmarked
by April 30, 1977

Please accept my reservation to *The Currier & Ives Plate Collection.* I understand there will be 12 porcelain plates in this limited edition series and that the plates will be issued one every two months at the guaranteed price of $38.00 per plate (plus $1.25 for shipping and handling costs).

I need send no money now. I will be billed for the first plate 30 days prior to shipment and invoiced for each subsequent plate as the individual plate is issued. I may cancel this subscription at any time and any plate may be returned for a full refund if upon receipt I am not completely satisfied.

Name _____

Address _____

City _____ State _____ Zip _____

Signature _____



begins on page 37

Protect your investment

4. Maintain adequate insurance

Inflation has very likely boosted the replacement cost of your home. You simply have more to protect now that building prices are higher.

Make sure you maintain coverage equal to at least 80 percent of your home's current replacement value. Otherwise, you may not be reimbursed for your full costs when there's a partial loss in your home—say, a burned-out garage or badly damaged kitchen.

Although insurers stress that 80 percent mark, you may want even more coverage in case of a total loss. One possibility is to ask for an automatic inflation clause, which raises the amount of protection as inflation rises. Even with such a clause, check out replacement values regularly. They may exceed the automatic hikes and point to additional insurance needs.

Higher coverage means higher premiums, but you can soften the blow by increasing the amount of the deductible on your homeowners policy. Ask your agent for details.

Also, all companies do not charge the same amount for the same protection. It pays to shop around for insurance coverage periodically, but be sure you consider the quality of service, as well as the cost.

5. Challenge property taxes

In every community there are errors and inequities in the property tax rolls. Some may be slight, some considerable. If an error runs against you, it can cost hundreds of dollars year in and year out. Nobody will take steps to correct such an error except you, so take the time to determine if your home is fairly assessed in relation to comparable homes in the neighborhood. A visit to your local assessor's office is all that's needed. He can help you find the "comparables" (houses of similar age, size, quality of construction), so you can see for yourself if your assessment is out of line.

If you feel that you are being overassessed, there are steps you can take to protest. These procedures are fairly uncomplicated in many communities, and you may not need a lawyer, at least in the early stages.

But if you think there's a big error, seek the advice of a lawyer and a real estate appraiser. Also, remember that there probably is an annual time limit during which you can file your protest. If you miss it for the year, you must pay the tax and wait until next year. Changes in assessment are not usually retroactive.

6. Watch local conditions

Pay attention to any possible changes in your neighborhood that can affect the value of your property. For example, zoning alterations may bring new uses that could enhance or detract from your investment. Public hearings are held on zoning matters; express your views if you



feel you could be affected.

Changes in highways and local traffic patterns can affect your home's value, too. Local laws usually allow citizens at least to be heard. If your interests are threatened, seek legal counsel without delay.

It's possible that your property value may also be affected by run-down conditions in nearby or adjoining properties. Your community may have laws that can protect you; when someone's property is violating zoning laws, nuisance laws, or housing ordinances, report it to the local authorities. Don't wait for the condition to go away on its own. Take action to protect yourself.

7. Use income tax breaks

One of the great advantages of home ownership is that it enables you to deduct your mortgage interest and your real estate taxes on your income tax return. However, the new tax law may make it worth your while to reexamine your tax picture—especially if you have an older mortgage. This example will give you an idea: Suppose you bought a house for $28,000 in 1960. You paid $7,000 down and signed a $21,000 mortgage for 25 years at six percent interest per year. Your monthly payment (interest and principal only) is about $135.

During the first five years, the interest portion of each payment averaged about $100 a month, or $1,200 a year. This was tax deductible and especially attractive because the standard deduction—what you could deduct if you did not itemize—at that time was only $600.

Today the house has increased in value to, say, $60,000. But you have paid down the mortgage over the years, and the interest portion of each month's payment has decreased while the principal portion has increased. On average during the 15th through 20th years of the mortgage, the interest portion of each payment is about $50 per month, or about $600 per year—half of what it was originally. At the same time, the standard deduction for couples has risen to 16 percent of income, or an annual maximum of $2,800.

Quite simply, it may not even pay you today to itemize your deductions unless you have lots of others, too, which will add up to more than $2,800. (Even hefty property taxes may not be enough without lots of other deductible expenses.)

What if the mortgage interest tax rate no longer helps much? One solution might be to refinance, since the interest benefits are no longer meaningful. There can be some interesting side advantages, but carefully consider all the pros and cons:

Say the remaining balance on your mortgage is now just over $10,000. Let's call it $11,000 to cover refinancing costs. If you refinance the existing balance, $11,000, for a new 20-year term at a nine percent interest rate, your monthly payments will drop from $135 to $97 per month, or $456 per year. Further, the interest portion of your

continued

continued

Protect your investment

payments will now be about $1,000 per year, which might make itemizing your deductions worthwhile again—especially if you're near the $2,800 mark without counting mortgage interest.

Such a move would probably make sense only if you anticipate selling within the next seven years—the amount of time you still have to go on your old mortgage. But if you'll be in the house much longer than that, the advantages are cut severely because you must continue those monthly payments beyond the originally scheduled death of the mortgage.

8. Free your equity

You also might refinance in order to free up your equity in the house. In other words, you can stay in the home, but get some of the cash value out of it that has built up over the years with your mortgage payments and with increasing market values.

If you were now to refinance the hypothetical $11,000 mortgage remainder referred to in the previous section for $41,000 at nine percent for 25 years, you would end up with $30,000 cash in hand and monthly payments of $344. That's $209 more per month than what you're now paying. But remember that your current payments of $135 may have no tax advantage to you now. If you refinance and take on $344 in monthly payments, on the other hand, $296 of that amount is interest (average during the first five years). That gives you an annual interest deduction of $3,552. If your taxable income is in the $20,000 to $24,000 range, you're in the 32 percent bracket. That means that the $3,552 deduction for interest saves you $1,136 per year, or about $95 per month on your federal income tax.

In effect, then, your monthly mortgage expense is reduced by $95, from $344 to $249. You are thus paying $114 per month more with the new mortgage than you had been ($249 minus $135 equals $114). But now you have $30,000 cash in hand. It's costing you $114 per month, or $1,368 per year, to have the use of that $30,000—for college tuitions, building up retirement funds, or whatever. That's the same as paying a simple interest rate of 4.56 percent to "borrow" the $30,000—lots cheaper than most loan rates these days.

Such maneuvering may not be for everyone, but it's a way to put your investment nest egg to work for you without waiting until you sell the house. It could be especially valuable to people who have an open-end mortgage that allows them to refinance at the original rate without paying new closing costs. Work out the details for your own situation to see how refinancing might be to your advantage. But don't take any action without getting prior advice from a tax counselor. ■

(Produced in cooperation with Robert Rosefsky.)



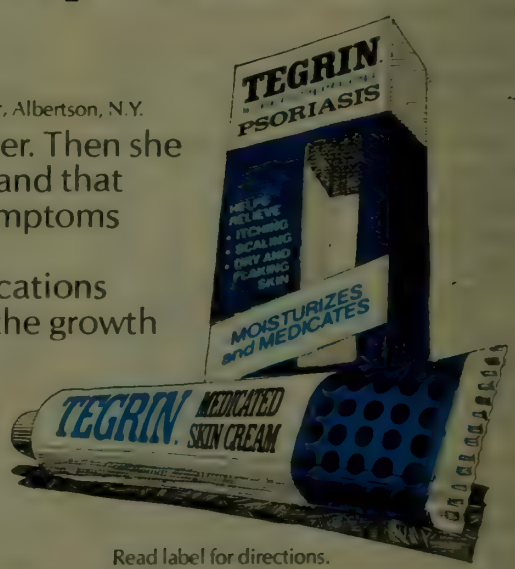
"I was always running out of dry-skin lotion. But I never seemed to get rid of my dry, itchy skin.

Then I found I had psoriasis." Doris Foster, Albertson, N.Y.

Mrs. Foster was heartbroken when her doctor told her. Then she learned that millions of Americans share her problem—and that moisturizing lotions alone can't help relieve psoriasis symptoms the way Tegrin® Medicated Cream can.

Tegrin does more than moisturize. It contains medications that help relieve the itching and flaking—actually help the growth of healthier skin.

"Once I stopped using dry-skin lotion and started using Tegrin, I started seeing results," says Mrs. Foster. "Tegrin helps me forget I have psoriasis... and that's just fine by me." **Tegrin moisturizes and medicates.**



Read label for directions.

Congoleum

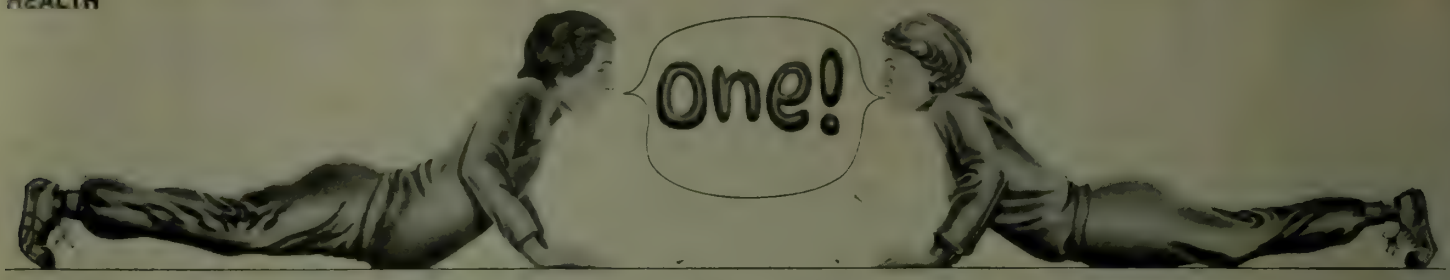
Seamless flooring: elegant, wall-to-wall beauty; a durable no-wax, seamless surface that's easier to keep clean. And seamless installations are easier to do yourself. Only Congoleum offers this, in widths that range from 6 to 15 feet. High quality, high fashion, seamless flooring—in a spectacular variety of no-wax colors and patterns.

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Only Congoleum® gives you seamless flooring in rooms as wide as 15 feet. Seamless flooring that looks prettier, cleaner, newer longer.





How to start your personal exercise plan

Of all the excuses for not getting enough exercise, the weakest is that you have no opportunity. Outlets for healthy exercise are so abundant that the real problem is choosing the right one for you.

Even if you haven't consciously embarked on a physical fitness program, you're already getting a certain amount of exercise. It is, after all, just another word for "physical activity," any expenditure of energy ranging all the way from nearly imperceptible movement to a test of endurance.

How, then, do you go about selecting the physical activity that's right for you? One way is to look for an exercise plan that meets these five criteria:

1. It's compatible with your physical condition.

You should have a health checkup before launching any exercise program, particularly one that's strenuous. Since most exercise puts continually increasing demands on the body's physical capabilities, you need a physician's assurance that added exertion will not subject you to undue strain.

If you are a great deal overweight, or have a history of health problems (such as heart disease or high blood pressure), a physical examination is not just advisable, it's essential.

That doesn't mean, of course, that you have to abandon your plans for an exercise program if your physician gives you a less than perfect bill of health. What it does mean is that you will have to gear your exercise to match your physical condition. Activity is always more healthful than inactivity. You may have to choose a modified or less strenuous exercise program. Or you may have to wait until a health problem is cleared up before you begin your exercise program. But whatever the case, a physician is in the best position to tell you what sort of exercise your body can handle.

2. It suits the purpose you have in mind.

Give careful thought to your motivation. Do you, for example, just want to keep in shape? Is it strength or joint flexibility you're after? Would you like to firm up your flabby muscles? Are you trying to speed up a weight loss? Does exercise represent a form of recreation for you, a chance to socialize? Or do you hope to reap multiple benefits?

Once you're clear on your motivation for taking up some form of exercise, narrow down your choice by considering the four basic categories of exercise—*isometrics*, *isotonics*, *anaerobics*, and *aerobics*. Then, with your doctor's advice in mind, pick the one that serves your purpose.

Here is a capsule description of each exercise category.

- The object of *isometric* exercise is to promote muscular strength and growth through muscle contractions. It's done by pushing or pulling against an immovable object, such as a door frame, or by pitting one group of muscles against another to get the same effect.
- Calisthenics (toe touches, push-ups, sit-ups, etc.) fall under the heading of *isotonic* exercise, and serve mainly to limber up or condition the body. Weight lifting and mild participant sports, such as shuffleboard, archery, and pitching horseshoes, also fall in this category.
- A 50-yard dash is an example of *anaerobics*. The purpose of this form of exercise is to build the kind of endurance and stamina required by athletes in training.
- *Aerobics* is physical activity that increases heart and respiratory action for a sustained period of time. Running, jumping rope, cycling, swimming, and paddle ball, for instance, fall in this category.

3. It contributes to your physical fitness.

No matter what prompted you to turn to exercise, you should make overall fitness one of your goals. Some exercises—isometrics and isotonics, to name two—are rather specialized and should, for health purposes, be augmented with other types of physical activity.

The ideal exercise plan should consist of the following components:

- A daily regimen of balanced exercise designed to tone up the body and speed up circulation.
- Supplementary physical recreation, such as dancing or bicycling.
- Stepped-up daily physical activity whenever the opportunity arises to make the body move and exert itself, as in walking, climbing stairs, stretching, bending, and squatting.

While any kind of exercise helps control weight, it's better not to depend on activity alone to bring about weight loss. Maintaining weight involves striking a balance between the calories in your diet and the energy you burn up. Losing weight requires upsetting the balance in favor of energy spent.

That gives you three options. You can significantly reduce your calorie intake, or exercise a lot more than you are used to, or do a reasonable amount of calorie cutting and exercising. Most authorities recommend the third option.

4. It fits easily into your schedule.

If you select a form of exercise that takes more time than you can

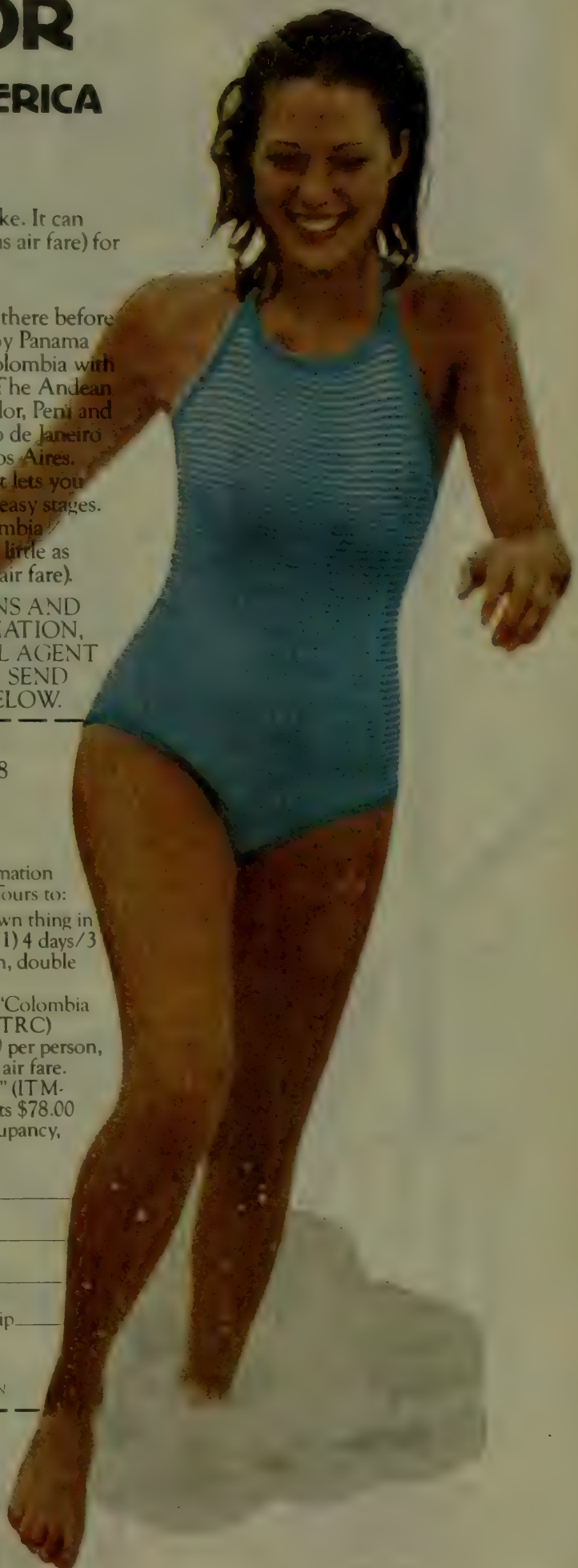
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- ☐ MEXICO—"Do your own thing in Mexico" (IT7BN1DOT1) 4 days/3 nights $33.98 per person, double occupancy, plus air fare.
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continued

Exercise plan

spare, you probably won't exercise regularly. And if you don't, you're probably just as well off not exercising at all or merely settling for a brisk walk.

The physical benefits of occasional exercise tend to reverse themselves within a matter of days. More important, exercising strenuously on a once-in-a-while basis can be damaging to your health. Even if you exercise only ten minutes a day, or 20 minutes three times a week, that's still more beneficial than sporadic attempts.

Keep in mind too that fitness, like Rome, can't be built in a day. Plan to achieve your goal in stages compatible with your physical condition. If you're unaccustomed to vigorous activity, start with mild exercise, advance to a moderate form, then go on to more taxing activities when you're ready for them.

For example, go from brisk walks, to jogging, then to running as your stamina and endurance improve. With regular and frequent exercise you can progress without straining your patience or your body.

5. You enjoy it.

To get the most out of exercise, you have to stay with it; to stay with it, you have to enjoy it. If exercise looms as a bore or a chore, you might as well forget it. Remember, the first few days will be the hardest. After that, pride in your improving condition makes exercising easier.

But keep in mind that the real deterrent to stick-to-itiveness may be the circumstances under which the exercise is performed, rather than the exercise itself. Plodding through rounds of calisthenics alone may bore you, but doing the same thing with others in a class may be fun. On the other hand, you may enjoy a solitary swim, but get nervous and uptight when you participate in a competitive sport. The point is, preferences in exercise vary according to individual tastes, so don't forget to consider yours when you make your choice. ■

(Produced in cooperation with Lilian Rothman.)

It's here! It's available right now from Mutual of Omaha— the protection against catastrophic medical bills that so many people have been asking for—up to

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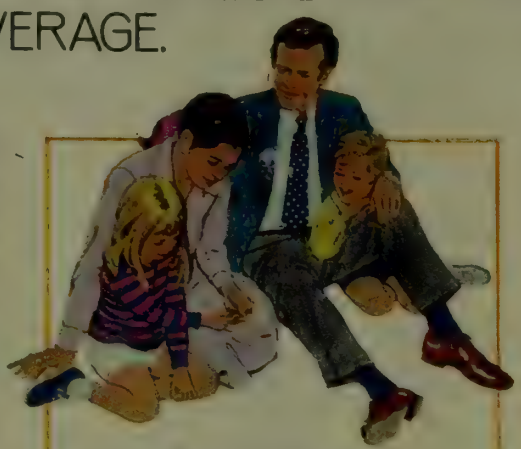
at a cost most families can afford. Covers you both IN and OUT of the hospital.

THE PLAN THAT CAN ADD NEEDED HEALTH INSURANCE DOLLARS TO YOUR BASIC COVERAGE.

You hear it everywhere. There *ought* to be protection available for the big bills—the bills caused by catastrophic illness. Well, that protection is available right now from Mutual of Omaha —up to $250,000.00 for each member of the family. It's a lot of protection, but it's necessary protection because today's and tomorrow's medical care costs are so high and going higher.

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This can be the RIGHT protection for you . . . IF you have basic protection now. (If not, Mutual of Omaha can provide that, too.) But it will only be right for you if you understand *everything* about when this policy protects you—when your basic plan protects you—all the details that you must have clearly in mind. Find out *exactly* what protection you now have—how much of the bills you can face today your basic plan will cover —how much this new Major Medical plan will cover.

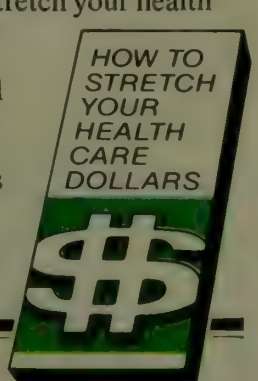


BULLETIN

Hospital Costs—Estimated at $135.54 a day average, rising to well over $200.00 a day in certain metropolitan areas.
Physician's Fees—Currently rising at 14.2% annual rate.
***Sources:** American Hospital Association; President's Council on Wage & Price Stability.*

See "Mutual of Omaha's Wild Kingdom" *on TV, weekly. Check local listing for time and channel.*

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You deserve to know all the facts about the coverages available in your state, and Mutual of Omaha will provide them as a personal service. Costs, for example, exclusions, reductions or limitations, deductible and co-insurance features, terms for continuing your policy in force—the exact benefits your present coverage, health, income and age can now make you eligible for. You will also receive facts about the fine plans to meet your life insurance needs available from Mutual's affiliate, United of Omaha.

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WILL YOUR HEALTH INSURANCE PAY WHEN YOU DON'T GO TO THE HOSPITAL?

If your health insurance covers hospital bills *only*—if it doesn't cover sickness at home—it can leave an awful lot of bills unpaid. Our figures show you're seven times more likely to be laid up at home than in the hospital. That's why this Mutual of Omaha plan covers you both IN and OUT of the hospital for services and supplies like these:

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Hospital room and board charges—the average daily semi-private rate for your hospital • Confinement in an intensive care unit • Services of a radiologist for diagnosis or treatment • Anesthesia and its administration • Hospital furnished medical services and supplies.

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Treatment by a physician or surgeon • X-ray and laboratory examinations • Drug and medicines requiring a prescription and purchased upon a physician's order and dispensed by a licensed pharmacist . . . *and much, much more!*

While Mutual of Omaha Major Medical plans are available in all states, the $250,000.00 plan is not available in Ga, La, Md, Ms, NC, Ok, Pa, SC, Tx and Vt.



Could the Small Claims Court settle your beef?

Suppose next month your suit comes back from the cleaners two sizes smaller than it went in, and the cleaners won't give you what you think it's worth. Or the fellow down the street backs into your driveway, demolishes your son's bicycle, and refuses to pay. Or the car dealer puts off fixing your carburetor until the warranty expires.

In situations like these, when the costs of hiring a lawyer and fighting a court battle would probably exceed the settlement, is there anything you can do besides get angry? You might try taking your beef to the Small Claims Court. The procedures are simple, the wait short, and the fees low. And you can be your own attorney.

What is the Small Claims Court?

"Small Claims" is the popular name given to a branch of local courts designed specifically to let ordinary people wage lawsuits involving limited sums of money. Because red tape is minimized, you usually don't need a lawyer. Generally there is no backlog of cases, and justice is swift.

The first Small Claims Courts were established in the United States in 1913 as part of a reform intended to put simple justice within reach of the common man. Today they exist in most parts of the country, although rules, procedures, and quality vary.

What kinds of cases qualify?

The rule of thumb is that you can take a case to Small Claims Court when:

- Someone has harmed or injured you in a legally recognized way.
- Your loss can be measured in dollars.
- You have tried and failed to settle your dispute out of court.

You cannot sue for lost time or hurt pride in the Small Claims Court, and you cannot collect damages beyond your loss. The ceiling on claims in most areas ranges from $300 to $1,000.

Many of the cases taken to the Small Claims Courts involve apartment rental deposits and auto accidents. But paperboys have also sued for back payments, victims of theft have sued to recover their losses, and consumers have sued giant corporations for product failure.

Before you plunge into court with your beef, you'll want to decide whether your chances of winning and collecting are good enough to make investing your time and money worthwhile. If you have no evidence to document your loss, you may not be able to win, no matter how right you are. If you sue a business that is bankrupt or an individual who is broke, or if the defendant lives out of state, you may not be able to collect your winnings.

On the other hand, merely filing a case may be sufficient persuasion. A 1971 study by the Consumers Union found that in at least 25 percent of cases filed by consumers, a settlement was reached before trial.

How do you begin?

Starting a suit in the Small Claims Court is almost as simple as locating the court clerk's office, walking in, and filling out the papers. Usually you sue in the court located where the defendant lives or does business, where the transaction took place, or where the damage occurred.

It's important to know the full legal name of the individual or business you're suing. Business records in the county clerk's office can tell you whether or not a company's popularly known name is its legal name. You'll also be expected to explain in writing specifically what the defendant has done to injure you and how much money you're out.

You'll pay a filing fee of $5 to $15 and a service fee for a summons or registered letter to notify the defendant that he's been sued. If you win, the defendant probably will be ordered to pay your costs.

What happens in court?

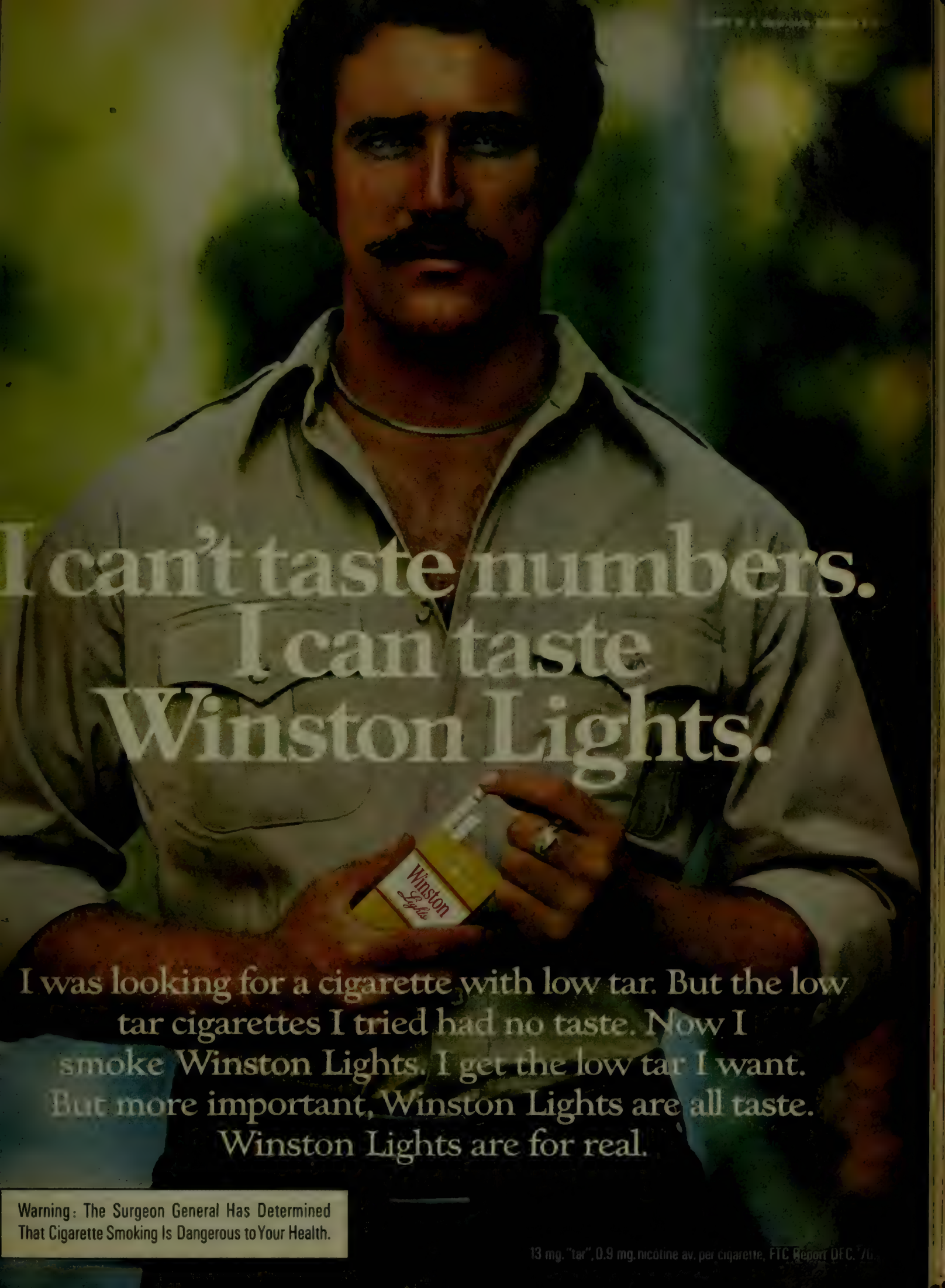
A month or so after you file, you'll probably be in court. What happens there depends to a big extent on you. You're the lawyer. The burden of proof is yours.

"The main thing is to tell your story as simply as you can—as you would to a friend. And don't repeat your story more than twice," says Associate Judge Emanuel A. Rissman of Chicago, who is recognized nationally as a top Small Claims Court jurist in one of the nation's best people's courts.

Although rules of evidence and

continued

Drawing: Hellman Design Assoc.


I can't taste numbers.
I can taste
Winston Lights.
Winston
Lights
I was looking for a cigarette with low tar. But the low tar cigarettes I tried had no taste. Now I smoke Winston Lights. I get the low tar I want. But more important, Winston Lights are all taste. Winston Lights are for real.
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
13 mg. "tar", 0.9 mg. nicotine av. per cigarette, FTC Report DEC. '76

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Keeping America Beautiful



The Pioneer Plant Food

Good for everything you grow. Roses, trees, shrubs, flowers, lawns, fruits, vegetables. Spark vigorous growth.

Just dissolve in water, then sprinkle or spray. Fast acting, speeds results, no burning. High analysis 23-19-17%.

The favorite of experts for years!

RA-PID-GRO®
Soluble Plant Food
At All Leading Garden Stores

continued

Small Claims Court

procedure are relaxed, you can't expect to win on the basis of a good story. You must have proof.

"Make sure of the facts and assemble all the documentation," advises Judge Rissman. If you're suing the dealer because your new refrigerator is a lemon, you'll need sales receipts, the warranty, a record of your attempts to get him to repair it, and copies of bills you've paid. If it's the cleaners you're suing, bring the damaged article into court. If your car has been in an accident, you'll want pictures of the damages, paid repair bills, and witnesses. In disputes over workmanship, you may need an expert witness—a disinterested person in the trade.

What are your chances of winning?

"Your chances are good," says James J. White, professor of law at the University of Michigan Law School. "Several studies have found that the Small Claims Courts are fairly effective for the plaintiffs. The big difficulty is that too many people are afraid to use them or are unfamiliar with them."

Professor White's comments are echoed in a 1973 report entitled "Redress of Consumer Grievances" issued by the National Institute for Consumer Justice, which he served as executive director.

The Institute's study found that while consumers were victorious in most of the cases they initiated (the success ratio sometimes was as high as 90 percent), the ordinary citizen more often was the defendant than the plaintiff. In many Small Claims Courts, nine out of ten cases were being filed by corporations, collection agencies, and landlords.

Criticism like this has prompted some jurisdictions to take steps to encourage consumer use of Small Claims Courts. Some courts are scheduling evening sessions so witnesses don't have to miss work, using law students to assist individual plaintiffs, and restricting filings by big business. Courts that have made such reforms are not only more accessible, but are generally more sympathetic to the individual.

Should you hire an attorney?

Small Claims Courts were designed to be people's and not attorneys' courts. In most cases, the size of the claim is so small that an attorney isn't interested in the suit on a contingency fee basis. And paying by the hour would usually be prohibitive. But if the loss is sizable and the case is complex, then an attorney may be a good idea.

It is sometimes possible to get a little legal advice without hiring a lawyer. Try the local legal aid society, bar association services, the attorney general's division dealing with consumer matters, or court personnel if they're available.

What about collecting?

Unfortunately, just because you win your case in the Small Claims Court doesn't mean you'll get your money. For example, a 1970 study by the Consumers Union showed that in 62 cases where the consumer/plaintiff won, 12 of the judgments proved to be uncollectable.

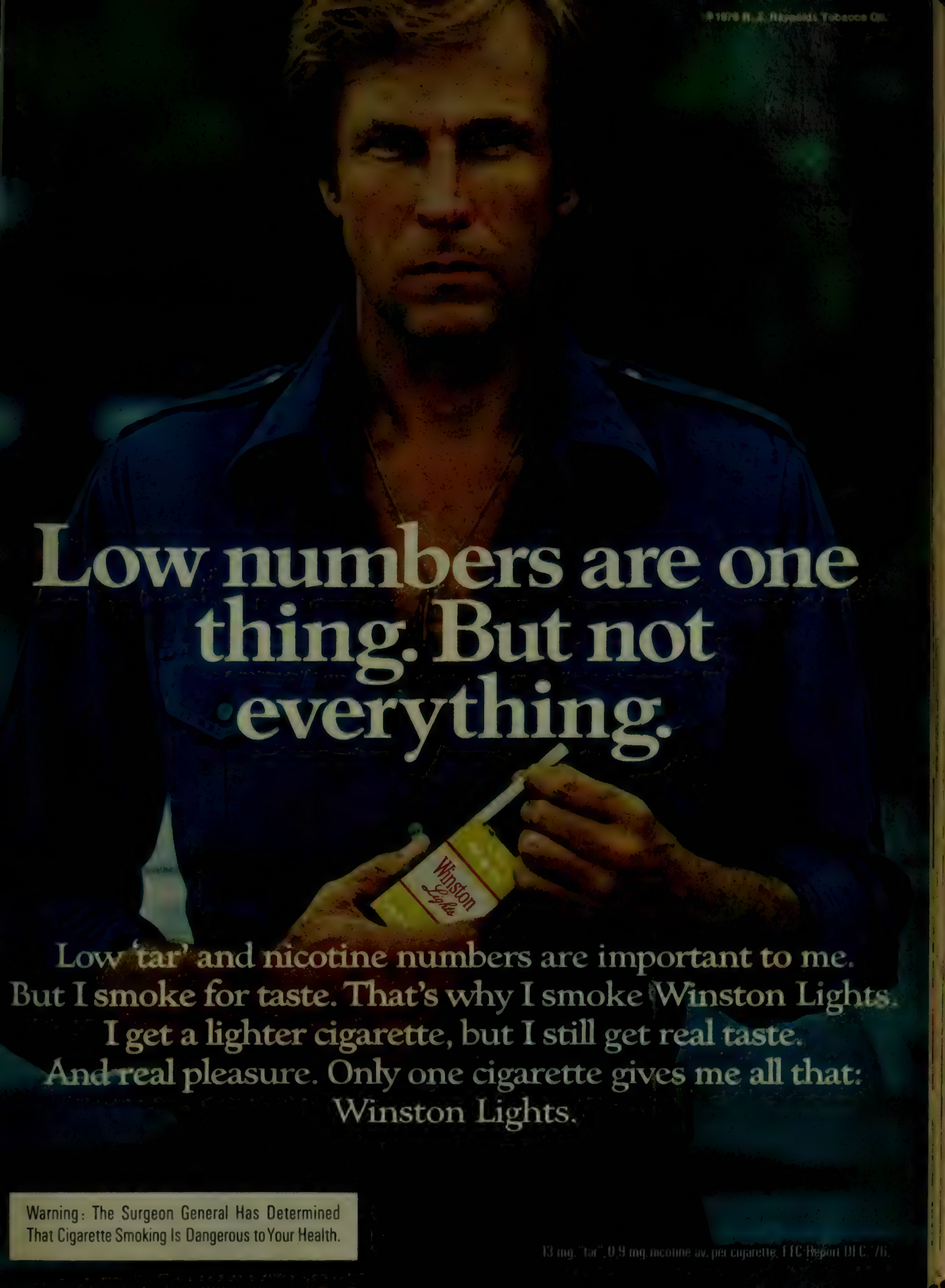
In general, large, reputable companies pay up readily. Experience shows that the defendants who don't show up in court at all are the worst deadbeats.

To collect your money from any judgment in the Small Claims Court (unless the judgment included a payment plan agreement), you may have to go back into court to force payment or garnishee wages. Depending upon circumstances, the court may provide you with a "writ of execution" giving you the legal OK to direct a marshal to seize the defendant's property or other assets to satisfy the debt. If the defendant has gone out of business, the extra effort may not be worth your while. Also, you may have to pay additional filing fees, and end up with only the satisfaction of knowing you were right.

What if you're the defendant?

Essentially the same advice applies. Respond promptly. Be sure of your facts. Gather evidence and witnesses. Tell your story to the judge. And be prepared to compromise. ■

© 1978 R. J. Reynolds Tobacco Co.



Low numbers are one thing. But not everything.

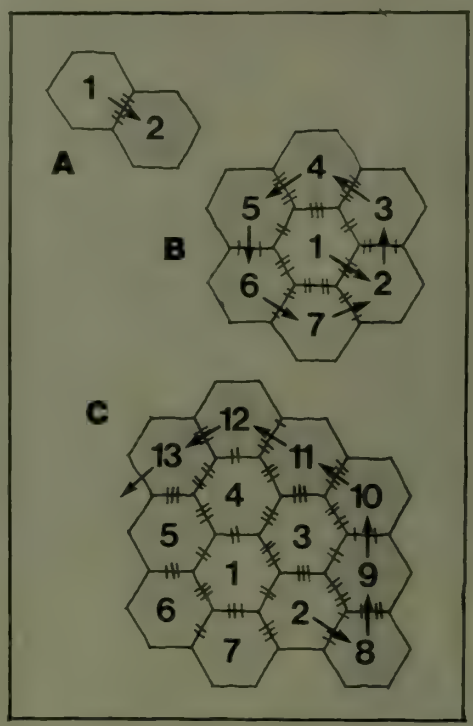
Low 'tar' and nicotine numbers are important to me.
But I smoke for taste. That's why I smoke Winston Lights.
I get a lighter cigarette, but I still get real taste.
And real pleasure. Only one cigarette gives me all that:
Winston Lights.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

13 mg. "tar", 0.9 mg. nicotine av. per cigarette, FTC Report DEC. '76.

EASY Patchwork TABLECLOTH

With a simple hexagon shape, you can turn bright calico and solid fabrics into a cheery patchwork tablecloth. Use our full-size hexagon diagram (page 168) as a guide for your master pattern.



● Cut your master pattern from a plastic coffee can lid so the point can't wear down as you trace the shape onto the fabric.

● The tablecloth is formed by placing one hexagon as a center, then stitching concentric "rings" of hexagons around this core. Cut each ring from a different fabric. To make an 85-inch-diameter tablecloth, cut enough hexagons to complete nine concentric rings. Cut one center hexagon, then switch to another fabric and cut six for the second ring, 12 for the third, 18 for the fourth, and so on. (Each ring has six more hexagons than the previous one.) Add or subtract rings to adjust the diameter to fit your table size.

● Choose a colorful assortment of calico and solid fabrics. Any concentric ring of hexagons can be cut from ½ yard of fabric or less. Preshrink all the fabrics before cutting.

● Outline your pattern on the wrong side of the material and cut it out. Save steps by doubling the fabric, cutting several thicknesses at once. To join the hexagons, follow the diagrams, **left,** turning raw edges under ¼ inch. To begin each new ring of hexagons, follow our numbered stitch guide. Hexagons can be joined either by hand or machine.

● When the tablecloth is the desired size, cut lining fabric to cover the back, piecing it to fit, if necessary. Trim the lining to within the ¼-inch seam of the tablecloth's outer edge. With right sides together, stitch around the edge. Leave ten inches open for turning. Clip the corners and trim the seams. Turn to the right side and press. Outline the individual hexagons by hand or machine to define them as well as attach them to the lining. ■



"I just pour in Clorox and sink stains disappear!"

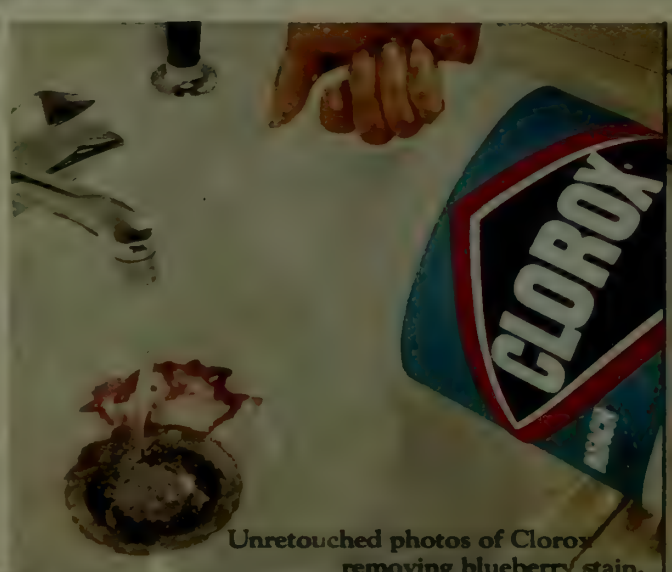
"It's almost magic the way Clorox® bleach takes out food stains from my sink. Even the stubborn, set in kinds. I just run in water, add Clorox, and the stains disappear. And with Clorox, there's no rubbing or gritty mess to rinse out. Since I discovered Clorox, I only use scouring cleanser for occasional rust or pot marks."

Mrs. Diana Harms San Carlos, CA

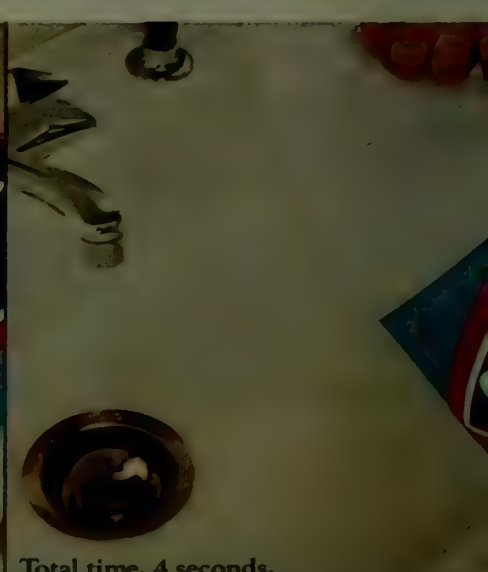
Clorox. It does more than the wash.

See label for instructions.

©1977, The Clorox Company.



Unretouched photos of Clorox removing blueberry stain.



Total time, 4 seconds.



Before you buy a deodorant tampon, read the "caution" on the package. It tells you to discontinue use and consult your physician if irritation develops or if you have a history of sensitivity or allergies.

Now, ask yourself if you want to take this risk with your body.

There is no warning on a Tampax tampon package

You won't find any warning on the Tampax tampon package. A deodorant, or cover-up scent, which may cause allergic reactions or be harmful to delicate tissues is unnecessary. When a tampon is in use, embarrassing odor does not form. So why take chances with something that isn't needed?

What's more, the Tampax tampon container-applicator—like the tampon—is flushable and biodegradable. It's as safe to dispose of as a few sheets of facial tissue. You can't say this about plastic applicators. And unlike some other tampons, Tampax tampons expand in all three directions—length, breadth and width—to adjust to your inner contours so that the chance of leakage or bypass is minimal.

No wonder Tampax tampons are the #1 choice of millions of women around the world.

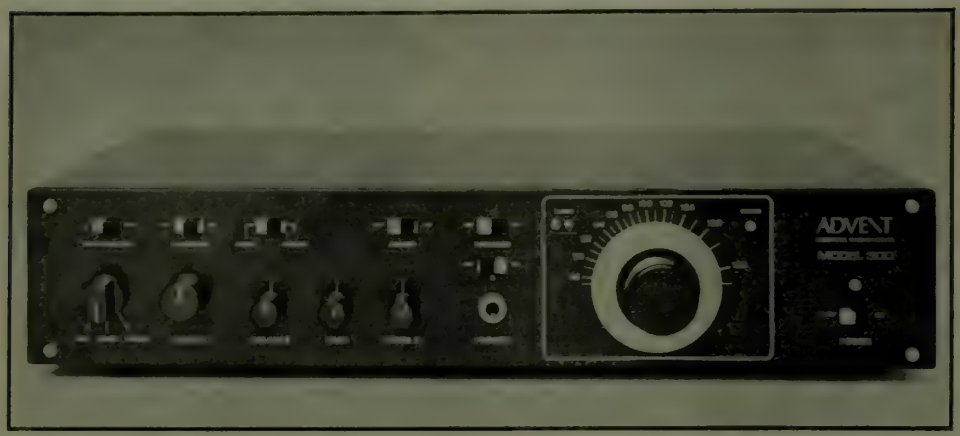


MADE ONLY BY TAMPAX INCORPORATED, PALMER, MASS.

The internal protection more women trust

GOOD NEWS

First-class sound



Capable of handling a turntable, tape deck, and up to two sets of speakers, this FM-stereo receiver isn't the fanciest, most powerful, or most expensive component available—but it is one of the best performing. Rather than dreaming up a unit with fantastic specifications that only look good on paper, the designers concentrated on building a receiver that would sound good to the average listener. As a result, this unit's audio quality is as good or better than that of receivers costing much, much more.

Model 300 FM-Stereo Receiver, about $270. Advent Corporation, 195 Albany Street, Cambridge, Mass. 02139.

Lightweight snips



Ever wear out the cutting blades (or your muscles) using a pair of heavy steel snips? Try these—the comfortable handles are lightweight aluminum alloy, and the carbon steel blades are easy to replace.

Snipmaster 12½-Inch Snips, about $8; 7- and 10-inch sizes available. Stanley Tools, Box 1800—Dept. PID, New Britain, Conn. 06053.

First aid for batteries



Your 12-volt car, boat, utility, and deep-cycle batteries will always be ready to deliver peak output if you keep them charged with this unique battery maintainer. After normal charging is complete, the charger automatically switches to a low, safe rate that continues to keep the battery at full charge indefinitely.

Model 7168 Battery Guard, about $50. Sears, Roebuck and Co., Dept. 628, Sears Tower, Chicago, Ill. 60684.

Controlled-spray watering can



With this perfectly balanced polyethylene watering can you can make your own gentle "rainfall" and get the most out of your garden. The brass nozzle delivers the kind of fine spray young seedlings and plants need—without flooding the ground. And the extra long spout makes out-of-the-way places easy to reach.

Haws 1-Gallon Watering Can, about $12. Roll-A-Mix Co., 1083 Bloomfield Ave., West Caldwell, N.J. 07006.

Magnificent cleaning machine



Use high-pressure tactics to help take the work out of your spring cleaning. This power washer delivers a blast of cleaning solution (or clear water) at 550 pounds of pressure, so you can thoroughly wash your house, clean the car, strip paint, and remove gutter debris.

Blue Lustre Dirt Buster, about $15 per day rental. Earl Grissmer Co., Inc., 7950 Castleway Dr., Indianapolis, Ind. 46250.

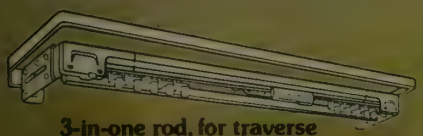
continued on page 62

The secret behind beautiful draperies: a beautifully-designed drapery rod.

Sears Whisper Glides



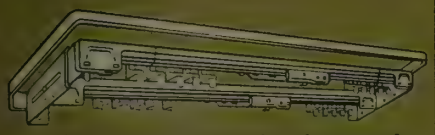
Basic traverse rod.
Curtain rod socket at rear.



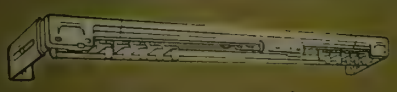
3-in-one rod, for traverse drapery, stationary curtain and valance.



Double traverse rod.



Double traverse with valance rod.



Basic traverse rod with stationary curtain rod.



One-way draw traverse rod.

Sears Exclusive Non-Tilt Carriers

Sears non-tilt plastic carriers are exclusively designed with a long back to keep both draperies and pins hanging straight down.

Sears Exclusive "Draw From Both Ends" Feature

Ah, the convenience of being able to draw your draperies from either side! What's more, your draperies draw on separate tracks so they can't ever jam or catch —and still meet perfectly.

Sears Exclusive 5-Step Protective Finish

To prevent rusting, chipping and peeling, even in the dampest of climates. Also, both inside edges of the tracks are rolled over and Teflon-S℠ coated, so the carriers always ride smoothly.

Strong Enough to Hold Up the Heaviest Drapery Treatment

Size for size, Sears Whisper Glides are built with more strong-tempered steel than competitively priced rods. No sagging. Adjustable. Lengths to 26 feet. Now at most Sears larger stores and through the catalog.

Whisper Glide Drapery Rods. Only at Sears

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Jell-O. When you've got it made

BRAND GELATIN



GENERAL FOODS

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you've got it made.

ght, Bright Dessert
alf fill dessert glass with gelatin.
reak up ¼ cup gelatin with fork;
ix with 1 tablespoon Cool Whip®
ondairy whipped topping;
l glass.



Take-Away Treats
1. Spoon gelatin into ice-cream cone; top with whipped topping and sprinkles. 2. Spoon gelatin into paper cup; ring with banana slices; garnish with cookie.



Pretty Parfait
Spoon gelatin into parfait glass. Add layers of fruit cocktail, Cool Whip® nondairy whipped topping and more gelatin; top with fruit.



ruity Surprise
ewer banana slice, whole
rawberry and pineapple chunk
woodon pick; place in
ssert glass; spoon in gelatin;
p with whipped
pping.



Refreshing Salad
Place ½ cup cottage cheese on lettuce bed. Break up gelatin with fork; arrange around cheese and garnish.







xciting Recipe Book – For over 100 Jell-O Gelatin recipes, get "The New
ys of Jell-O" hardbound recipe book. Send $1.00 with your name, address,
d Zip Code to: Recipe Book, Box 3141, Kankakee, Ill. 60901. Allow 6-8
eeks for processing requests.

Start with Jell-O®
BRAND GELATIN



One coat primes and protects against rust.



Derusto Minute Finish Spray has a special rust-inhibitive primer built into every attractive gloss color for one-step rust prevention. Contains no fluorocarbons. Makes rusted lawn furniture, bikes, and mowers look like new. And stay that way.



Derusto Galv-A-Grip™ primes and protects all galvanized metal in one coat. Won't check, crack or peel like ordinary paints, so it's ideal for use on gutters and downspouts. Dries in 3 to 4 hours.

Home paint-up's a snap with Derusto® by DAP

DAP Inc., General Offices: Dayton, Ohio 45401
Subsidiary of Plough, Inc

GOOD NEWS

Breezy, easy around-town transport



Offering maximum fun, minimum maintenance, and 100 miles per gallon, this motorized bike is just the ticket for running errands, going to campus, and getting around the campground. Top speed from the 49-cc. machine is a sane 30 miles per hour; colors available are yellow, orange, and green.

Piloting the neat little machine is a lot like riding a bike—except you don't have to pedal. This motorized bike has bicycle-type hand brakes, a large padded seat, and ribbed hand grips for firm control. And the single-speed transmission works through an automatic clutch, so no shifting is necessary.

Starting the engine is easy. Just turn on the ignition, pump the starter lever a couple of times to wind the spring, and squeeze the left brake lever to start the engine.

When you're ready to go, release the brakes and twist the right-hand handlebar grip (the throttle) toward you. The acceleration isn't neck-snapping, but you won't have any trouble keeping up with traffic.

One thing you'll notice—especially if you're not used to riding a bicycle in traffic—is how vulnerable you feel. But that's not a problem as long as you're careful about signaling so other drivers know where you're going. In fact, the other drivers will probably be jealous; that big smile on your face will let them know how much fun you're having.

Honda Express, about $300. American Honda Motor Co., Inc., 100 West Alondra Blvd., Gardena, Calif. 90247.

Note: Check state and local laws before riding. And be sure to wear a helmet and eye protection; even if local laws don't require them, they make good sense.

Products shown in Good News are available nationally in department, discount, hardware, home improvement, rental, or specialty stores. For further information or the name of the retail outlet nearest you, please contact the manufacturer at the address listed. All prices are approximate and subject to change.



The Chuckwagon Carving Set from Marlboro.

The Chuckwagon—home 40 miles from nowhere. It meant dry clothes, a full pot of black coffee, and a good meal at the end of a workin' day. And when you were surrounded by a thousand head of cattle, it stood to reason that the meal was going to be beef. So any cook worth his salt always carried good carving gear.

The Chuckwagon Carving Set from Marlboro.

First of all, there's a hardwood chopping block, an inch and a quarter thick, to take a lifetime of cutting. With it you get a carving knife and fork, and a cleaver. Plus a butcher's knife, boning knife, utility knife, and even a paring knife.

All have big hardwood handles and carbon steel blades that'll take an edge as sharp as a cook's temper.

Just $24.00 plus two end labels from any pack or box of Marlboro.

Come to where the flavor is. Come to Marlboro Country.

The Marlboro Chuckwagon Carving Set
P.O. Box 4440, Westbury, New York 11592

Please send me ( ) Carving Set(s) at $24.00 each. Enclosed are two end labels from any pack or box of Marlboro, and a check or money order (no cash please) payable to Marlboro Chuckwagon Carving Set.

Name

Address

City State Zip (necessary)

Offer available only to persons over 21 years of age. Offer good in U.S.A. only, except where prohibited, licensed or taxed. Offer good until September 30, 1977, or while supply lasts. Please allow 6 to 8 weeks for delivery. BHG

Clip and save.

Our aim is to make sure you're completely satisfied with your order—and that you get it on time. But sometimes things go wrong. If they do, be sure to let us know.
Write: Marlboro Chuckwagon Carving Set, 100 Park Ave., New York, N.Y. 10017

18 mg. "tar," 1.1 mg. nicotine av. per cigarette, FTC Report Dec.'76

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

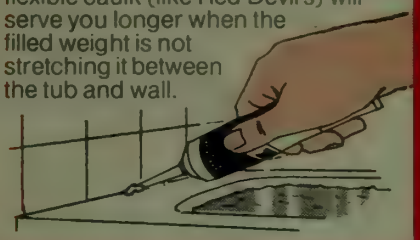
HANDY IDEAS FROM BIG RED™

A handy man to have around the house

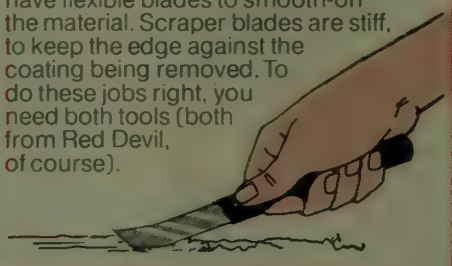


More home fix-up tips from the pro.

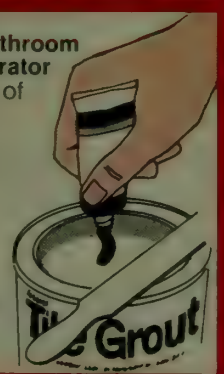
Fill the tub before you caulk. (Get in if you can, too.) Then, when the tub is empty, it'll rise slightly and squeeze the caulk. Even a good flexible caulk (like Red Devil's) will serve you longer when the filled weight is not stretching it between the tub and wall.



A putty knife is not a scraper. And vice versa. Putty knives (for spackling walls and puttying windows) have flexible blades to smooth-on the material. Scraper blades are stiff, to keep the edge against the coating being removed. To do these jobs right, you need both tools (both from Red Devil, of course).



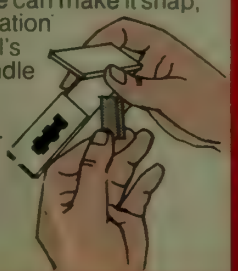
Give your new bathroom or mosaics a decorator look. Add a touch of color to the grout before you put it between the tiles. Just mix acrylic paint tint (from wherever you buy paint) with Red Devil Instant Tile Grout and see the exciting effect it creates.



You don't cut glass with a glass cutter. You score it to release surface tension. So don't press too hard or go over it a second time. Hold your Red Devil cutter between the index and middle fingers as shown, (a drop of oil on the cutter helps, too). Then, you've got the score.



A razor scraper is only as good as its edge. When it's dull, it won't work. And metal fatigue can make it snap, a dangerous situation at best. Red Devil's new molded-handle razor scraper has a handy compartment for spare blades so you always have a replacement ready.



Stud finders are un-holey. When hanging pictures on a freshly painted or papered wall, don't fill it with holes before you find the wood behind it. Use a Red Devil Stud Finder. It points out where nails are—and where there are nails, there are studs.



Red Devil has hundreds of things to make your home fix-up easier. Look for them wherever you shop for home-care products. And for best results, always follow directions on the package.

Red Devil®

UNION N.J. 07083

GARDENS

GARDEN TOOL SHAPE-UP

Right now, before you're faced with the big spring jobs, is the time to ready tools for the work ahead.

Start with those rusty, dirt-caked tools. They can really slow down your garden work because damp soil will stick to the pitted metal, making the tool heavier and harder to use. When well cared for, the metal slips easily in and out of the soil with minimum effort.

The best way to clear away the rust, dirt, or even dried-on concrete is with a wire-brush wheel that fits in your portable electric drill. It quickly cuts down to the metal and even gets down into the crevices. Be sure to clamp the tool securely in a vise and wear safety goggles or a face shield for protection.

If the tool is extremely rusty, coat the metal thoroughly with a rust remover the night before. By the next day, the rust will be well loosened so you can brush it away easily. This trick works on even the most heavily rusted metal. You may have to repeat the operation on deep rust.

Have a wood-handled wire brush near your tool storage area and give each tool a quick brushing after each use. This takes just a few seconds, and it keeps your tools in top shape and ready for use. Every month or so during the summer, wipe your tools (the handle, too) with linseed oil. It's most important to oil-treat tools prior to winter storage.

Keep your tools sharp by filing the cutting edges once or twice each season. Have them just sharp enough to do the jobs they were designed for. A hoe or spade needn't be knife-sharp. In fact, your tools could be dangerous if kept too sharp. A hand file is adequate for most tool sharpening.

To avoid getting splinters in your hands, sand rough areas as they appear on the handles. After each sanding, rub linseed oil over the treated area. Replace badly cracked or broken handles. ■

You know that behind this name there's always something good.

This means the taste is now more like real crumbled bacon. Our taste is actually preferred to the leading bacon bits in cans.

Now you can enjoy a taste like bacon without the artificial preservatives or nitrites.



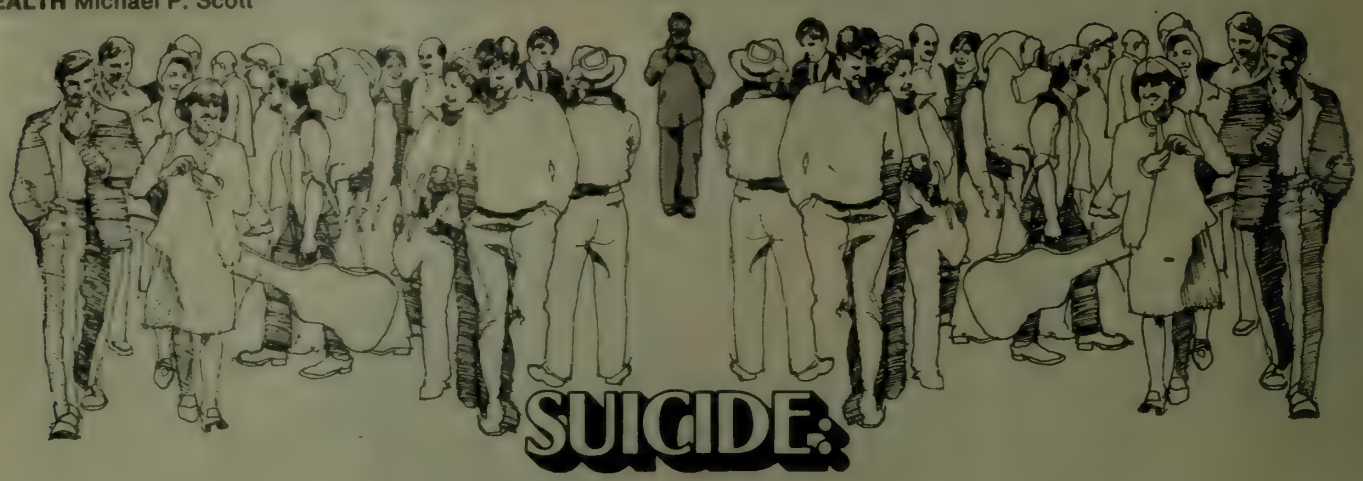
This means America's favorite bacon-like garnish just topped itself. And it'll top itself on your salads, eggs, casseroles, and potatoes, too.

This name always meant tasty salads, now it means tastier salads.

What "new and improved" means to your next salad.



Taste tests prove New Bac*Os taste better in salad than any leading bacon garnish.



SUICIDE:

Let's separate fact from fiction

Most of us think of suicide as something that happens to other people, but recent statistics bring the tragedy frighteningly close to home. Over the past five years, the number of people taking their own lives has increased sharply until suicide now ranks as one of the ten leading causes of death. The American Association of Suicidology estimates the annual toll at 35,000; nine times that many are said to attempt suicide and survive. Many authorities, however, consider both estimates too low, because some suicides are listed as accidents and some attempts are concealed by the families. Tragically, younger people account for much of the increase—youthful men and women who should have everything to live for.

What's the reason for the increase in suicide? Explanations abound, including the breakdown of the old religious taboos against self-destruction, increased social mobility, the go-go pressure of society, the collapse of the traditional family ties, and the depersonalization and alienation of the modern world.

But one thing about suicide is certain, according to Nancy Allen of the UCLA Center for the Study of Life-Threatening Behavior and past president of the American Association of Suicidology. She is convinced that many lives could be saved if suicide could be freed from the stigma and fear that still surround it. The wish to die is transitory, and most suicides give more than ample clues that they are considering it. They "stumble into death while gasping for life" because those around them fail to recognize the signs or avoid confronting them until it is too late. A recent article in Archives of General Psychiatry declares that even some professionals feel uncomfortable and change the subject when a patient threatens suicide.

Because most of us don't like to think about or talk about suicide, we really know very little about it—and much of what we do "know" is erroneous. Misconceptions and old wives' tales still flourish. Here we set the record straight by debunking the myths and replacing them with the facts about suicide.

MYTH: Some people are easily identifiable as eventual suicides.

FACT: The five million Americans who have tried suicide at some time in their lives include a complete cross section of the population, representing all religions, races, sexes, economic groups, social classes, and personality types. In fact, the "most typical" suicide could be described as a well-adjusted mainstream American—a male in his 40s, a breadwinner, a family man, a homeowner, whose best years would seem to be ahead of him.

Some persons *are* greater suicide risks than others. Those who have previously attempted suicide head the list. The recently bereaved and the seriously ill also have a higher suicide rate. Alcoholics and drug-abusers count for a disproportionate number of suicides. The same urge to escape through drink or drugs drives them to the ultimate escape of death. Suicide rates are also higher among widows, the recently unemployed, and the bankrupt.

Depression—not the simple "blues," but deep-down, immobilizing despair that saps the energy and the will to live—often precedes suicide. Depression afflicts ten million Americans a year, but it's temporary, and most victims can be helped through it with treatment and sympathetic family concern. But depression's very temporariness misleads families into believing that the victim will "snap out of it" and soon be his happy self again. According to Charlotte Ross, Director of the San Mateo County, California, Suicide Prevention Center, "Suicide can happen to anyone. The saddest of all epitaphs is, 'But I didn't think he was the suicidal type.' "

MYTH: Suicides are mainly old people, with only a few years to live.

FACT: Frequency and rate of suicide do increase with years—at least up to the age of 75. However, persons over 50 are somewhat *less* likely to take their own lives today than ten years ago, and the under-50s are *more* suicide-prone. Most distressing of all, suicide has more than doubled in the 15-to-24 age group. It is the third leading cause of death among young people, and is second among college students.

Changes in the family, in the society, and in the young people themselves seem to explain this tragic

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continued

Suicide

phenomenon. Drs. Michael L. Peck and Robert Litman, in a study of young suicides, found that the common thread was that the victims felt they had failed to live up to their own exaggerated self-expectations and saw death as the only alternative. Some had not been able to achieve scholastic marks or other goals their parents had set for them and were unable to express their unhappiness to their parents. About half had been using drugs, but this was said to be a reflection of their unhappiness rather than the cause of it. Drs. Peck and Litman also described the young suicides as isolated and lonely, with few friends. Often they came from broken homes or were rejected by their parents.

Even the suicide rate for grammar school children is increasing. And just like most adult suicides, children apparently take their own lives to call attention to a very desperate situation, usually the loss of a loved one.

MYTH: Women threaten suicide, but men carry it out.

FACT: Eight times as many women as men attempt suicide every year, and more men actually commit suicide, but this is changing. Once the ratio of male to female suicides was three to one; today the figure has dropped to less than two to one. A rise in suicide among women rather than a decline in suicide among men accounts for the change.

According to Nancy Allen, one explanation may be the success of the women's rights movement. More women are now seeking careers outside the home, or are serving as the economic heads of households, and thus are subject to many of the same pressures and disappointments that have long beset men. Conflict also rises when women are caught between their own desire to be homemakers and society's pressure on them to become "liberated" and join the working force.

Statistics indicate that methods of suicide differ for men and women, although this, too, is changing. Women traditionally have chosen

"slow" methods of death, such as ingestion of poisons and medicines, that increase the chance of rescue. Such a suicide attempt may be interpreted as a way of asking for help, of calling attention to the woman's problems and asking others to be concerned about them. Men, however, often construe asking for help as weak and unmanly. Rather than seeking assistance, they may reach for a gun and act with tragic finality.

Children who commit suicide mimic the methods of their adult counterparts. Little boys choose more violent methods, while girls usually choose pills belonging to a loved one whose attention the child has tried to attract.

Despite the rise in young suicides, the peak age for female suicide remains at around 50—a time when fading appearance and an "empty nest" may make a woman feel useless and unnecessary. Male suicides are highest at 75 or over, after retirement, when men, too, may feel they are no longer needed.

MYTH: Suicide often occurs "out of the blue."

FACT: Those close to a suicide are frequently shocked when it happens, but often the suicide results from some precipitating event. Frequently the trigger is some kind of loss—of a loved one, either by death or temporary separation, of health, of success, of purpose in life, of money or some other valuable.

Yet often the loss may not be evident, or may seem minor, to an outsider. Even the death of a pet canary may be a "last straw" that drives a lonely person to suicide. The breakup of a youthful romance may be regarded by parents as simply another episode of "puppy love" yet may cause a young girl to take her life. In one case investigated by the San Mateo Suicide Prevention Center, a young girl killed herself after her first sexual experience.

Traditionally happy events may also trigger suicide attempts. Suicides increase at Christmas, because the holiday happiness of others emphasizes the victim's loneliness. The number of suicides also tends to rise after the suicide of a prominent per-

continued



Meat Balls Español

- 1 pound lean ground beef
- 1 cup soft bread crumbs
- ¼ cup each finely chopped onion and celery
- 1½ teaspoons Worcestershire sauce
- 1 egg
- 1 tablespoon garlic salt
- ¼ teaspoon pepper
- 1 can (16 ounces) stewed tomatoes
- 12 ounces zucchini, thinly sliced (about 2½ cups)
- ½ teaspoon each crushed oregano, basil and sugar
- 1 tablespoon cornstarch
- 1 cup beef broth (canned or made with bouillon cube)
- 3 cups hot cooked rice

Combine beef, bread crumbs, onion, celery, Worcestershire sauce, egg, 1½ teaspoons garlic salt, and pepper; mix thoroughly. Form into 12 meat balls. Place in a greased shallow baking pan. Bake at 375° for 20 minutes. Meanwhile, combine tomatoes and zucchini with remaining seasonings and simmer 5 minutes. Blend cornstarch and broth; stir into tomato mixture. Pour over meat balls; continue baking 10 minutes longer. Serve over beds of fluffy rice. Makes 6 servings.

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Suicide

son. Following the death of Marilyn Monroe, female suicides rose, apparently because some women felt, "If she has nothing to live for, what hope is there for me?"

MYTH: People who threaten suicide never kill themselves.

FACT: On the contrary, four out of five suicides clearly signal their intention beforehand. They not only give verbal clues but also what Nancy Allen calls "behavioral" and "situational" clues.

Like the seven danger signals of cancer, there are warning signs that a person may be contemplating suicide. The five clues are 1) a previous attempt to commit suicide; 2) a suicide threat or statement; 3) actions indicating that the individual expects to die soon, like writing a will or giving away prized possessions; 4) a marked change in behavior and mood; and 5) mental depression.

The chief clue, however, is an air of hopelessness, which indicates that the victim has stopped seeking solutions to his or her problems and regards death as the only way out. He may express this in words—"Well, you won't have me to worry about much longer," or, obliquely, "I'm going away on a long trip." Or he may indicate his intentions by what he does *not* say—he may no longer talk about the annual fishing trip he previously anticipated.

Situational clues include a withdrawal from other people and from the world. Most suicides undergo a marked change of behavior in the months or days before an attempt. Formerly sound sleepers may lie awake all night, or may doze endlessly. Appetite may fall off—or increase drastically. A once-smiling face becomes wrapped in gloom. There may be loss of interest in sex, in hobbies, in friends.

According to Dr. Aaron T. Beck of the University of Pennsylvania, one of the nation's leading authorities on depression and its aftermath, some depressed people do make idle suicide threats. The person making a serious threat, however, has an air of complete hopelessness.

Depression in children between six and 11 years old—only recently recognized as a childhood ailment— is also a possible warning of suicide. Dr. Peter Saltzman, a Boston area child psychiatrist, says depression in children can show up as hyperactivity, failure to make friends, poor school performance, hypochondria, delinquency, vandalism, and fighting.

MYTH: People who commit suicide are insane.

FACT: Suicides often behave confusedly and illogically before the act, but this behavior is not insanity, just another manifestation of their inability to see their situation clearly. "Dear Mary, I hate you. Love, John" a suicide in his mixed-up state may write.

About one-fourth to one-third of suicides are physically ill at the time of death; three out of four have seen a doctor within the previous six months. Among young suicides, two-thirds have undergone psychological coun-

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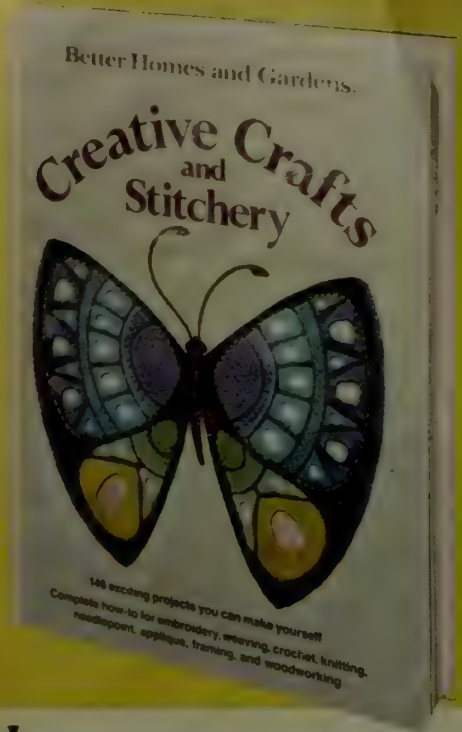
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Suicide

seling, and one-third have been hospitalized.

When a person has been saved from suicide, however, he definitely should have mental health care, possibly including antidepressant drugs as well as psychological counseling. Hospitalization is rarely required; usually outpatient treatment and the sympathetic concern of those around him are sufficient.

MYTH: When a person is really determined to commit suicide, he can't be talked out of it.

FACT: The record shows otherwise. There are now more than 200 suicide prevention centers and crisis hot lines manned by volunteers across the country, and they have a high record of success in saving lives. Most of the credit goes to lay people —volunteers who have had a minimum 40 hours of specialized training in how to handle potential crises by telephone. These volunteers learn how to effectively intervene when a suicide is taking place and how to dissuade persons who appear to be contemplating suicide.

The techniques of these volunteers may be useful to you someday: Take each suicide threat seriously, and deal with it directly. Don't moralize, don't dismiss it lightly, and, above all, don't draw back in horror. Try to learn how the person feels and how he sees his problems; suggest alternative solutions. Don't urge him to snap out of it or suggest that other persons have problems, too—either approach will only make him feel worse. Often a suicide's depression has blinded him to other ways out of his dilemma, and only a word of encouragement can make him aware of alternatives.

If he persists in his threat, try to learn if he has worked out a plan for suicide and probe for details. The more detailed the plan, the more serious the threat.

Some persons fear that discussing suicide with a depressed person will "put the idea into his head." In fact, most would-be suicides are relieved to discuss what has so obsessed them. To introduce the subject, you

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might say something like this: "You seem to have been feeling quite down lately. Can you tell me about it?" Try to encourage the person to talk as much as possible about his problem, then offer tentative suggestions: "Have you thought of this?" "Mightn't you do that?" Try to show him that he *does* have reason to go on living.

MYTH: A person who fails at suicide once will eventually succeed.

FACT: As the figures show, only one suicide try in ten results in death, and the overwhelming majority never make a second try. It is true that those who have attempted suicide are greater suicide risks than the general population. For most people, however, the crisis is temporary, and if they can be helped through it, they may never attempt suicide again.

Most periods of depression "bottom out" in about six weeks to three months, after which the person gradually returns to normal. If he has been thwarted in a suicide attempt, he may later be embarrassed, or he may even be angry with those who saved him. But time will erase these emotions, and he may actually learn from the experience.

One critical point in the aftermath of depression or an actual suicide attempt comes when the victim seems to take a turn for the better. This brightening of spirit may lead those around him to relax their guard. Instead, they should be especially vigilant because this apparent improvement actually may reflect a worsening of the situation—the depressed person has decided to act. He seems more cheerful because he is relieved at having made a decision. Now he is determined to enjoy his final days.

MYTH: After a suicide, the incident should be closed.

FACT: The true victims of suicide are often not the dead but the living —the survivors who are left to cope with the reactions of others and their own conflicting emotions. When a person commits suicide, friends and relatives are bewildered, shocked, numbed. They're guilt-stricken because they failed to recognize the situation, angry at the victim and themselves, grieved by their loss, and often reluctant to admit the true circumstances of the suicide. Unfortunately, the survivors frequently try to deal with the aftermath of suicide alone. Some will only refer to the tragedy obliquely while others will never mention it at all.

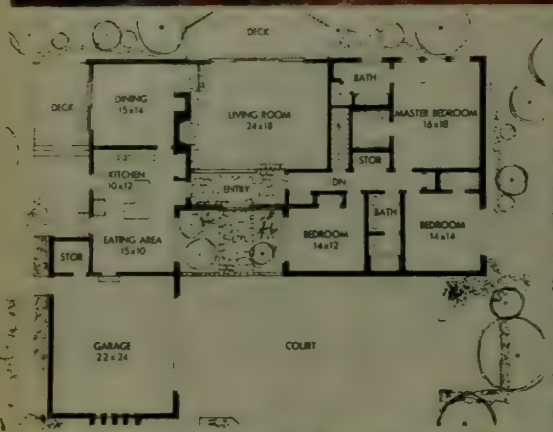
The family of a child who commits suicide may very likely try to cover up the fact by explaining the death as an accident.

After a suicide has taken place, it is more important than ever for friends and relatives to rally to the side of the stricken family with comfort and reassurance. Family members should be helped to face up to the fact of the suicide and to their own feelings about it. If this requires professional counseling, the family should be urged to get it. Once they can speak frankly about the suicide and what led to it, the healing process can begin.

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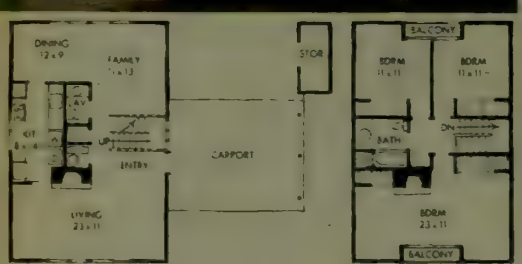
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Suicide

When someone threatens suicide, what should you do?

First, act—quickly.

Don't wait to make sure the person is "serious." If he has already taken some action such as swallowing pills, call for medical and police help. If there is a suicide prevention center or crisis hot line in your community, call for assistance.

Second, talk to him.

Most suicides are ambivalent about their wish to die; their resolve may waver in the face of sympathetic interest and concern. Often their need is to draw attention to their problems, and a good listener may fill this need.

Third, remain with him.

Stick by not only in the immediate crisis but in the hours and days afterward. He may seek isolation and ask to be left alone. Nevertheless, don't relax your vigilance. In his confused state, he may interpret your leaving him to mean that you have lost interest in his problems.

Fourth, help him to rebuild the foundations of his life.

Often what he needs are support systems—interests, friends, the company of family and relatives. Your sympathy and assistance can help the despondent person climb out of his boxed-in thinking and see that his life has other facets. A widow, for example, may feel suicidal after her husband's death and see no reason to go on living. In her grief, she may actually have forgotten the solace and concern that her children could provide. ■

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TOM'S TACOS





Photographs: Hedrich-Blessing; Dieter

No one can say Tom Lindenberg has time on his hands for dabbling in the kitchen! He's a high school psychology teacher, an assistant football coach, and an assistant track coach in Fort Wayne, Indiana. In his quiet time, he writes prose and poetry.

But despite the odds, Tom finds time to whip up an occasional main dish for his wife, Joni, and himself. Joni says it was Tom's mother who taught him the cooking basics as a child and encouraged him to experiment in the kitchen. Tom can still remember peeping through the oven door window to watch his mother's homemade cookies, cakes, and breads rise and turn golden brown.

Now, because of his busy schedule, Tom likes to concoct dishes that are timesaving as well as tasty. He's simplified traditional tacos by assembling the classic ingredients in a layered main dish that goes into the oven for easy heating. His homemade Taco Sauce is spooned over the hot casserole. Tom's Tacos go together quickly and with little fuss or mess. And, you'll agree, the flavor's anything but dull.

Buying information, page 232

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes submitted become the property of Meredith Corporation.

TOM'S TACOS

Tom and Joni enjoy a refreshing fresh fruit dessert after this spicy main dish—

- 1 16-ounce can stewed tomatoes
- 1 teaspoon sugar
- ¾ teaspoon dried oregano, crushed
- ½ teaspoon worcestershire sauce
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon bottled hot pepper sauce
- ¼ cup chopped green pepper
- ¼ cup chopped onion

• • •

- 1 pound ground beef
- ½ teaspoon garlic salt
- 1 9½-ounce package (6 cups) corn chips
- 4 or 5 slices process American cheese
- 2 cups shredded lettuce

To make Taco Sauce: In bowl, stir together stewed tomatoes, sugar, oregano, worcestershire, salt, pepper, and pepper sauce. Using edge of spoon, break up large tomato pieces. Stir in green pepper and onion; set Taco Sauce aside.

In medium skillet, cook ground beef till browned, stirring to break up large pieces of meat. Drain off excess fat. Stir in garlic salt. Coarsely crush corn chips; place in bottom of ungreased 8x8x2-inch baking dish or 8-inch round baking dish. Spoon hot meat over corn chips; top with cheese slices. Bake in 350° oven 10 to 12 minutes or till heated through and cheese begins to melt. Sprinkle casserole with shredded lettuce; spoon or pour on Taco Sauce. Serve immediately. Makes 4 to 6 servings. ■

BUYING QUILT FABRICS BY MAIL

Shopping for quilt fabrics at home —sounds appealing, doesn't it? Think of the hours—and shoe leather—you could save by not having to dash from store to store looking for perfectly matched fabrics to make that knockout quilt!

One way to shop at home is to order fabrics by mail. But not all mail-order firms operate in the same way, and, in general, it's a "buyer beware" proposition.

Here we offer some basic suggestions for buying fabrics through mail-order suppliers. Fabrics fall into two general categories: those with samples available and those without, known as blind or "grab bag" orders.

Mail order by samples

Almost every craft or sewing magazine features ads for a fabric club. Basically, these clubs operate much like the better-known book clubs except that you normally pay a small fee to join (usually under $5) and you aren't required to make a specific number of purchases while a member.

Once your money has been received, you're enrolled as an official member and begin to receive fabric swatches. Some clubs offer a standard line of quilt fabrics that are available to their members year after year, while others send special samples of only those materials currently in stock. If you're specifically interested in fabrics for quilt making, investigate those clubs geared toward quilters. These specialize in a wide assortment of 100 percent calico fabrics, hard-to-find small prints, ginghams, and solids, and bleached and unbleached muslin. If the club's offerings aren't appealing, the only thing you have to lose is the initial enrollment fee.



Ordering from fabric stores

Another handy alternative is to order your special quilt fabrics through local fabric stores. Some mail-order houses feature authentic reproductions of popular old-time calico prints along with other suitable quilting fabrics. And some quilt supply stores will be happy to mail their fabrics, too. So if you find a shop that you like while visiting another city, ask if they send fabric by mail.

To avoid disappointment, it's best to order with samples of the actual fabrics in hand. For a minor investment (samples are priced from 25c to $2), you can be assured that the fabric is to your liking. Nothing equals being able to see and feel the fabric for yourself. Even though a firm's catalog may include clear color photos of the fabric, keep in mind that printing may distort the true color. That makes it difficult to make a wise selection based on a photo alone.

Testing fabric samples

Once you have the fabric samples in your home, run them through a few simple tests to determine their overall quality. After all, who wants to invest hours of stitching in a lovely patchwork piece only to have it ruined by shrinkage and bleeding colors?

Check the washability of each fabric sample you receive. All fabrics purchased by the yard are required to include a set of cleaning or laundering instructions. Save them for later reference. Sometimes permanent press fabrics shrink badly, as do some 100 percent cottons that are left untreated. A bolt of material found in a fabric shop will usually indicate the amount of shrinkage you can expect after laundering the fabric. More often than not, however, this information is not available to the mail-order customer.

Even if you feel confident that a fabric will not shrink when washed, test a small square of it to be safe. Measure the sample first, then machine wash and dry it in a fully-loaded washer and dryer. Now, measure the same sample again to determine the amount of shrinkage. When ordering fabrics by mail, always buy enough yardage to compensate for any unexpected shrinking.

Check for fabric colorfastness. Sometimes fading is desirable, but more often than not it's an unexpected and expensive mistake. Imported cottons are the worst offenders when it comes to fading. Their bright, rich colors often turn drab when placed in the sun.

You can check for colorfastness by putting a swatch of fabric in a bowl of water for an hour. Swish the fabric around in the water every once in a while. Then, check the water for the amount of running color. Reds, blues, and purples tend to run more easily than other non-fast fabric dyes.

To check for fading, cover a portion of a fabric swatch with heavy black paper or black tape and place it in the sun for about a week. Then remove the protective covering and check for fading.

If you *want* a quilt with a faded look, you can always hasten the aging process by washing the fabric pieces in a machine filled with hot water and a small amount of chlorine bleach.

Try to avoid loosely woven fabrics when selecting your quilt-making materials. No matter how charming the print, or how beautiful the solid,

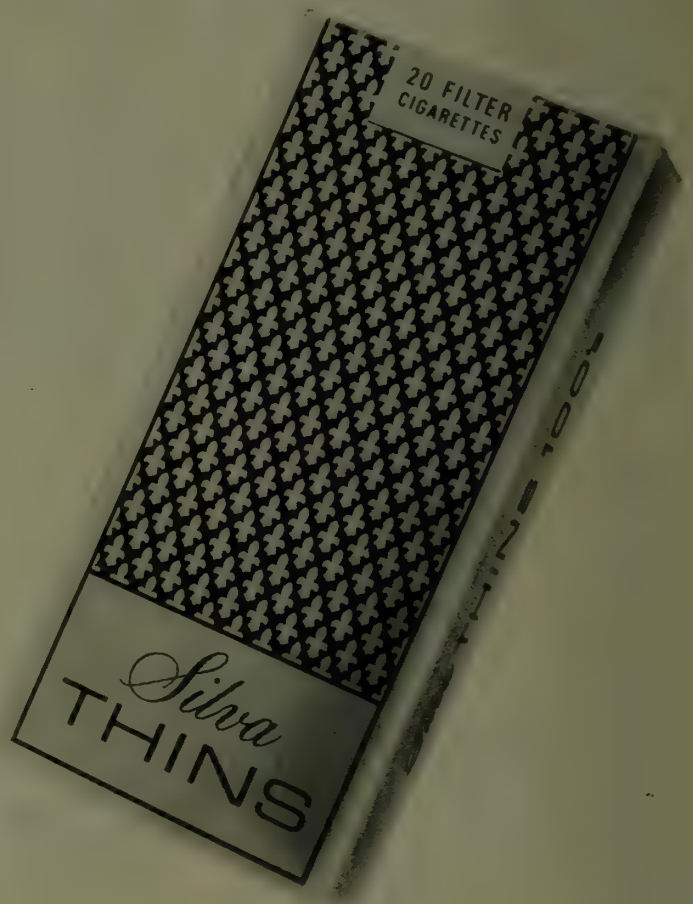
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Illustration: Carlson & Partners

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Silva Thins 100's

Filter: 17 mg. "tar", 1.2 mg. nicotine; Menthol: 16 mg. "tar", 1.1 mg. nicotine av. per cigarette, FTC Report Dec. '76.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



by the pound offer the same shopping convenience as your fabric store's remnant counter. But, with both, you never really know what you're getting until after you buy.

Unless you are just trying to build up your scrap collection or are planning a crazy quilt, you're bound to get a partially unusable group of fabric pieces whenever you buy material sight unseen. There's never any guarantee that you'll like the fabrics. Also, you may receive an assortment of both washable and unwashable fabrics—none of which have fiber content or cleaning instructions included.

corduroy, velvet, or other heavyweight fabrics per pound. Before you buy, compare the final cost of yards to the pound with materials you can readily find at your fabric store before ordering. Sometimes you can save more money on fabric by buying right off the bolt.

For more information

Here is a listing of mail-order suppliers who deal in quilt fabric:

Colonial Cottons
22 Lexington St.
Waltham, Mass. 02154
Fabric
Box 424
Arcadia, S.C. 29320
Foxfire Shop
1432 S. George St.
York, Pa. 17403
Hearthside Mail Order
Box 127
W. Newbury, Vt. 05085
Quilt Country
300-A West 8th St.
Kansas City, Mo. 64105
Sandwich Quilts
Box 107-B
Center Sandwich, N.H. 03227
Special Fabrics Club
P.O. Box 40083
Garland, Tex. 75040
Taylor's
2802 E. Washington
Urbana, Ill. 61801
Vermont Country Store
Weston, Vt. 05161
Vermont Village Shops
Bennington, Vt. 05201 ■

continued

Buying quilt fabrics by mail

frayed and raveled edges on small pieces of patchwork are simply too frustrating to deal with. Tug on the threads of the sample's cut edge (trim off pinked edges so they're even) to see how easily the threads come apart. If they hold together well and only one thread at a time ravels, the fabric passes the test.

Check the sample for feel or "hand." To check for wrinkle resistance, crunch up the swatch in your warm hand for a few seconds then release it. If the fabric comes out of your hand looking fairly smooth, it's a good choice. Calico prints are sometimes stamped onto fabrics that are unsuitable for quilting. Check the weight of each fabric you select to determine compatibility. Denim and sailcloth, for instance, are much too heavy for a piecework quilt and they don't blend well with ginghams and cotton calico.

Whatever your final choice, order ample yardage to cover your needs and allow for any cutting or sewing mistakes, fabric flaws, and shrinkage. Dye lots in fabric vary just as dye lots in yarn do, so an unexpected shortage of material could be a disaster.

"Grab bag" orders

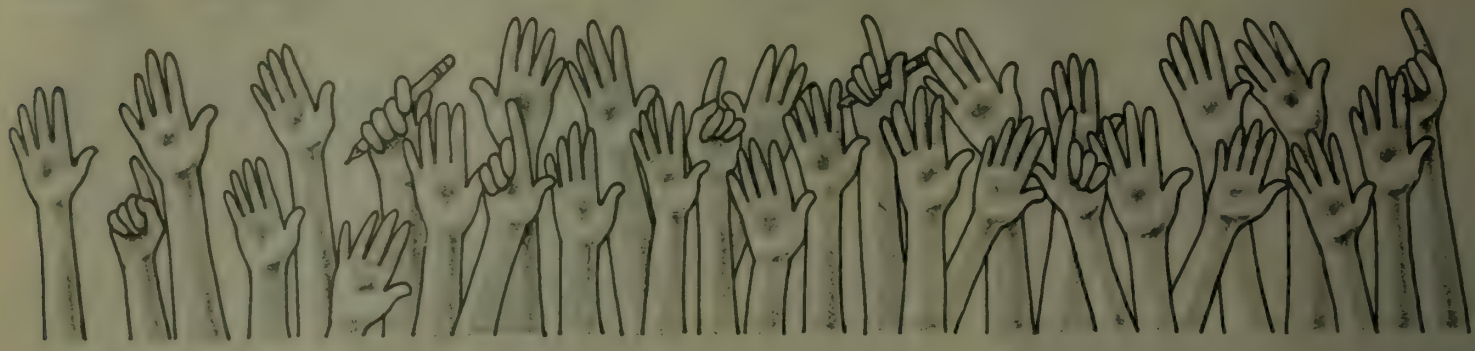
Fabrics offered in grab bags or sold



Grab bag offers usually do offer a good assortment of fabrics for appliqués, however. Often suppliers will sell small scraps of cutaways that are left over from clothing factories. Generally, these are of little value to you. Buy only from mail order sources that state the minimum size of their fabric pieces—"12½-yard pieces or no piece smaller than ¾ yard," for example. Buy only according to your needs in terms of fabric lengths.

If the fabrics are sold by the pound, you can generally figure about three to four yards of cotton or other lightweight fabric per pound, and approximately two yards of





SCHOOL VOLUNTEERS NEEDED-- want to join up?

Have you visited your neighborhood school recently when classes were in session? If not, you might be due for a surprise. In addition to the classroom teacher there may be a number of helpers in many of the classrooms or programs. More than likely these individuals are school volunteers—citizens who are committed to assisting with the education of the community's youth.

Volunteers can range from a junior high school student interested in science to an octogenarian swimming coach, and most of them volunteer regularly. They do just about everything from helping in the gym to organizing the media center, tutoring, or starting a symphony.

The volunteer movement in American schools is growing: the National School Volunteer Program, Inc., which began in 1964 with a grant from the Ford Foundation, numbers over 5.5 million volunteers working in the nation's schools. There are now approximately 3,000 organized volunteer programs in the nation. One of the prime purposes of the volunteer movement is to encourage effective citizen participation in local schools or in a variety of direct service or enrichment activities. Involving volunteers in the schools taps community resources and promotes understanding and communication. As former Commissioner of Education James Allen put it, "You can't buy what a volunteer gives."

Who volunteers?

One mother, an ex-elementary school teacher pregnant with her second child, found she missed the regular contact with school-age children. She took on a special social studies project with a small group of highly motivated eighth graders at a nearby school.

A father, new to the community and with a flexible work schedule, wanted to learn more about the schools. He volunteered to help tutor (on a one-to-one basis) children who were having difficulties with their math lessons.

A retiree with time on her hands found she could be very useful at a neighborhood school. She's a good listener, and the children needed someone to talk to and someone to read to them.

A retired opera singer teaches dancing and music in an inner city school to students who had never been exposed to the creative arts.

A philosophy professor volunteered to be a storyteller for his child's class when his son was in lower elementary school. The professor enjoyed the experience so much that he's still spinning his tales at the elementary school even though his child is now in middle school.

A college student is working with handicapped children while studying toward a degree in that field. He says his volunteer work helped him decide on his career goal, and is providing him with invaluable practical experience.

How might you benefit?

Many volunteers say their main reward is the knowledge that they are giving help where it is needed. Some parents say that volunteer work with their children's peers has helped them better understand their own children. Volunteers also gain a new understanding of the complex roles and responsibilities of the professional educators.

Senior citizens often discover a whole new life by volunteering: "Being around young people helps keep me young," many have said. Often these older volunteers become beloved "grandparents" to children whose own grandparents are far away.

One mother, soon to be awarded her elementary teaching certificate, says: "It was through my volunteer work that I realized I wanted a classroom of my own." For many women, volunteer work is a stepping-stone to a full-time job. Once they discover they can handle housekeeping as well as regular volunteer work, they gain the confidence to seek a paying position when their children grow older. In view of the tight job market in education, a job seeker might well consider serving as a volunteer first to learn more about the education process and his or her capabilities with schoolchildren. (Officials of teachers' unions generally support school volunteer programs because the assistance frees the classroom teacher for more individualized instruction.)

Colleges and universities have begun to give credit toward an educa-

continued

Why you should be as careful choosing a puppy food as you are choosing a baby food.



Puppies, like babies, have special nutritional needs. But, unlike a baby, a puppy does 90% of his growing and developing in only a year.

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Puppy Choice is fortified with the extra protein a puppy needs for strong muscles and a shiny coat; calcium for strong bones and teeth; and a well-balanced blend of other essential vitamins and minerals.

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This coupon good only on purchase of product indicated. Any other use constitutes fraud. **Offer expires April 30, 1978.**

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*New York State call (800) 742-1083 toll free.

continued

School volunteers

tion degree for internships and field experience in a structured school volunteer program. In Dade County, Florida, a volunteer putting in 120 hours of work can get three credit hours that can be applied toward renewing a Florida teaching certificate. High school students in Worcester, Massachusetts, receive credit toward graduation in an elected course for one year of school volunteer service. At the University of Southern California, a number of departments give credit to students for volunteer work in the public schools. And these are only a few examples; more and more colleges across the country are awarding academic credit for experience gained in "real life" settings.

But, above all, it is the children themselves who are the number one reward (as well as primary beneficiaries) in the volunteer program. Volunteers discover they get a terrific morale boost from being greeted with happy smiles from children they've worked with. "You really get 'hooked' on the kids," one volunteer says enthusiastically, echoing the thoughts of many.

Are you qualified?

If you are dependable, have time to share with your neighborhood school, enjoy young people, and want to help your community supply the best educational experience possible, then you qualify as a volunteer. In most cases, previous training is not required.

School volunteer programs provide "in-service" training. A volunteer is matched to the area of greatest need based on his or her interests, time, talents, and skills. For example, volunteers interested in helping children with learning disabilities will be trained to work with children on a one-to-one basis. The volunteers are supervised and supported in their work by the school volunteer staff and/or local school staff.

One-to-one tutoring in the volunteer program has, incidentally, produced amazing results. A number of youngsters who were several years behind their grade level in reading have achieved grade-level performance thanks to the individual attention their volunteer tutors could give them over a long period of time.

What steps should you take to become involved?

1. Check with your school administration office, explain your interests and skills, and ask if there is a need for your volunteer help.

2. If there is already a volunteer program established, make arrangements for an interview to find out where your talents can be utilized best. Training opportunities will be outlined for you.

3. If there is no established program, but some educators and citizens see a need, consider starting one. In some communities (after receiving a go-ahead from the board of education) a small group of citizens has organized a volunteer program encompassing the elementary

The great white wines



Paul Masson Vineyards Saratoga California © 1977

and secondary schools. School volunteer programs have the best chance of succeeding if they are organized cooperatively by the schools and the community. The National School Volunteer Program, Inc., offers materials and resources for persons interested in starting school volunteer programs.

4. If you cannot volunteer on a weekly basis, you still might be able to work out an irregular schedule with the school, especially if you have specific skills or experience. If that's the case, volunteer to help out when you can.

What kinds of experience are the schools looking for? The range might surprise you. People with a background in business, labor, and industry are needed to help students understand the world of work and decide where they might fit in. Craft enthusiasts are needed to help with projects ranging from wood carving to making corn-husk dolls. Travelers with good, well-edited slides or films and the ability to share their travel experiences can make a geography or history lesson come alive for children. Collectors of anything from antiques to seashells to dolls from around the world can also enrich classroom instruction.

What should you expect?

Always remember that as a volunteer you are part of the educational team and that you are a helper under the direction of the professional contracted educator. Confidentiality is essential: Volunteers should not discuss problems with other parents, or talk about a child or a teacher with whom they are working. If problems arise, they should always be discussed privately with the teacher involved. In every instance, the volunteer should operate through the established channels outlined in the program.

Don't be disappointed if you are not assigned to your own child's classroom. Some school districts feel it is better for all concerned if parents do not work directly with their children. (Other schools, however, encourage the parent volunteer to help his or her child's teacher.)

Where can you get materials?

If you would like more information about the national school volunteer program, how to set up a volunteer program in your own community, or how to become an effective school volunteer, the place to write is National School Volunteer Program, Inc., 300 North Washington Street, Alexandria, Virginia 22314 (telephone 703/836-4880).

They have information about national and regional conferences designed to teach school administrators, teachers, volunteer coordinators, and volunteers how to develop and begin a volunteer program.

This year, in addition to the yearly conference, the National School Volunteer Program, Inc., plans to compile information on hundreds of school volunteer programs across the country and to make the information available through its clearinghouse. Also, the organization will publish a number of volunteer "how to" booklets during the year. ■

of Paul Masson.



Nothing good happens fast.

MONEY Margaret Daly



HOW TO CUT YOUR INSURANCE COSTS AND STILL BE SAFE

If you feel that insurance costs have dealt you a double whammy, you're not alone, if that's any comfort. The rising cost of living means most of us have more to protect—and therefore more insurance to buy for adequate coverage. Not only that, inflation has boosted the cost of many premiums to help cover rising costs that the insurance companies face, too.

To keep insurance costs down without exposing your family to undue risk, the best approaches are these: Review your needs. Reexamine what you think you can handle out of pocket. Reassess the various options available to you. Shop around.

Here are some guidelines to help you streamline your present insurance program:

Automobile

Rates in some parts of the country went up 30 to 40 percent or more this year. To fight the hike:

• **Shop for the most cost-efficient protection.** You could save up to 25 percent. Don't just shop price, though; check out the company's reputation for fair handling of claims and for financial solvency.

In addition to comparing rates and services from several sources, see if you qualify for any preferred risk companies. Also explore group plans available at work or elsewhere; but don't sign up without comparing costs of individual plans.

• **Look for discounts.** Most companies allow ten or 20 percent off for things like multiple-car policies, small car size (though some insurers now charge more for a small car), good teen-age driver's grades and driver's education courses, car pools, and so forth.

• **Up your deductibles.** That's your share of the insurance claim—the amount you must pay out of pocket before the insurance steps in. Typical deductibles run $100 or more now, and you can save quite a bit with higher amounts. When figuring how much deductible you could afford, remember this tax note: On a casualty loss (auto or property), the IRS allows you to deduct anything not reimbursed by insurance in excess of $100—assuming you itemize deductions. To protect your claim, gather the best evidence possible about your loss—police reports, statements from witnesses, repair bills, and the like.

• **Drop some coverage.** No matter what dollar amount you've paid for, the company is not going to give you more than the car's "book" (depreciated) value. With older cars, there comes a point when the book value, less the deductible (which you'd shell out anyway), approaches the amount you would pay for collision protection. That's when to consider eliminating the protection from your premium. As you figure, remember the casualty loss possibilities on your tax return mentioned above.

• **Keep liability coverage sound.** Here's one place not to skimp. Though liability can take up to 50 percent of your premium dollars, inadequate protection can be disastrous—especially in these days of generous juries.

Most experts think at least 25/50/10 ($25,000 for each individual, $50,000 for each accident, $10,000 for property damage) is mandatory for the average family—more, if your assets and income are above average. If your net worth is over $100,000, look into "umbrella" liability insurance. It will increase your protection considerably, and costs are low: about $70 or $80 for each $1,000,000. The umbrella protection also supplements other insurance, such as your homeowners.

Even if you're in a no-fault state, see that you're covered for other states. And no matter where you live, make sure you have uninsured motorist and medical payments insurance; neither costs much.

• **Drive safely.** Impress on everyone who drives your car the importance of maintaining good driving records. Almost any accident or moving violation will raise your premiums. It may even force you into the assigned risk pool, which can cost considerably more than regular rates.

Also be sensible about making claims for minor damages. If you'll get just a few dollars back, it might be better to swallow the bill.

Homeowners

Caution is the keynote here, even at the expense of a few extra dollars. Replacement costs for houses have risen during the past years by 50 percent or more in many parts of the country. It's essential to keep your coverage up to date—not only to protect your investment in your home but also to qualify for full payments of partial damage. Insurers require you to maintain coverage equal

continued

Drawings: Carlson & Partners



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Sears Centurian 2-piece sectional. Looks like luxury leather. But it's actually practical Naugahyde® vinyl. Has comfort cushions you'll love at first sitting. And hidden strong points you'll be glad of later. Like double-doweled joints and coil springs for long-lasting durability.

And right now, it's a spectacular money-saver—$110 that you just might use for another Centurian piece. Choose a chair, ottoman, sofa-sleeper, sofa or demi-sofa. All are on sale from March 20 through April 23, 1977 at most Sears larger stores.

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Sofa-sleeper SALE $459.88 SAVE $120*
Demi-sofa SALE $329.88 SAVE $50*

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Which
has been used
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We cooked in one of the pans above 127 times. It collected all the stains, marks and tarnish that most pans do. But it got regular care with Twinkle.

Look closely. Can you tell which pan we used? (The pan at the bottom was used 127 times.)

Twinkle makes copperware look like new because it contains a unique blend of cleaning agents that dissolves the stains, marks and tarnish that make your copper look old in the first place.

Twinkle. It can keep all your copper looking almost new. And that's a good feeling.

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continued

Cutting your insurance costs

to at least 80 percent (90 percent, with some companies) of your home's current replacement value.

Under that rule, if you're underinsured, you won't receive full payment for damage done to part of your home. Instead, the company will figure the loss one of two ways: 1) replacement cost less depreciation; 2) the ratio of your actual coverage to what you should have had in terms of your contract. (When there's a total loss, you'll receive only the face amount of your policy, of course. But you rarely need 100 percent coverage, since the foundation is bound to stay intact.)

Many companies offer an "inflation guard endorsement" designed to raise your coverage automatically every year by a certain percentage. But such a clause may not be enough to keep up with inflated building costs. You should also ask your agent to reappraise the situation each year. Or, you may want an independent appraisal—through a professional appraiser ($50 or more) or a mail-order service (about $15) that's set up to evaluate houses anywhere in the country in terms of local building costs.

Some ways to cut your bill:

- **Shop for favorable rates.** You could save ten percent or so.
- **Find a company that will combine auto and homeowners policies.**
- **Raise the deductible.**
- **Increase the safety of your home.** When approved by the insurance company, fire and burglar alarm systems can save from two to ten percent of your premium dollars.

Personal property

Most homeowners policies cover the contents of your home up to 50 percent of the face value of the policy, and ten percent of that 50 percent away from home. There also are limits of $500 total for cash, furs, and jewelry. To get the most for your premium:

- **Keep adequate records.** Being able to document the value of what you owned will help you recoup your loss. Keep receipts. Make notes of what you bought when and for how much. Take a household inventory each year, writing down room by room what the contents are, when they were bought, and so forth. Back up the inventory with snapshots. And keep both the inventory and the pictures in a fireproof place.
- **Buy additional coverage.** Make sure valuables that don't fall under the regular coverage are properly protected through a rider to your policy or through separate policies. (Compare costs each way.)
- **Consider changing storage setups to provide better protection for your valuables.** Keeping coin collections or jewelry in a safe deposit box, for example, will persuade some insurers to lower premiums.

Life

Here's an area where inflation has raised insurance-protection needs particularly. Plainly, it will cost more for your survivors to get along in the future. The good news is that life insurance premiums have held steady or even declined despite inflation. And more insurance is available to more families at low or no cost through their employers.

- **Don't overlook the importance of insuring the wife in your family.** The potential economic loss is evident even if she has no paying job. In fact, the monetary worth of homemaking, child-rearing, chauffeuring, and all those other things a housewife does day in and day out is placed at $13,000 a year by some estimates.
- **Take advantage of group life insurance.** Be sure to take on whatever is available through both spouses' jobs. The costs to you are negligible, if they exist at all. If you can buy extra coverage at nominal cost, do so. And when you leave your employer, inquire about conversion privileges. Generally, you can get at least part of that coverage (but not at group rates) on a private plan without having to take a medical exam, providing you act promptly. Compare costs, however; you might do better on your own.

One caution: It's not always wise to rely just on group insurance from your employer. Coverage may not

continued on page 92

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That's how the great dust magnet for your furniture becomes a great panel cleaner too.

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On April 6, 1976, the official publication of the American Chemical Society listed the great discoveries of the last 100 years.

We're proud to be one of them.

The following is a chronology of the important chemical and related events since 1876 as listed by Chemical & Engineering News.

1876–78 Publication of "On the Equilibrium of Heterogeneous Substances."
1877 Use of aluminum chloride to condense aromatic hydrocarbons and alkyl halides.
1879 Journal of the American Chemical Society founded.
Discovery of saccharin.
1880 "Handbuch" published.
1884 The Solvay process for making soda ash—first used in Belgium in 1865—is transplanted to the U.S.
1886 Aluminum prepared electrolytically.
Fluorine prepared.
First synthesis of alkaloid, D-coniine.
1887 Ionic dissociation theory proposed.
1888 Effect of temperature and pressure on equilibrium studied.
Influence of temperature on reaction rates investigated.
1891 Silicon carbide (Carborundum) produced.
1892 Invention of electric arc furnace.
Thermos flask introduced.
Chlorine produced electrolytically in U.S.
1893 First potentiometric titration.
Theory of coordination chemistry announced.
1895 Discovery of x-rays.
1897 Catalytic hydrogenation of unsaturated organic compounds is accomplished.
Discovery of electron.
Synthetic indigo is produced commercially in Germany.
1898 Discovery of radioactivity.
Process of making calcium cyanamide from calcium carbide and nitrogen patented.
Discovery of polonium and radium.
1899–1900 Discovery of use of magnesium-organic halides in organic synthesis.
1900 Free radical prepared.
First U.S. contact process for sulfuric acid developed.
Quantum theory introduced.
1901 Sulfur recovery by Frasch process in Louisiana.
1903 Hypnotic properties of Veronal (barbital) observed.
1906 Third law of thermodynamics stated.
Use of "chromatographic method" to separate plant pigments.
Congress passes Federal Food & Drug Act.
Discovery of aniline accelerator for rubber.
1908 Chlorination of water at Jersey City, N.J.
1909 Presentation of pH concept.
1910 Production of Bakelite phenolic resins begins.
Ammonia produced by Haber process in Ludwigshafen, Germany.
Plant built in U.S. for making rayon, first produced commercially in France in 1891.
1911 Theory of atomic nucleus proposed.
1912 Work at Diamond Rubber Co. shows that carbon black reinforces rubber.
Suggestion made that crystals can diffract x-rays.
1913 Thermal cracking of petroleum initiated.
"Solar system" model of atom proposed.
Name of "isotope" given to elements appearing to occupy same place in periodic table.
1914 Thyroxin isolated.
1915 Toxic gases used in war during the second battle of Ypres.
Pyrex glass marketed by Corning Glass Works.
1916 Electrolysis of brines used by Dow Chemical to produce magnesium.
Presentation of bonding theories.
Development of power diffraction methods.
1917 Installation of first full-size plant in U.S. to produce nitric acid from the oxidation of ammonia.
1918 Acetone produced by fermentation for British at Terre Haute, Ind.
1918–19 Mass spectrometers built.
1919 Observation of transmutation.
1920 Production of isopropyl alcohol, the first commercial petrochemical.
1922 Tetraethyllead used as antiknock for gasoline.
1923 Theory of solutions presented.
Acid-base theories presented.
Publication of "Thermodynamics and the Free Energies of Chemical Substances."
1924 Cell for producing sodium and chlorine from molten sodium chloride patented.
1925 Rubber antioxidants gain use.
Development of Polarograph.
1926 Synthetic methanol production begins in U.S.
First isolation of enzyme (urease) in pure crystalline form.
1928 Raman effect reported.
Vanadium catalysts used to produce H_2SO_4.

1929 Observation of penicillin.
Production of alkyd resins.
1930 Thiokol synthetic rubber enters market.
Dichlorodifluoromethane prepared as refrigerant.
1931 Discovery of deuterium.
Electron microscope developed.
Cyclotron developed.
Du Pont produces neoprene synthetic rubber.
1932 Discovery of neutron.
1933 Discovery of polyethylene.
Glass fibers produced commercially.
Rayon tire cord fabrics introduced by Du Pont.
1934 Vitamin C produced commercially.
Extraction of bromine from seawater.
1935 Discovery of nylon.
Preparation of synthetic organic ion exchange resin.
1936 Methyl methacrylate plastics marketed.
Interest in sulfonamide drugs grows.
1937 Polystyrene offered commercially in U.S. by Dow.
1938 Production of nitroparaffins.
Saran (polyvinylidene chloride) films introduced by Dow Chemical.
1939 Discovery of nuclear fission.
1940 Catalytic reforming comes into use.
Melmac melamine plastics introduced.
1941 Styrene-butadiene rubber first produced in U.S.
Dow produces magnesium from seawater.
1942 First fluid catalyst cracking plant built.
1944 Discovery of streptomycin.
Successful field trials using 2,4-D as a herbicide reported.
1945 U.S. explodes atomic bombs.
1946 Resonance absorptions for protons in water and solid paraffins measured.
Fluorine becomes commercially available.
Polyester fiber developed.
1947 Development of carbon-14 dating.
Fischer-Tropsch process used to produce hydrocarbons from synthesis gas.
Rohm & Haas makes oxo process chemicals.
Petroleum is source of almost all toluene.
1948 Cold process synthetic rubber produced.
1949 Radiocobalt treatment of cancer increases.
Pharmaceutical interest in cortisone and ACTH (adrenocorticotropin) grows.
Introduction of platinum for catalytic reforming of petroleum.
1950 Benzene produced from petroleum.
1950-53 Base pairing in deoxyribonucleic acid (DNA) explained.
1951 Discovery of ferrocene.
Fusion bomb tested.
National Science Foundation begins operating.
1952 Isoniazid reported to have antitubercular properties.
Gas chromatographic experiment reported.
Marketing of photoelectric spectropolarimeter spurs interest in optical rotatory dispersion studies.
1953 First synthesis of a polypeptide hormone called oxytocin.
Double helix model for DNA proposed.
The amino acid sequence of insulin determined.
1954 TEL (tricresyl phosphate) and boron gain use as fuel additives.
1955 A stannous fluoride toothpaste (Crest) developed by Procter & Gamble.
Synthetic diamond duplicated.
Demonstration of antiproton.
Use of psychochemicals for treating mental illness increases.
Low-pressure, low-temperature Ziegler process for producing harder, more rigid polyethylenes developed.
Elements 99 and 100 produced.
Complete photosynthetic cycle determined.
1957 Enovid and Norlutin are approved by Food & Drug Administration as menstrual control agents.
Penicillin V synthesized.
1959 Computer control of chemical processes gains acceptance.
1960 Completion of crystal structure of hemoglobin.
Chlorophyll synthesized.
First working laser is reported.
1961 Carbon-12 adopted as basis for atomic weights by IUPAC.
1962 Preparation of $XePtF_6$.
Publication of "Silent Spring" spurs environmental movement.
1965 Rules proposed for explaining and predicting the stereochemistry of certain reactions.
1966 Dihydro-PGE_2, a naturally occurring prostaglandin metabolite, synthesized.
Preparation of molecule containing cyclobutadiene moiety.
1967 Synthesis of polypeptides automated.
1968 First synthesis of an enzyme, RNA-ase.
1969 First polyatomic molecule, formaldehyde, observed in intersteller space.
Use of DDT curtailed.
1970 RNA-dependent DNA polymerase activity reported.
First gene synthesized.
X-ray diffraction studies reveal three-dimensional structure of insulin.
Human pituitary growth hormone synthesized.
1972 Synthesis of vitamin B_{12} announced.
1974 Eleven molecular biologists call for temporary ban on certain genetic engineering experiments.
Presentation of ozone depletion theory.



We're working to make cavities a thing of the past.

Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care. Council on Dental Therapeutics, American Dental Association.

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16 mg."tar," 1.0 mg. nicotine av. per cigarette, FTC Report Dec.'76

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued from page 88

Cutting your insurance costs

be enough, and job situations are volatile. Try to build an independent program, too.

• **Consider buying term.** That's pure protection insurance, and when you're young it costs a lot less than cash-value (whole life) insurance. Term can be an especially good way to cover your big needs while your family is growing. But term becomes quite expensive in your middle years. Then it may become more cost-efficient to concentrate on cash-value insurance and other asset-building media in preparation for retirement.

• **Consider an IRA plan.** If you're not part of a company pension or profit-sharing plan, you may be eligible for a tax-saving individual retirement account (IRA). You can contribute up to $1,500 a year ($1,750 if your spouse is not working). Your yearly contribution is tax-deductible whether or not you itemize. And anything the fund gains is not taxed until you start to withdraw the funds. (There are several penalties for early withdrawal, plus other considerations, so seek expert advice.)

Insurance companies offer IRAs in the form of annuity contracts, which guarantee a fixed retirement income at age 65. Your yearly premiums fall under the IRA tax-exempt rules, so you'll have more cash available each year to use for other purposes.

Some companies have combined the annuity approach with life insurance: Your beneficiary will collect the face amount of the policy if you die before age 65, and you'll begin to collect your annuity at that age. Government regulations have complicated that kind of plan recently, so it may not be readily available. Still it's worth looking into, so long as you compare it with other forms of IRAs from other financial institutions.

• **Buy a disability waiver-of-premium clause.** Only a few dollars more a year keeps your insurance in force if you become disabled and cannot afford to pay.

• **Use dividends to buy more insurance.** Some life insurance plans (called "participating") generally refund part of your premium each year in the form of a "dividend." Most such policies give you the option to use those dividends to buy more insurance. (Dividends are never guaranteed, however.)

Health

Hospital costs have nearly doubled over the past several years, with other medical expenses right on their heels. Every family should be covered adequately.

Medical insurance falls into two basic categories: (1) doctor/hospital coverage ("primary" insurance, such as Blue Cross/Blue Shield), and (2) major medical, which guards against huge expenses. With major medical, you'll pay a deductible before the insurance steps in. And you'll pay a portion—typically, 20 percent—of the rest. Often your primary insurance will help cover the deductible, however.

• **Take advantage of group plans.** Most employers foot all or part of this bill, and it's probably your cheapest chance at good coverage. If you're between jobs,

continued

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Because you can choose from six distinctive colors. All come in either a smooth or textured finish.

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20¢ STORE COUPON

91 31

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For your dog's health see your veterinarian annually

continued

Cutting your insurance costs

check conversion possibilities carefully. Changeover from the group won't require a physical exam, but you may find better individual plans elsewhere. Also look into other groups, such as your union.

- **Protect against disaster.** Primary insurance on your own can be costly, so you may want to avoid it for a while. Do not drop major medical, however. In fact, if your youngster is just starting out on his or her own and is no longer covered by your policy, insist on major medical coverage. Often less than $100 for someone his age, it could save you (or him) exorbitant expenses.
- **Increase your major medical deductible.** Going from a $500 deductible to one for $1,000 can save a 34-year-old adult 36 percent on the premium; a $1,500-deductible will save 19 percent over a $1,000 deductible.
- **Buy major medical that pays 70 or 80 percent of "reasonable and customary fees" rather than fixed-benefit amounts.** The fixed-benefit amounts inevitably will be out of date.
- **Avoid duplicate coverage.** If you each have coverage at work that you're paying for, check out duplicate clauses. Most plans won't let you collect much extra, if anything.
- **Buy mail-order policies with care.** Many are entirely reliable, but others don't offer you much. Some plans don't pay until after seven days in the hospital, for example—and eight days is the average stay.

Disability

Although most employers provide some short-term sick pay insurance, many people are out of luck for any long-term bout. Social security will help only under severe circumstances.

To maintain any kind of life-style akin to what you're used to, you'll probably have to supplement the above resources through disability insurance. It's not cheap, though. Also, some possible cost-cutters may not be wise for your situation. Still, consider them all:

- **Shop around.** You may save up to ten percent.
- **Lengthen the waiting period.** The longer your insurer can wait before he must begin paying you, the lower your premium. Figure how much other resources —short-term company plans, second income, savings— can cover the gap, then stretch the waiting period.
- **Buy "guaranteed insurability."** It costs only about one percent extra, and you'll be able to increase your coverage without another medical exam.
- **Get noncancelable insurance.** You're guaranteed the right to renew up to age 65 with no increases in premium or reduction in coverage. ■

Keep up-to-date records of your household furnishings and personal property, room by room, with a Household Inventory Book. Perfect for insurance purposes, this handy fill-in spiral-bound book is sized to fit easily in a safe deposit box. Keep an extra book at home. To order, see page 186.


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Clout gives you acceptance.
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Clout is power.
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That's Master Charge. Relax.



Andersen the Beautiful

From colonial New England to the free-spirited West Coast. From the rustic Northland to the enchanting South.

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And in the quality that comes from ove 70 years of dedicated craftsmanship and clos attention to detail.

A beauty that's reflected in Andersen's us of wood and double-pane insulating glass, both excellent fuel-savers.

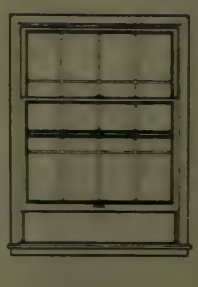
And in a snug-fitting design that's two time



Gliding Doors.
For indoor-outdoor living. In primed wood, in a new Terratone color factory finish, or in Perma-Shield vinyl-clad wood. Rigid vinyl sheath doesn't chip, crack, peel or rust.



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Perma-Shield Narroline® Windows.
Traditional beauty without the tra- ditional bother. Frame is rigid viny Sash is protected by a weather- resistant, long-lasti polyurea finish.



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Awning Style Windows.
Perma-Shield Awnings available in white or our earth-tone color, Terratone. Or choose primed wood.

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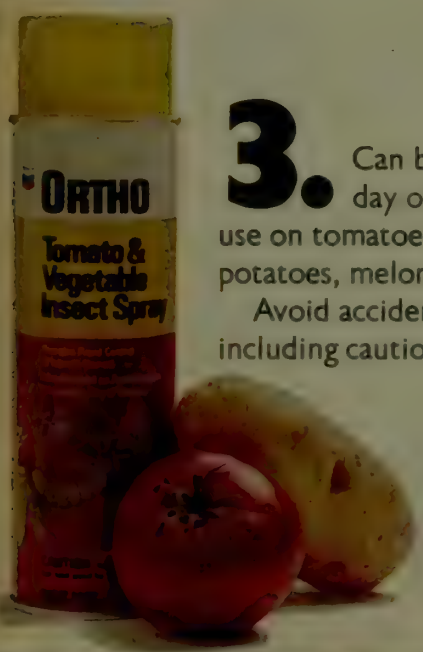
A three-pronged program for better home grown vegetables.



1. A brand new, highly efficient weed killer. Comes in an easy-to-apply granular formulation for selective, pre-emergence weed control. Also great for use around shrubs, annuals, trees and on lawns.

2. A specially prepared plant food for vegetable gardens formulated for high yields and top quality vegetables. Can be used on all the vegetables in the garden. Pelleted formulation, convenient, easy-to-use carton.





3. Can be used on food crops to within one day of harvest. It's especially effective for use on tomatoes, beans, cucumbers, peppers, potatoes, melons and other listed vegetables.

Avoid accidents: For safety, read the entire label including cautions. Use all chemicals only as directed.

Chevron ORTHO Chevron Chemical Company

TM'S ORTHO, CHEVRON AND CHEVRON DESIGN – REG. U.S. PAT. & TM. OFF.

Step-by-step project scrapbook

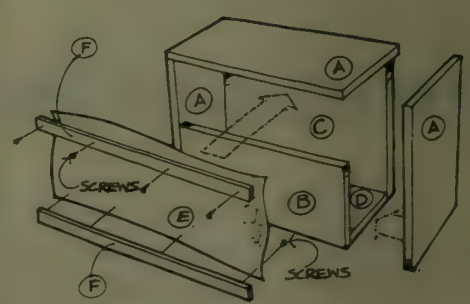
This project is ideal for the smallest of frys. They won't have to fight tricky hinges or heavy lids to get to their toys and stash them at bedtime. And even though the wee ones won't be able to resist climbing into the box themselves, you won't have to worry about anyone getting trapped inside. Use vivid vinyl for the flip-down flap, and paint on supergraphics.

When the kids outgrow their toys, convert the unit to a bookcase.

TOY BOX

MATERIALS:

¾" PLYWOOD – 3 PCS. 30" × 15" Ⓐ
1 PC. 28½" × 15" Ⓑ
1 PC. 28½ × 30" Ⓒ
1 PC. 28½ × 13½" Ⓓ
VINYL FABRIC – 1 PC. 30" × 18" Ⓔ
PINE – 2 PCS. 30" × ¾" × 1" Ⓕ
#6 WOOD SCREWS – 1½" AND ½"
NAILS AND GLUE







ELEANOR NURISSO
DALY CITY, CALIFORNIA

"WITH CHICKEN,
MY HUSBAND
WOULD PREFER POTATOES.
HE LOVES POTATOES."

GUESS AGAIN

"WITH CHICKEN...
STUFFING.
I LOVE STUFFING."

EMILE NURISSO

Boy, was Eleanor Nurisso surprised! Like other wives, it never occurred to her that her husband would actually prefer stuffing to potatoes. But when you think about it, isn't delicious, perfectly seasoned stuffing a natural choice with chicken? No wonder Emile prefers it. Bet your husband would, too!



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OR POTATOES?
ASK YOUR HUSBAND.

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General Foods Corporation 1977 Stove Top

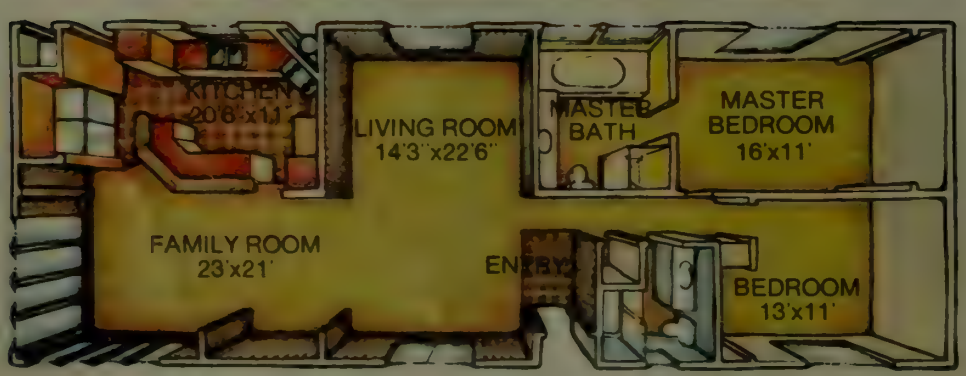
MOBILE HOMES

A BETTER-THAN-EVER APPROACH TO AFFORDABLE LIVING

By Stephen Mead and Kristelle Petersen

Of the new homes sold in America for under $30,000 in 1976, mobile homes accounted for some 76 percent, and they are expected to account for a larger percentage this year. Many families unable to afford conventional houses have found mobile homes to be the answer to their housing needs. Mobile homes cost $16-$22 per square foot compared to $25-$35 per square foot for traditional houses. And mobile homes come with many of the options available in a standard house. To accommodate this new breed of mobile homes, there are mobile home parks that look and feel like suburban neighborhoods.





The Kreitzes liked the easy-living amenities

If you think of mobile homes as tin-can travel trailers suitable only for temporary housing, look again. Mobile homes have come a long way, and a variety of models is available today with a wide range of options.

Standard features now include dishwashers, garbage disposers, built-in ovens, and cooktops. Kitchens open over eating counters to spacious dining rooms. Tiled entry halls, utility rooms, built-in bookcases, and fireplaces can be ordered. Master bedrooms are big enough for king-size beds and cedar-lined closets.

These are some of the amenities that convinced William and Mildred Kreitz that a mobile home would fulfill their housing needs. After selling their suburban home, they lived in an apartment one year, but decided that was not the life-style for them. They were so impressed with this 1,536-square-foot mobile home (left) that they bought it immediately.

The two-bedroom home has a cathedral ceiling that defies the old flattop stereotype. Vertical glass at the end of the family room brings in plenty of light and contributes to the overall contemporary design. This well-insulated, energy-efficient house has a textured, care-free exterior.

The mobile home park where the Kreitzes live provides landscaping, sidewalks, driveways, covered patios, and garages. And when the couple travel, they have no worries about upkeep or security.

Above all, the Kreitzes know that their money is soundly invested and that their home will appreciate. Other mobile homes around theirs have appreciated from $5,000 to $10,000 over a one- to two-year period.

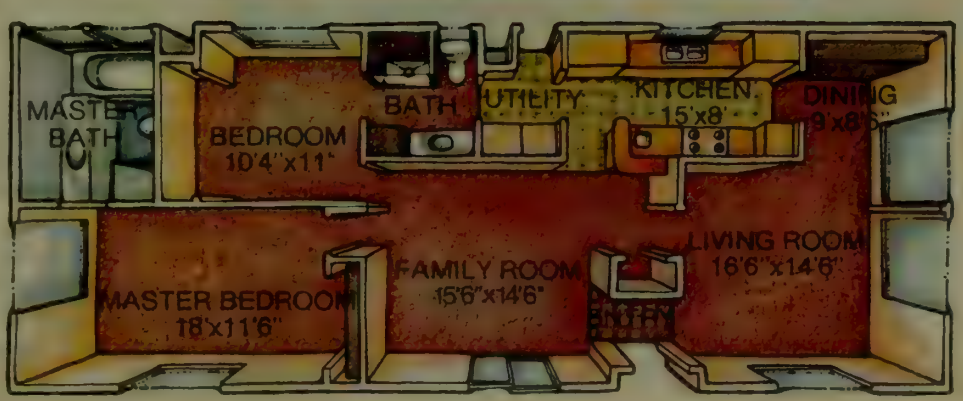


The Gabberts liked the privacy—and the price

This mobile home (right) is owned by Sherman and Lila Gabbert who moved here from a condominium. Sherman, a retired executive, said they decided to sell their condominium because they were fed up with traffic, noise, and lack of privacy. After looking at the housing market, they concluded mobile home living was the only way they could cope with inflation on a fixed income.

A visit to a well-planned mobile home development cinched the deal. The Gabberts were impressed by the quality of the development and the sound construction of the homes. The one they selected offered everything they had missed while living in their condominium—privacy, an outdoor living area, a carport, a washer-dryer in the house, and a family room.

What surprised the Gabberts most was the roominess of the mobile home—1,440 square feet of living space. A compact utility-kitchen area leads into the dining room, which has a built-in breakfront. And the floor plan is flexible. The family room could also be used for dining, with the eating counter acting as a serving center.





GOOD LAND PLANNING

IT CAN MAKE THE DIFFERENCE







Brookview Park, a 14.3-acre mobile home community in the San Francisco Bay area, is an excellent example of how land can be used to create a good living environment. With the homes set in clusters around cul-de-sacs, the park looks and feels like any attractive suburban neighborhood.

The landscape architect who did the site planning designed the 78 lots to provide privacy and living space for each homeowner. To build the homes in the park, the developers chose a manufacturer known for quality craftsmanship. All the homes have cedar shake roofs. Each home is customized for the buyer and includes a two-car carport with storage units, lighting, and electrical outlets.

Brookview Park provides each unit with a guest parking space, porch roof, deck or patio, steps, gutters and downspouts. Residents share a community pool, clubhouse, and garden. Although these amenities cost the homeowner more initially, they will make the homes appreciate at about the same rate as other standard houses. You'll most likely find mobile home parks like this in California, Florida, Texas, or other warm states. But parks like Brookview are being developed in other parts of the country, too, and if you demand them where you live now, you'll probably get them there sooner.

MOBILE MODULARS
ANOTHER WAY TO GO





Photographs: Fred Lyon Source: Mabel Hoffman

If mobile-home-park living isn't for you but you can't afford a house, there's another possibility. Mobile home manufacturers are now producing mobile/modular units that can be moved to a site and placed in a typical subdivision. These houses are built to comply with most building codes and have a different support system than mobile homes. Rather than sitting on wheels or piers, these units are designed to be erected on a standard foundation.

Mobile/modular units are popular because they offer such an affordable alternative to standard houses. You can get a 1,600-square-foot mobile/modular unit with appliances on a standard foundation for about $31,000. On the average, a foundation costs $3,000, and a 1,600 square foot unit costs about $28,000.

A variety of mobile/modular designs is available, suitable for everything from a small subdivision lot to an expansive country site. The owners of the mobile/modular house above chose it because it fit so well on their narrow lot overlooking a large valley. The family living area on the end of the house offers an outstanding view of the valley and provides a great spot for entertaining and relaxing. This house requires little maintenance and the small yard needs minimal upkeep.

SHOPPING FOR MOBILE HOMES

These pointers will help you shop for a mobile home.

PRICE: The average new mobile home sells for about $12,500. Double-wides typically sell for more than $17,000, sometimes much more. The price usually includes furnishings and appliances.

SETTING UP HOUSE: Getting established in a mobile home park may add 15 percent or more to the base price of the home. You often must pay for extras required by the park but not included in the purchase contract. The most common extras are for anchoring the home and for skirting to conceal the wheels and steps with handrails at each door.

You may also have to pay a site preparation fee to set up your home on its site. Most dealers provide free setup service when they sell a new mobile home. The retailer also normally provides transportation within a reasonable distance to a site. Be sure to get in writing what the dealer will provide.

TAXES: Taxation of mobile homes varies from state to state. A sales tax, ranging from 1½ to 6½ percent, is levied on all mobile homes. Some states tax mobile homes as personal property or real estate, others make special mobile home assessments, and some charge license plate fees. Expect to pay $60-$150 in annual taxes, assuming your lot is rented.

INSURANCE: What you pay for damage or theft insurance depends on many factors, including where you live, how much your home is worth, and how accessible it is to police and fire protection. Plan $20 to $25 a month for basic coverage.

FINANCING: Most mobile homes are financed like autos rather than houses. Interest rates are high, generally about 12 percent, compared to nine percent for most mortgages, and 15 to 25 percent down usually is required. However, loan terms are getting longer. If you shop around, you should be able to get a 15-year loan in most areas. And VA and FHA loans of $20,000 over 20 years for double-wides may be available.

MOBILE HOME PARKS: Be sure you have a place to put your mobile home before you buy it. Most park lots rent within the broad range of $45-$125 a month, but use of such facilities as swimming pools or clubhouses may cost extra. Although many states have banned them, large, non-refundable entrance and exit fees are still charged by some parks, so be sure to ask. Your best protection is a written lease on the lot for at least one year. Have an attorney look at the lease before you sign it.

Check factors such as lot size, appearance, and amenities. Be sure to ask about maintenance services such as trash pickup, and about police and fire protection. Note park rules and how they're enforced. Many parks prohibit auto repair work in your driveway, hanging out laundry, storing boats or motorcycles in the park, and keeping pets. Insist on a written copy of the rules, and if you think you'll have any problem living with them, find another park. Also make sure you have the right to sell your mobile home and leave it in the park when you move.

A Grandmother's Flower Garden To Quilt As You Go

If you've been scared to tackle a patchwork quilt project, take a look at this easy quilt-as-you-go technique. Our comfy Grandmother's Flower Garden is formed of quick-to-stitch hexagons. And although Grandmother handed down the pattern and technique, it was a clever granddaughter who discovered a time-saving new twist to quilting.

By Nancy Lindemeyer, Ciba Vaughan, & Deborah Dugan

By stitching, stuffing, and quilting each hexagon shape as you work, you can complete a double-duty, reversible quilt in the time it once took to patch together a single quilt top.



Design: Jackie Curry. Photographs: Dieter

The quilt features earth-toned, matched hexagons on one side, **photo right,** and a cheery patchwork flip side, **above.** Each "rosette" (or circular grouping of 19 hexagons) is stitched individually before the pieces are sewn together, so you can tote them with you and stitch-as-you-go wherever you go! The snug bugs pictured above are tucked under a garden of colorful calico flowers. And because the quilt is reversible, you can change a room's mood as fast as it takes one of these youngsters to clamber under the covers. The steps are easy: Just cut out your hexagons, stitch and quilt them by hand or machine, then join them into larger rosettes to form your flower garden.

Complete how-to instructions with pattern begin on page 168. Or, to order handy precut kit, turn to page 186.





Photographs: Dieter

Julienne Vegetables

To make garden-variety vegetables look elegant, cut them into julienne strips instead of the usual slices or wedges. You don't need any special equipment—just an ordinary kitchen knife can make a simple side dish extra-appealing. Here are two tasty recipes to show off your cutting technique.

EGGPLANT JULIENNE

- **5 slices bacon**
- **1 medium onion, chopped (½ cup)**
- **1 medium (1 pound) eggplant, pared and cut in ¼-inch julienne strips**
- **1 8-ounce can tomatoes, cut up**
- **1 teaspoon sugar**
- **¾ teaspoon dried basil, crushed**
- **½ teaspoon salt**
- **Dash pepper**
- **2 tablespoons snipped parsley**

In skillet, cook bacon till crisp. Remove from skillet, reserving 2 tablespoons drippings. Crumble bacon and set aside. In skillet drippings, cook onion till tender but not brown, about 5 minutes. Stir in bacon, eggplant, tomatoes, sugar, basil, salt, and pepper. Cover and simmer 10 minutes. Turn eggplant into serving dish. Sprinkle with parsley. Makes 6 servings.



POTATO-APPLE SKILLET

- **2 tablespoons cooking oil**
- **3 medium potatoes, pared and cut in ¼-inch julienne strips**
- **2 medium apples, cored and chopped (2 cups)**
- **½ cup chopped onion**
- **¼ cup bias-sliced celery**
- **1 cup (4 ounces) shredded cheddar cheese**

In skillet, heat oil. Sprinkle potatoes generously with *salt* and *pepper;* add to skillet with apple, onion, and celery. Stir till coated. Cover and cook over low heat till tender, about 20 minutes, stirring occasionally. Sprinkle cheese over. Serve immediately. Serves 4 to 6. ■



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Washable and durable. Bare feet don't like cold, hard tiles. They yearn for thick, soft rugs. Sears very washable Colormate bath rugs. Just machine wash and tumble dry.
Lots of sizes and shapes. Colormate bath rugs come in a choice of sizes. Rectangles, ovals, oblongs and contours. Most with or without fringe. There are lid and tank covers. Wall-to-wall sizes from 4by6 to 8by10 feet, that you can easily trim to fit your bathroom.

100% premium quality nylon pile, densely tufted and ¾-inch deep.
15 colorfast colors—all perfectly matched to Sears Colormate towels. And Sears Colormate shower curtains, scales, hampers and lots of other matching bathroom whatnots. Find them all now at most Sears larger stores and through the catalog.



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Look your Sunday best every day of the week.

At the first hint of warm weather, take your spring wardrobe to your neighborhood Martinizing dry cleaner. He'll get everything as fresh as all springtime. No matter what you need dry cleaned, remember Martinizing is the name.

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A Buyer's Guide to Jewelry



To most people, jewelry is a blind item, bought on good faith from a dealer whose reputation you may or may not have put to a test. While the retail jewelry business is generally upstanding, there are a few bad apples in every barrel. You, the buyer, must be on the alert, or you may find that what you have bought is not worth nearly as much as you had thought.

Here are some guidelines to help you get the most for your money when you buy jewelry:

Gemstones

Diamonds are the most popular gemstones, and the only ones for which there are systematic standards of evaluation. Established by the American Gem Society (A.G.S.), the diamond standards involve the "4 Cs"— color, clarity, cut, and carat weight.

All the "4 Cs" are considered in judging the merits of a diamond. As for diamonds' crystalline cousins, such as sapphires, emeralds, and rubies, one or more of the "4 Cs" may apply as well. But the standards of excellence vary according to the characteristics of the specific kind of stone.

1. Color. Color in gemstones can vary widely. For diamonds, jewelry stores that belong to the American Gem Society are required to have on hand a standard supply of stones against which you can evaluate any diamond. The jeweler's minimum supply is at least three master color diamonds, color-graded with optical instructions so the jeweler can assign color grades to the jewels he sells.

A.G.S. master-graded diamonds are ranked according to their degree of yellow. The master set must include at least one diamond that approaches colorlessness—though diamonds fully devoid of color are very rare.

Apart from normal diamonds, there is a group known as "fancy stones." These usually have a blue or pink tinge, and they may command a premium price.

Other gemstones can vary widely in color. The deeper colors usually command higher prices, though personal taste often governs the selection and value. Compare colors before you buy.

When shopping for colored gemstones, watch out for something known as the "doublet." That's a very thin strip of the real gemstone invisibly cemented to a piece of cheap stone, such as quartz. The color comes through the whole piece, and once the stone is in its setting you'll have a difficult time telling that it isn't genuine.

2. Clarity. Clarity is an especially important quality of diamonds, because internal flaws, sometimes invisible to the naked eye, can jeopardize the strength of the stone. According to Federal Trade Commission regulations, a gem is considered flawless if no imperfections show under ten-power magnification. Your eye can't detect microscopic flaws, however, so to enable you to compare the goods, all A.G.S. stores provide a microscope and a rating scale for clarity. Otherwise, you'd be doing

continued

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IGHTS: 11 mg. "tar", 0.8 mg. nicotine av. per cigarette.
TC. Report DEC. '76. LONG LIGHTS: 12 mg. "tar",
.9 mg. nicotine av. per cigarette, by FTC method.

Salem Lights

Salem Long Lights

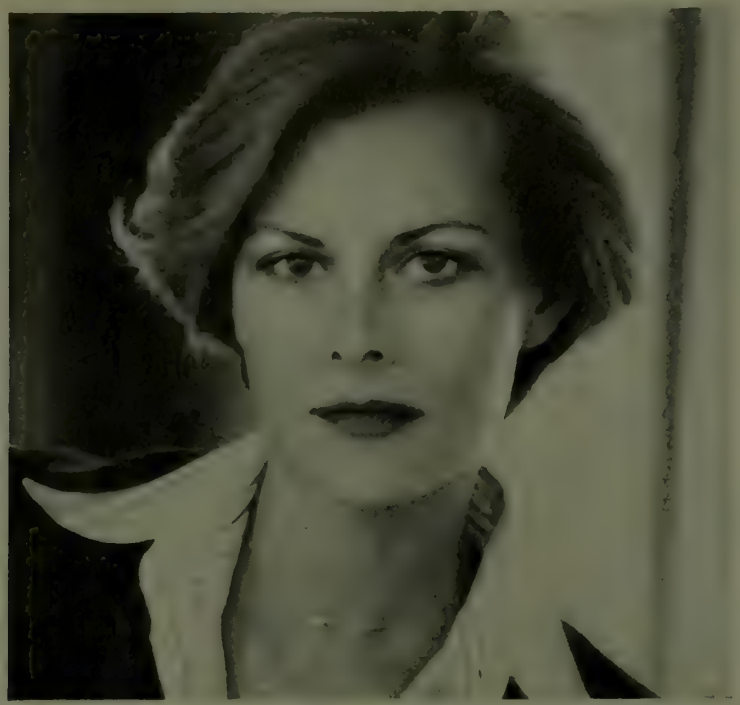


At last. Enjoyment in a low tar cigarette.

Salem Lights and Salem Long Lights.

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(Advertisement)



Do You Really Look as Young as You Think?

True, you're a very involved-with-life person. You try to play a few sets of tennis every week, both to keep in shape and for the fun of making new friends at the courts. You wouldn't miss the evening news because you feel more interesting when you're well-informed. Sometimes, to keep yourself open to new experiences, you go to movies you don't expect to like. Since you're involved in so many things, you feel vibrant and young. And you assume you look that way.



So it can come as something of a surprise when your mirror catches you unaware one morning and you realize you don't really look as young as you thought. That's the very moment for you to discover the secret of a mysterious beauty fluid that can help you look younger by providing a moist climate for your skin. The beautiful secret, shared by women in many different parts of the world, is known in the United States as Oil of Olay beauty lotion.

Oil of Olay penetrates your skin remarkably quickly. Pure moisture, tropical oil and precious emollients work to help you look younger by easing dryness... that dryness that can so easily make you look older than you like.

Within moments after smoothing on Oil of Olay, you'll notice your skin grow softer and smoother. You'll be able to see a renewed lustre and radiance. And little wrinkle lines (which are accented by dryness) can show less starting the very first day. You'll be able to notice the difference. And the change will be apparent to other people. Do you suppose they'll comment?

Oil of Olay, in its mysterious way, is a partner with nature in helping maintain your skin's moisture balance to let your complexion become softer, smoother, younger looking.

When would you like to apply Oil of Olay? If you're like most dedicated users, you'll choose to gentle on the beauty fluid at least twice each day. At bedtime, to pamper your skin into quiet nocturnal hours. Again in the morning, either before you do your face (Oil of Olay doesn't leave a greasy afterfeel so it's marvelous under makeup) or alone to provide your skin with a beautifully moist climate. Some women who like a dewy, naturally glowy look use Oil of Olay instead of makeup.

Any time your skin feels dry is a good time for Oil of Olay. Smooth it on after coming in from drying wind or sun. Or when you've been exposed to excessive central heating or humidity-lowering air conditioning. Your skin will tell you when.

Do you really look as young as you think? That's a question that shouldn't be unpleasant to answer now you know that Oil of Olay® can help.

continued

Jewelry

your diamond shopping in the dark, so to speak.

3. Cutting. Cutting refers to two aspects of gemstones: technical characteristics and fashion.

The technical aspect of cutting refers to the preciseness of the angles and facets when the stone is hewn from its raw state. Any decent stone should be cut so that all facets meet correctly. According to George Kramer, associate director of the A.G.S., the "ideal" cut is one that achieves the maximum balance of brilliance and "fire" (the flashing of spectral colors).

A stone cut for its most brilliant effect is considered a "100 percent" cutting, though fire will be sacrificed. All variations from 100 percent come at the expense of brilliance. The extent of deviation can be measured and computed, and you can compare variations in price accordingly, just as you can compare prices in terms of carat weight, color, and clarity.

As fashions change, so may the values of certain cut stones. The cut of the stone may be square, oval, pear-shaped, marquise (elliptical), or emerald (rectangular). There are also specialty cuts, which may be more costly. Over the years, the round, brilliant cut in diamonds has maintained its value best.

4. Carat weight. A carat is a measurement of weight. (Note the difference from karat, with a "k," which is the measurement of the pure gold in an item of gold jewelry.) There are 100 "points" to one carat. Since heavier stones are scarce, they carry a higher per-carat cost than do smaller stones of otherwise comparable quality. Thus—all other things being equal—ten ten-point diamonds, totaling one carat, will cost you less than one single-carat diamond would cost.

One shopping danger to beware of about carat weight is a stone cut to look larger than it actually is. Fashioned to resemble a full carat, the stone may in fact be cut much shallower, with its table ("top") spread. Its true weight can be well under a

continued

The ColorTrak System. Could it be the best 25" (DIAGONAL) color TV ever made?

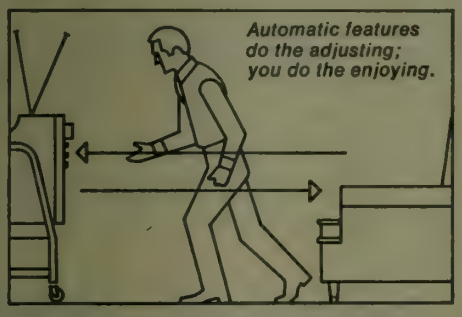
Over three years ago, RCA set about designing a new generation in color television.

The result was ColorTrak, a remarkable television system that actually grabs the color signal, aligns it, defines it, sharpens it, tones it, and locks the color on track.

Here's how it all works.

Automatic Color Control works to keep colors consistent.

Color variations can occur when the program changes, when a commercial comes on, and when you switch channels.



Automatic features do the adjusting; you do the enjoying.

But ColorTrak's Automatic Color Control constantly monitors the color and actually adjusts it for you when changes occur. So you get a consistent, quality picture.

A light sensor adjusts for changes in room light to keep your picture beautiful.

ColorTrak's picture automatically brightens in a well-lit room, darkens in dim light; so you always get a rich, detailed picture.

A tinted-phosphor picture tube gives less reflection and a rich, vivid picture.

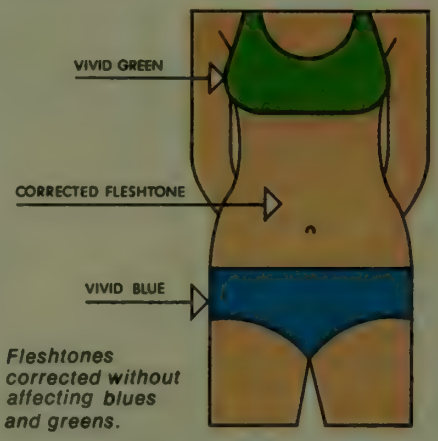
ColorTrak takes our light-absorbing black-matrix picture tube a step further by using specially tinted phosphors on the tube surface. The tinted phosphors absorb even more room light, so you get colors that appear more vivid and lifelike.

A Dynamic Fleshtone Correction System produces rich, natural fleshtones right next to brilliant greens and blues.

Correcting varying fleshtones without affecting other colors has been a problem in color television technology. ColorTrak's Dynamic Fleshtone Correction System handles this problem, bringing varying fleshtones into the natural range while minimizing the effect on other colors. So you see natural fleshtones and natural background colors.



The Bordeaux. Beautiful Country French style in genuine pecan veneer and oak solids with simulated wood trim. The top, a laminated composition in a handsome diamond pattern.



Fleshtones corrected without affecting blues and greens.

The highest quality, most reliable set RCA has ever produced.

The ColorTrak system is a finely balanced system of features that work together to give you the kind of picture performance you'd expect from the people who pioneered color TV.

And because we want you to enjoy that beautiful ColorTrak picture for years to come, we've made ColorTrak the set most tested for reliability that RCA has ever produced.

The ColorTrak system is not inexpensive. But when you consider the years of pleasure it will provide, we think you'll agree it is well worth the price.

Don't purchase any other set until you see ColorTrak. And judge it for yourself.

RCA ColorTrak

RCA is making television better and better.

continued

Jewelry

full carat, so check carefully. Also, when a diamond is cut this way, its brilliance may be intensified, but its fire is sacrificed in the process, according to George Kramer of the A.G.S.

Be wary also of total weight representations. Let's say that a one-carat diamond of a particular cut, clarity, and color has a per-carat value of $500. A one-half-carat stone of comparable quality may be valued at $200, and ten-point stones may be worth $35 each. You see an ad for a ring: "Total carat weight, one carat. Price $500." In fact, the ring contains one half-carat diamond and five ten-point diamonds. Total weight one carat. True. But total value (aside from the setting) is $375, since the ring actually contains one half-carat stone worth $200 and five ten-point stones worth a total of $175.

Also, don't be fooled by "approximate weights." An "approximate weight of one carat" may actually be 90 points. In other words, if you lay out the cash for a full carat, you'll be getting shortchanged by ten percent.

Gold

This mystical metal provides the most popular setting for jewelry, and is considered a form of jewelry in its own right. Gold is gold. Or is it?

A piece of metal stamped "24-karat gold" is the closest you can come to pure gold. It's .99999 pure. But this gold is too soft to be used in jewelry, so it is mixed with other metals to make it harder and more durable. Thus a piece of metal stamped "18-karat gold" is actually three-quarters (or 18/24ths) pure gold, and one-quarter other metals. In other words, one ounce of 18-karat gold actually contains only three-quarters as much pure gold as does one ounce of 24-karat gold.

The basic shopping guideline to follow is to ascertain the gold content of any object you're considering. It should be priced accordingly—subject, of course, to the specific design of the piece.

Most common jewelry is ten-, 14-, or 18-karat gold. (White gold is the same as yellow gold; it's just mixed with different metals in the alloy for decorative effect.)

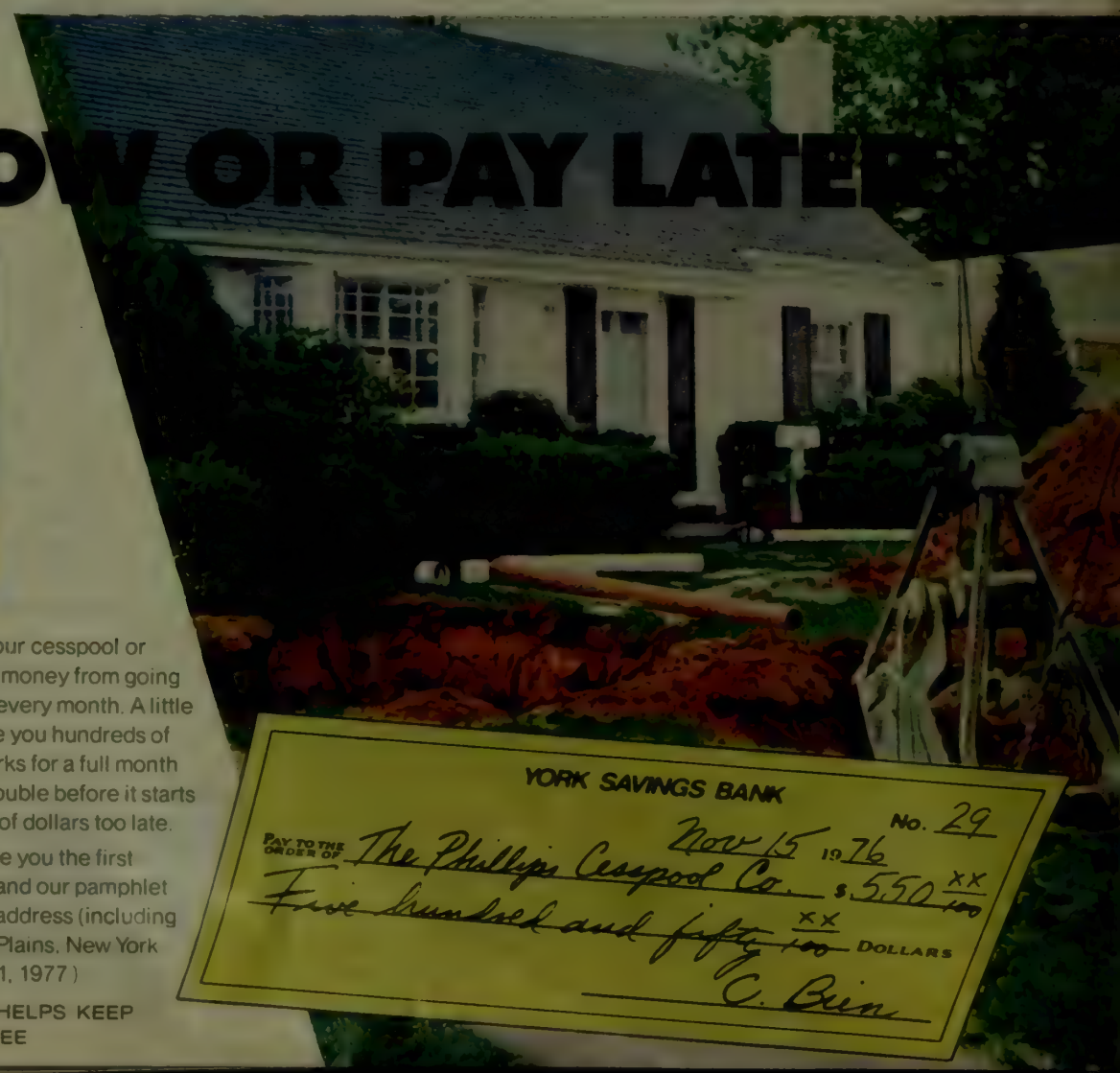
What about pieces labeled "14-karat gold-filled" or "14-karat gold-plated?" Gold-filled pieces have a thin layer of gold laminated to a metal base. Gold-plated pieces look similar, but there the thin layer of gold has been electroplated onto the base metal. In both cases, only the thin layer contains the gold, not the whole piece. Generally, gold-filled pieces are superior to gold-plated because the former have a thicker layer of gold and are the more durable.

American gold products must be stamped accurately to show their karat content, so beware of unstamped pieces. However, while you can determine the true gold content from the stamp, the value of artistry and craftsmanship can be quite difficult to evaluate. Your personal taste

continued

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To introduce you to Rid-X,® we'll give you the first month free. For your 50¢ off coupon and our pamphlet on septic tank care send your name, address (including zip code) to RESCO, Box 186, White Plains, New York 10602. (Coupon expires December 31, 1977)

50¢ WORTH OF RID-X A MONTH HELPS KEEP YOUR SEPTIC TANK TROUBLE-FREE

After a few months a puppy's outsides look full grown.



But he'll be a year old before his insides catch up.

By the time he's four or five months old, your puppy may start to look like a full-grown dog.

But the fact is, he's still doing some very important growing on the inside.

It's during the second half of a puppy's first year that his bones seal off and harden. So he still needs extra calcium.

His muscles continue to gain strength and he needs extra protein for that.

Even his heart and nervous system are still developing. That calls for extra iron and vitamins.

That's why – for a full year – a puppy needs extra amounts of specific nutrients. The kind he gets in Purina® Puppy Chow®. – the special formula puppy food.

So for your puppy's health, see your veterinarian regularly. And feed your puppy Purina Puppy Chow for a full year. To be sure his insides catch up with his outsides.



For a full year till he's full grown.

© 1976 Ralston Purina Company

continued

Jewelry

becomes a primary factor, but don't overlook the true gold content.

Indian jewelry

A growing craze in recent years has been "authentic handmade Indian" jewelry, usually heavy pieces fashioned from silver and turquoise. If you want truly authentic goods—that is, made of real silver and real untreated turquoise by real Indian crafts people—you're in for some extremely selective shopping. Imitations are deluging the market, and their prices are far in excess of fair value. For example, there's a metal known in the trade as "German silver": It looks like the real thing, but isn't. Turquoise-like stones are being fashioned from plastic effectively enough to fool many buyers. As for the so-called authenticity, there simply aren't enough Indians around to make all the goods that are being put on the market. Comparison-shop carefully, and deal with reputable businesses only.

Know your jeweler

With any jewelry purchase, ask the dealer if you can have the piece independently appraised; many jewelers won't go along with that request, largely because other appraisers tend to be jewelers as well, in competition with your man. However, it's fair to ask yourself why the jeweler balks at the request, if he does.

On the other hand, beware of some unscrupulous dealers who may have a referral setup with an "independent" appraiser who is not independent at all, but hired instead to appraise the piece on the high side so you'll think you're getting a bargain. As always, be sure you know with whom you're dealing.

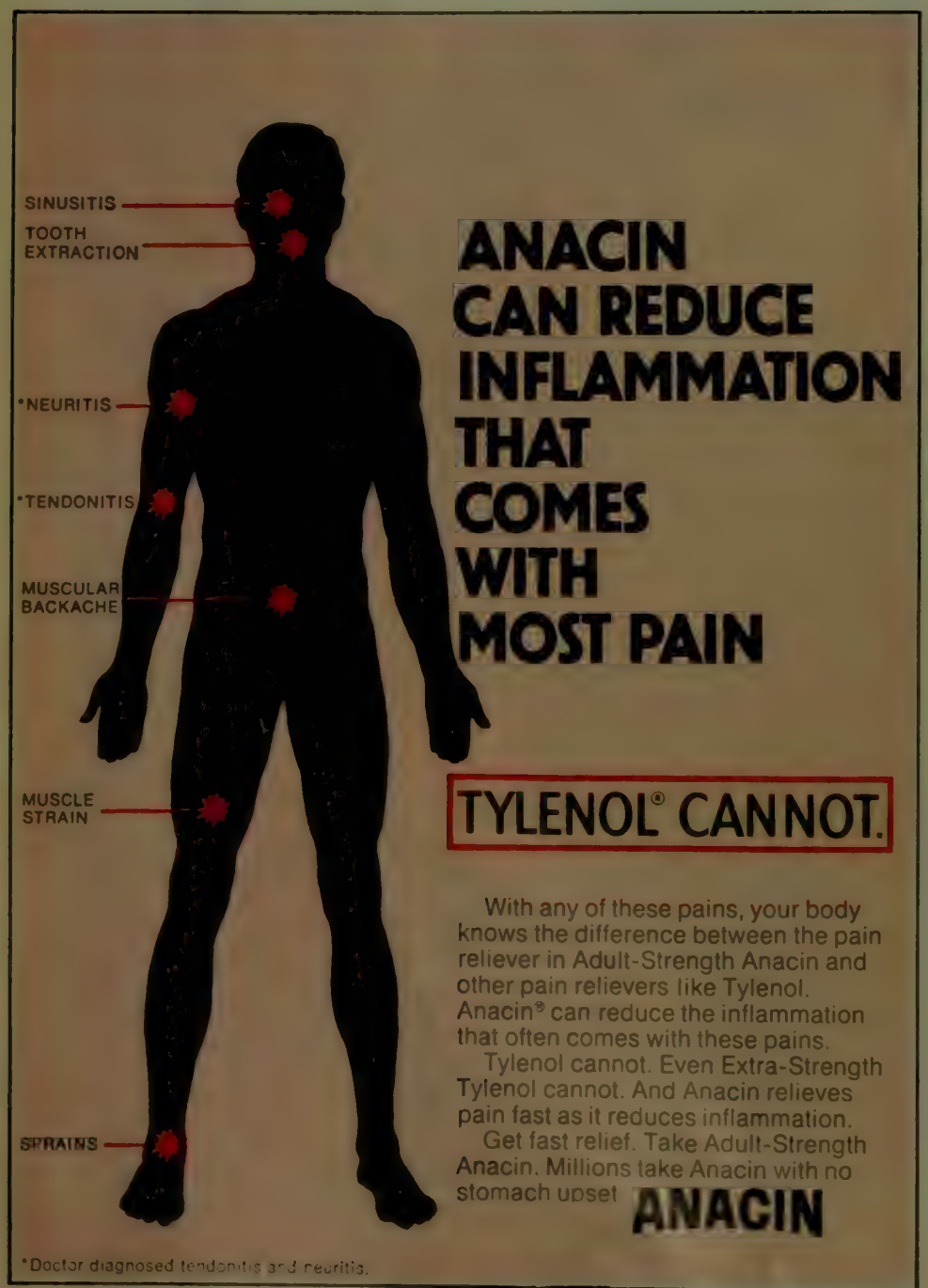
If a jeweler does allow you to take a piece of jewelry for an independent appraisal, he can reasonably expect to be paid in advance as insurance that you won't skip town. And, you can reasonably expect to be given a full return privilege within a brief period should the independent appraisal not verify the stated quality of value of your purchase.

Your best safeguard is to undertake considerable comparison-shopping before any jewelry purchase. And when you buy, get the seller to give you a complete written description of the piece and his appraisal.

Jewelry stores that are members of the American Gem Society display the A.G.S. symbol. Member stores must adhere to the Society's code of ethics, must have at least one registered jeweler on staff, and must be equipped with the grading and measuring equipment mentioned earlier with regard to gemstones. The A.G.S. code of ethics forbids false or misleading advertising, misrepresentation by sales personnel, and double pricing (a sales ticket with a high price crossed out and a "bargain" price beneath it).

Many nonmember stores, of course, can also provide excellent service and good value for your money. It's up to you to do the careful shopping in the first place. ■

(Produced in cooperation with Robert Rosefsky.)



If you had your eyes tested outdoors as well as indoors, you'd know why we developed photochromic lenses.



You're probably reading this indoors. Easily. Comfortably.

But if you walked outside into the sun's glare, things would be different. You'd find yourself squinting. Straining. Seeing, even through prescription lenses, would be uncomfortable.

Of course, you could always switch from clear lenses to tinted lenses every time you go outside. Or, you could wear lenses made of Corning® Photochromic glass.

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And they're all made of glass, the most accurate and most scratch-resistant optical material.

Remember. Regular eye examinations are important for good vision. And if you believe good vision should also be comfortable, ask your eye care specialist about lenses made of Corning's Photochromic glass.

They're the most comfortable way to see under the sun. And out of the sun.

Photochromic lenses. For more comfortable vision indoors and outdoors.



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Whether it's our own famous Weldwood® paneling—or anybody else's for that matter.



Ardsley Ash

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We want you to know that some paneling is faced with real wood, and others with not-so-real wood. (Weldwood comes in a complete range of authentic hardwood veneers, or amazingly faithful simulated woodgrains. With a veritable forest of styles, textures and prices to choose from.)

We want you to know that good paneling provides long-lasting beauty with a minimum of care.

But most of all, we want you to know that paneling is neither wallpaper nor paint. It has warmth and presence in a room, in much the same way a fine piece of furniture does.

We make Weldwood paneling. And we make all kinds of other building products like lumber, sheathing and Weldwood® sidings. (Wood has been a way of life for us for nearly 60 years.)

You can find them all at your Headquarters/Champion Building Products Dealer (formerly U.S. Plywood). He's listed in the Yellow Pages under "Paneling."

And if you'd like to know more about the paneling, send for our full-color booklet, "All About Wall Paneling." It's filled with decorating hints, and it's yours when you send your name, address and 50¢ to Champion Building Products, Box 61, New York, N.Y. 10046.



Dover Ash Ardsley Ash Burlingame Ash

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PANELING

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GARDENING IN APRIL

You can make garden maintenance much easier by using perennials as the nucleus of your flower border. Here's a monthly guide to help you pick your plants.

April

Basket-of-gold, 1 foot high; yellow. Dwarf, bearded iris, 1 foot; blue, white, purple, or gold. Lenten rose, 1½ feet; green-purple.

May

Ajuga, ½ foot high; blue. Bleeding heart, 2 feet; rose-red. Candytuft, 1 foot; white. Bearded iris, 2 to 4 feet; variety of colors. Leopard's-bane, 2 feet; yellow. Peony, 2 to 3 feet; white, pink, or red.

June

Alkanet, 3 to 5 feet high; blue. Columbine, 1½ to 2 feet; variety of colors. Daylilies, 1½ to 4 feet; variety of colors. Delphinium, 2 to 5 feet; blue or white. Gaillardia, 2 feet; yellow or red. Gas plant, 3 feet; pink or white. Japanese and Siberian iris, 3 feet; purple, white, or red. Poppy, 2 to 3 feet; orange, red, or purple. Shasta daisy, 2 feet; white. Thermopsis, 4 feet; yellow.

July

Balloon flower, 2 to 3 feet high; blue, white, or pink. Bee balm, 3 to 4 feet; red, pink, or white. Black snakeroot, 5 to 7 feet; white. Coreopsis, 2 to 2½ feet; yellow. Cupid's-dart, 1½ to 2 feet; blue or white. Evening primrose, 2 feet; yellow. Hollyhock, 6 feet; variety of colors. Lythrum, 4 feet; red or pink. Phlox, 2½ to 4 feet; variety of colors. Poker plant, 2 to 4 feet; yellow, orange, red, or white. Red valerian, 2½ feet; red. Scabiosa, 2 feet; blue.

August

Butterfly weed, 1½ to 3 feet high; orange. Coneflower, 2 to 3 feet; yellow. False dragonhead, 2½ to 3½ feet; lavender, pink, or white. Helenium, 3 feet; yellow or red. Hosta, 2 to 3 feet; lavender or white.

September

Chrysanthemum, 1½ to 3 feet high; variety of colors. Hibiscus or rose mallow, 5 to 7 feet; red, pink, or white. Michaelmas daisy or fall aster, 2 to 4 feet; many colors.

Planting perennials

Early spring, when plants are dormant or just beginning to grow, is an ideal time for division and planting. Or, wait until fall, just before cool, rainy weather hits.

When dividing, dig the perennials, then pull or cut them apart into natural units, each with several sprouts. To plant, dig the hole several inches deeper and wider than the size of the root system. Pulverize the soil in the bottom of the hole. Set the plant the same depth it grew before; usually the juncture of roots and stems is just below the ground. Fill in around the roots with loose soil, then firm the earth and water thoroughly. ■

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



A WELL-ANGLED REDWOOD DECK YOU CAN BUILD

This angled, redwood deck provides the perfect transition between the dining room-living area of this home and the patio.



Photograph: Hedrich-Blessing. Architect: Richard Hynes

Thanks to the deck, the patio is now the hub of all summertime outdoor activities. In addition to creating a graceful descent from house to patio, the deck can be used for seating people or displaying plants along the railing.

The deck took the homeowner about four days to build, and the tab for materials came to about $250. Eight round fence posts support the structure. The posts are pressure-treated to make them impervious to rot and bugs.

To build this deck, set the posts three feet deep and tamp them in. Attach the 2x10 exterior frame to the posts with carriage bolts. Run two 2x6 joists from the forward center post to the post directly behind it (the one about three feet out from the house and under the railing). Attach ledgers to the inside of the 2x10 exterior frames. These ledgers support the 2x4s that are set on edge to provide the surface decking.

The surface is assembled from ten-foot lengths of clear heart redwood and left unfinished. The railing also is enclosed in 2x10 frames, which add to the clean, finished look of this deck. Pile sand under the deck to discourage weeds. In this case, the sand was also used for the brick foundation of the patio.

This handsome combination of redwood and bricks is the focal point of this family's small yard. If your landscaping won't allow a deck angled like this one, you can modify it to suit your situation. Laying the redwood on edge yields a distinctive surface and one that's strong enough to require only half the usual number of supporting joists. Brackets attached to posts support steps. ■



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THINGS THAT GO ROUND ROUND IN THE WIND

BY DAVID ASHE

Why settle for a measuring instrument when you can build one of our magnificent rotating machines? You don't have to be a weather fanatic to have a world of fun with one of these devices. They don't determine wind velocity, but they sure do a lot of spinning and clacking and flashing. You can perch one of these gizmos on the back fence, atop the garage, or mounted on a stick in the yard. Wherever, the sparkling antics of the ingenious device will delight young and old.

You should be able to put together any of these "things-that-go-round-in-the-wind" in just one evening. The main materials you'll be working with are sheet aluminum and scraps of pine. And to keep the creations freewheeling, you'll need a few wooden beads, washers, and screws.

Build one—or all five. The rotor on the left spins madly in the wind, showing you at a glance whether or not there's a hurricane in progress. The other four designs not only have parts that spin, but also actually indicate wind direction. And the little man on the middle unit even rotates at speeds that hint at the relative strength of friendly breezes.

Now toss your cares to the wind and make one of these conversation-starters, just for the sheer fun of it all.

Photograph: Mike Dieter. Designer: David Ashe

Better Homes and Gardens Project Plan No.50338. To order, see page 186.





Something's always in BLOOM in this glorious garden

By Beverly Garrett, Russell O'Harra, and Steven Coulter

There's breathtaking beauty wherever you look in this outstanding garden. Broad, sweeping borders of brilliant flowers outline the rich green lawn, and large pots, brimful of specimen plants, punctuate garden walls and patios. This is the personal garden of landscape architect Joseph Copp, Jr., who obviously brings his work home with him.

We wanted to share this delightful garden with you because of its sheer beauty and for the planning and growing techniques you can learn from it. So join us now for a spring and summer tour on these six pages. You'll find many adaptable ideas.



Photographs: de Gennaro. Landscape architect Joseph Copp, Jr. Source: Pauline Graves

In late spring, *left*, the border is a mass of brilliant color from end to end. The large areas of identical plants result in meandering blocks of color rather than the salt-and-pepper look that would result from smaller groupings. Contributing to the impact here are yellow calendulas, snapdragons, English daisies, Iceland poppies, and blue forget-me-nots. Delphiniums are just starting to show color in the background.

In summer, *above*, the garden features more yellows and golds than it did earlier. Accents of blue and white even the flow of colors through the border. After the seasonal blossom show of the perennials has closed, their foliages furnish background texture and color to the scheme. The sedum in the foreground is just ready to bloom while gloriosa daisies, campanula, asters, petunias, marigolds, ageratum, and zinnias fill in the background.

Colorful surprises at every turn

Massed floral colors provide different effects when the garden is viewed from various vantage points. The open area occupied by this border is ideal for growing sun-loving plants, but you can grow an equally stunning border in shade. You just have to choose from a different planting list.



As you view the garden from the center of the border, yellows dominate. The deep gold of the calendulas in the foreground intensifies the pure yellow of the drifts of yellow snapdragons that wind their way around the Iceland poppies and yellow ranunculus. As the seasons progress, there's a continuing change of colors along the border. The delphiniums to the rear of the border will soon form a spired background of blue, white, and pink, and as the poppies fade in the heat of summer, marigolds will take their places. The changing parade of colors is fascinating.

All but hidden from most viewing points, little stone paths wind through the deep border, *below*. Moss between the stones unobtrusively blends the paths into the natural setting. These paths are important to the planting and maintenance of the border because they provide access to the plants for staking, watering, feeding, and the removal of spent blossoms. Here, the path meanders through beds of sweet williams, calendulas, pinks, yellow and white violas, azaleas, and coralbells.

You can see, *below*, the importance of grouping many plants of the same variety together, especially when the garden is to be viewed from a distance. Here the pastel clusters of flowers are grouped in rounded clumps; daisies, coralbells, and blue felicia provide the bulk of the upfront color. With the grass left long, the area looks more like a meadow than a manicured lawn. Occasional outcroppings of boulders along the border contribute to the natural look that prevails in this flower-laden garden.





What you can learn from this garden

One of the most useful things to be learned from this splendid garden is the importance of soil preparation. You simply cannot grow quality plants in poor soil. That's why Mr. Copp spent several months getting the soil in shape before he set out the first plant. He started with a tremendous handicap, because the area now occupied by this lovely flower border was a tangle of blackberry bushes and scrub blue gum growths. These had to be removed, roots and all, before digging could start. This, in effect, was the first of three plowings.

After the initial root-grubbing operation, layers of agricultural gypsum (to modify the heavy clay soil), bone meal, and truckloads of manure were spread over the soil and dug in deeply. This was watered in well and allowed to mellow and blend for several weeks. Then a layer of nitrogen-treated redwood shavings was applied and dug in. The area was left undisturbed through the winter. The lawn and flower borders were planted the following spring.

You can see for yourself how the grass and flowers responded to the groundwork that preceded planting. A general recommendation for flower borders is to make them no more than six feet wide so the plants can be tended from the edges of the beds. Although this border is 20 feet deep in some areas, inconspicuous paths were threaded through the beds for access to the plants. By making the borders deep, large blocks of the same plant (sometimes a hundred plants) could be planted for interlocking masses of color. For the quantity of plants needed to fill such an extensive area, Mr. Copp depends on transplants started from seed or from seeds planted directly in the border. Another advantage of excellent soil is that you can set plants farther apart than normal, because you can count on the plants' growing to big sizes to fill more space. An organic soil retains moisture well, too.

Color mobility with potted plants

Large pots filled with a variety of plants provide lively color and total flexibility. At any given time of year, the pots can be moved about for the best effect, and in or out of the patio display as their beauty warrants. Just two or three large container plantings will give you the opportunity to move in color where it is needed most. Check these photos for ideas on how you can effectively use mobile color.



This 12x20-foot deck was added to the side of the house to provide sunny outdoor living space. Instead of railings, 18-inch terra-cotta pots provide a protective barrier along the edge. The pots sit in iron frames that protect the deck from pot stains at watering time. When you need a change of pace, mobile color such as this allows you to rearrange the scene to suit your fancy. Plant annuals to ensure season-long color. Bright-foliaged plants are good choices.







Charcoal-painted latticework, *above left,* hides the underside of the deck and forms a backdrop for kalanchoes and low shrubs edging the brick walk. This closeup view shows, too, the variety of combinations you can use for portable color. Lilies, pansies, forget-me-nots, primroses, and nasturtiums provide plenty of color and variety, while the row of identical pots defines the edge of the deck as clearly from this angle as when viewed from the house.

A variety of shade-loving plants (both foliage and flowering) can brighten spots that receive little direct sun, *above.* To soften the steps shown here, multi-branched vines grow out of low, 16-inch pots and up the latticed base of the stair landing. They form a lush green backdrop for pots of azaleas, ferns, impatiens, and ivy. This mixture of blooming and foliage plants lends interest and variety.

The sunny area at left has an almost Mediterranean feeling. The concrete wall is a retaining structure for an outdoor living area on the higher level next to the house. Railroad ties serve as steps and edgers for the brick-surfaced areas. Large pots of colorful geraniums surround the terra-cotta reflecting pool, which will soon be filled with miniature water lilies.

How to plan a colorful flower border

A major goal of flower gardeners is to create a flower border that presents an even, continuing display of color from spring to frost. This would be simple if you didn't have to plan for placing the color evenly along the border for all the seasons, tapering the plant heights from front to back, and getting a compatible blend of colors each season.

Most gardeners have arrived at their most pleasing combinations after several years of trial and error, but one of the beauties of flowers is that they look great even if you miscalculated their compatibility with their blooming companions. Simply adjust locations next year for a more even flow of color and heights.

Your first step toward a successful border planting is to make a scale drawing of the bed (½ inch equaling a foot gives you adequate space for drawing in the plants). Don't plant helter-skelter; put several flowers together in a meandering fashion to creat drifts of color.

The season starts with spring-flowering bulbs—you're safe here, because it's almost impossible to plant an unattractive bed of tulips, daffodils, and hyacinths. But you can make it look better by taking height and color into consideration when planning. Plant bulbs in scattered free-form groupings the length of the border.

You can distribute many types of plants throughout your borders. Use annuals (marigolds, zinnias), perennials (peonies, chrysanthemums), bedding plants (geraniums, begonias), bulbs (tulips, lilies), and tubers (dahlias). Perennials, of course, have permanent locations and their blooming time is fairly limited. Annuals bloom from early summer until the very end of the season. So to keep the color pace going, plan your borders to allow enough room for annuals between the perennials.

HOW TO SHAPE UP THE SPACE at your place

By Shirley Van Zante and Robert E. Dittmer

A really comfortable room doesn't depend on the style or status of the furniture pieces. It's how it all goes together that counts—and that's what furniture arrangement is all about. Most of all, the arrangement has to be easy to live with.

The old textbook rules for arranging furniture—like creating a focal point, allowing for "traffic," and choosing pieces scaled to the room size—still apply. But the rules bend a lot more easily than they used to. What's important today is placing furniture where it works best for you, even though by old standards the arrangement may seem a bit unorthodox. (Furniture doesn't always *have* to line all four walls—even in the smallest room. In fact, the arrangement may be more comfortable and fluid if it doesn't. And since furniture isn't rooted in one place, it can be rearranged as needed.)

On these six pages we'll answer some common arrangement questions and also suggest ways to shake a humdrum room out of its rut.



Photograph: George de Gennaro. Design: James G. Lumsden. Source: Pauline Graves

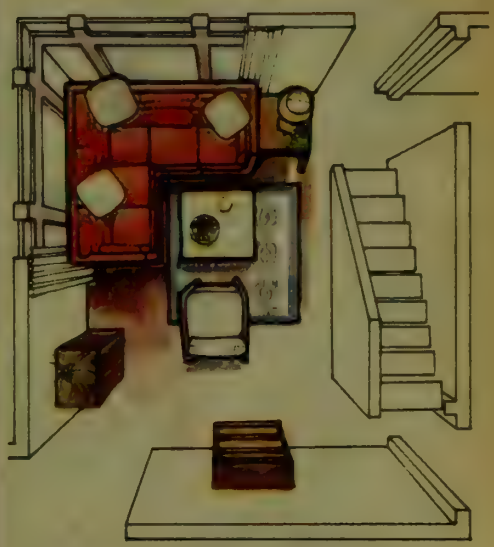


? How can I get enough seating in a room that's cut up with windows and doors?

answer

When you don't have enough wall space, put your windows to work. Here, the seating centers on the around-the-corner sectional sofa that hugs the glass area. The sofa back lines up with the windowsills without blocking light or the view. There's a comfortable lounge chair to round out the grouping. An area rug sets the whole arrangement off from the rest of the room and, as you see on the floor plan, diverts traffic around the grouping to the outside door.



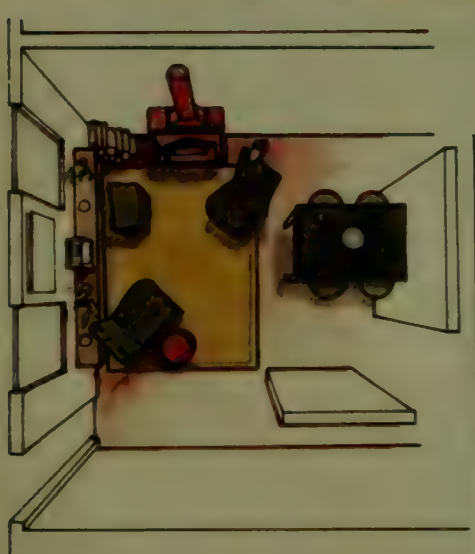


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HOW TO SHAPE UP THE SPACE at your place



Photograph: Jim Hedrich, Hedrich-Blessing. Design: Thomas Green, A.I.A. Source: Estelle Guralnick



? How can I make use of a little sliver of space at the end of a room?

answer

Even a corner can be put to work if you plan things right. In this town house, for example, a pocket-size area was made to fill a real need. Like many older homes, the house lacked a family room, so this little space at the end of the kitchen was turned into a cozy sitting area. The secret of small-space decorating is to hold furniture to the bare minimum. Choose low, lightly scaled chairs like these (preferably armless or open-arm styles that visually take less space).

Here, a 12-inch-wide length of butcher block, set on cement bricks, provides a place for television, telephone, plants, and books without encroaching on the limited floor space. A compact prefab fireplace is another space-saver for anyone who has always wanted a fireplace but thought there wasn't room for one.

A small rug makes a neat demarcation between two activity areas in the same room. Here, the rug separates the lounging and dining areas.

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Photograph: George de Gennaro. Design: Pasquale Vazzana. Source: Pauline Graves

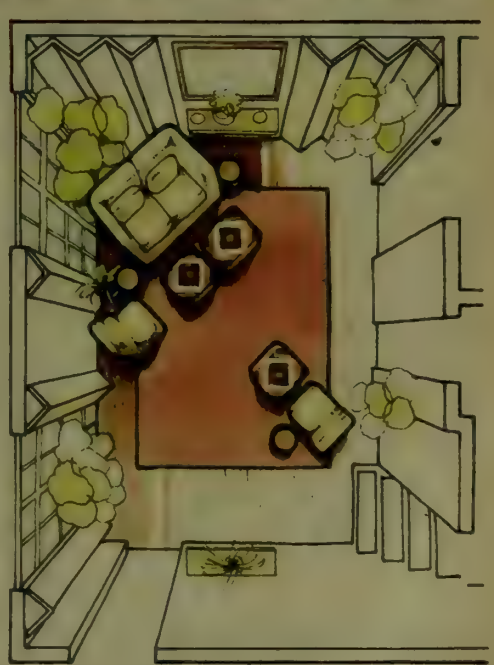
? How can I arrange a run-of-the-mill room to make it look special?

answer

Try something different. Instead of squashing furniture against the walls, pull your seating pieces out and angle them into the room. A diagonal arrangement like this helps take away the boxy look of a room. (This trick also works in a room that's cut up by lots of window and door openings).

Instead of using conventional draperies for your window treatment, you might try folding screens. These 18-inch-by-eight-foot panels were painted white to match the walls and trimmed with brass corner hardware. The screens help soften and round the corners of the room. To emphasize the out-of-the-ordinary diagonal arrangement, the rug is set straight with the walls.

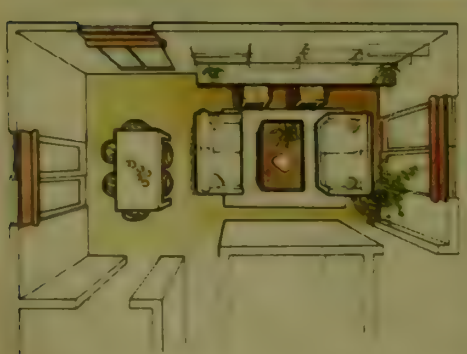
An offbeat decorating idea can do a lot to enliven an ordinary room. Here three old damask tablecloths provide the only color in the neutral scheme. The cloths were tie-dyed, then thrown over the ottomans and tied at the corners with heavy cord.



HOW TO SHAPE UP THE SPACE at your place



Photograph: Semarco, Inc. Design: John D. Bloodgood Architects. Source: Estelle Gurelnick



? How can I place my furniture in a long, narrow room to avoid the "tunnel" look?

answer

Broaden your outlook by capitalizing on the tried and true mirrored wall technique. It's a great way to make a skinny room look twice as big as it really is.

In this room, the fool-the-eye mirror device is done with a difference. Instead of a plain wall of glass, there are glass shelves for storage and display mounted over the mirror. Shelf standards were fastened to the wall, then mirror panels were cut to fit between them.

Another way to visually widen a long, narrow room is to break it into two "rooms." Here a pair of love seats right-angled to the wall divides the conversation and dining areas.

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Photograph: Ross Chapple. Design: James P. Pannone, Inc. Source: Eileen D. Leubecker

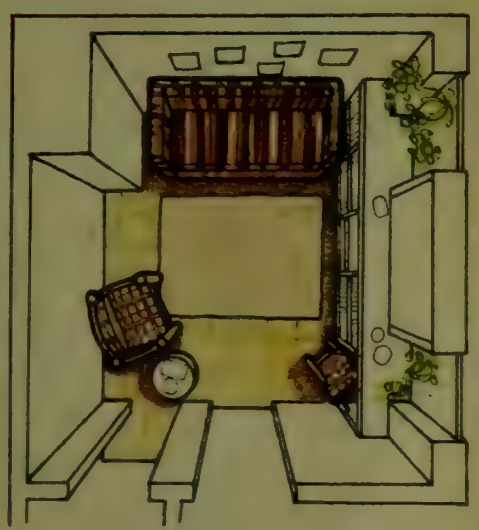
What can I do to make a small room look less square and boxy?

answer

Concentrate your major decorating impact on only one wall and you'll *visually* change a small room's dimensions. Here's one way you can do it—and gain needed storage at the same time.

Instead of going up the wall vertically with shelves, keep the profile long and low; use open space above for art and accessories. This room was made to look longer than it is by using space under the windows for storage. Inexpensive metal shelf units were cut down to fit under the windows and were then painted white.

Add a vivid swath of fabric or a colorful print to the wall above and you'll "unbox" any small, square room.





KITCHENS THAT BRING THE WHOLE HOUSE TOGETHER

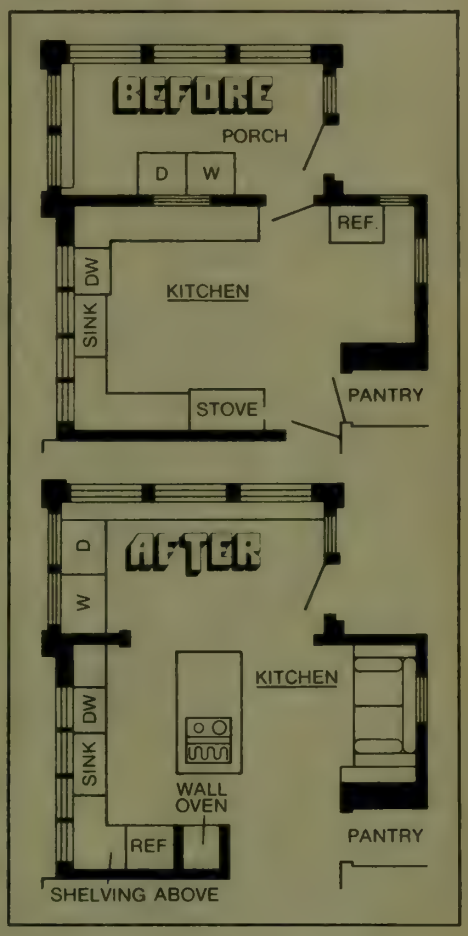
By Joan McCloskey

Opening up two, three, or even four rooms can simplify cooking and provide nonstop communication between chef and consumers. But how can you blend those open spaces so the kitchen, family room, and dining space all look as if they belonged together?

To show how it's done, here are two families who used pattern, color, and furnishings to achieve a total put-together look. You can too!



Photographs: Hopkins. Source: Patricia Carpenter



"Since we couldn't take the kitchen to the living room, we thought we'd take the living room *feeling* to the kitchen," explained Pat Seitz as she showed us their do-it-yourself kitchen remodeling.

When they bought a 63-year-old home, their first priority was to turn the traditional kitchen/utility room arrangement into a friendly live-in kitchen. First, they opened up two separate rooms to make one large space. Then they furnished it with comfortable furniture for the cozy, warm look they wanted. Originally the kitchen measured 12x17 feet with an adjoining utility porch for the washer and dryer. The mismatched vinyl flooring, light blue painted walls, asbestos ceiling tile, and white metal cabinets had all seen brighter days.

Like so many homeowners today, the Seitzes saved a bundle by doing most of the remodeling themselves. They worked around major electrical outlets, repositioned a radiator or two, ripped up the old flooring, and sanded and stained the floors themselves. They also combined open shelving with closed cabinets for an open-and-shut case of good storage. "We decided on open shelving because doors seemed like such a bother. I find it's easier to make out a shopping list when I can see exactly what's on the shelves," Pat says.

They built special storage units in the island for pet food, paper bags, and potatoes. Garden supplies are housed in the greenhouse/laundry.

The Seitzes recycled several of the old metal cabinets by prying off the metal fronts and refacing them with rough-sawn cedar—the dominant decorating material in the room..

"We chose rough-sawn cedar because it would be permanent and we would never have to do anything to it," explained Pat. "It doesn't show dirt, and that's really important when you have two little boys!" As for the dark accent colors, they're Pat's idea. "I find dark colors restful to live with—they give the room a warm, intimate feeling," she commented.

Pat wanted comfy seating near the cooking center, so Peter built in a standard couch on the opposite side of the island, then surrounded it with storage units for books and catalogs. It's obviously a favorite spot of son Bryan and his friend Sam.

How can you achieve a bell-ringer kitchen like this one? It takes imagination, of course, but not necessarily a fat bank account. The game plan is simple: Decide what mood you want to create, then choose a color scheme to reflect it. In this case, rough-sawn cedar, stained dark, created the cozy, intimate feeling the Seitzes wanted. They used the same material for all walls, cabinets, and ceiling. Furnishings are rough-textured, too, to blend with the wood.



KITCHENS THAT BRING THE WHOLE HOUSE TOGETHER

When they bought this house, the homeowners knew they had to remodel and update the kitchen. But they didn't suspect at the outset that the face-lift would also create the nucleus of family living. The remodeling started with a bang. The homeowners literally went to the walls, ripping out old cabinets, appliances, and flooring. After the demolition came the addition. A be-all-end-all kids' playroom was added to the front of the house, three steps down from the kitchen.

As in the Seitz kitchen, the entire space was tied together by using the same building materials and color scheme throughout. Yet each square foot functions independently of the other, separated only by a center island, varying ceiling heights, and counters.

The pitch of the roof determined the depth of the new playroom and its location down from the kitchen. Now, when the three youngsters are at play, they're easily supervised by Mom or Dad, yet their toys and games are not underfoot in the kitchen. Open shelves stash toys, games, records, and books. Later on,

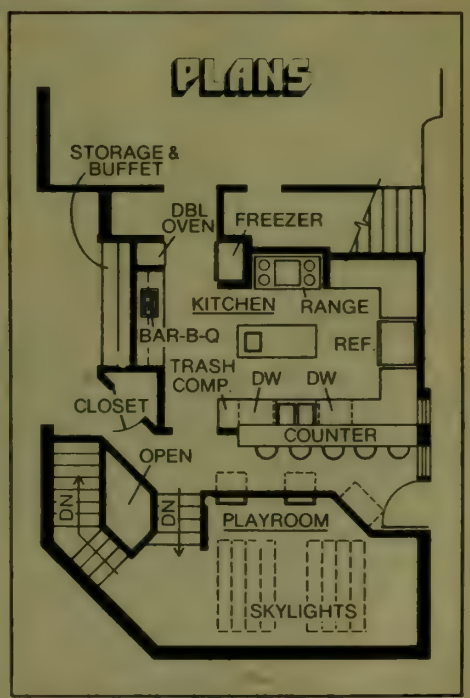






Photographs: Jim Hedrich. Source: Jessie Walker.
Architects: Robert Hunter of O'Donnell, Wicklund, Pigozzi

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these same shelves can store adult games and books, a bar, or a stereo.

Originally, the stove was located three steps down from the old doorway—an odd arrangement, and hazardous. **"I was afraid one of the children would trip and fall on the stove,"** explains the concerned mother. Now, a large restaurant stove is recessed in its own alcove. It's great for this cooking family since they love to entertain large groups of business friends. Recessed spotlights illuminate the cooking surface.

The highlight of the kitchen remodeling is the skinny center island. It's large enough to house a small sink and pots and pans, yet doesn't require a lot of running around to reach the dishwasher on the opposite side.

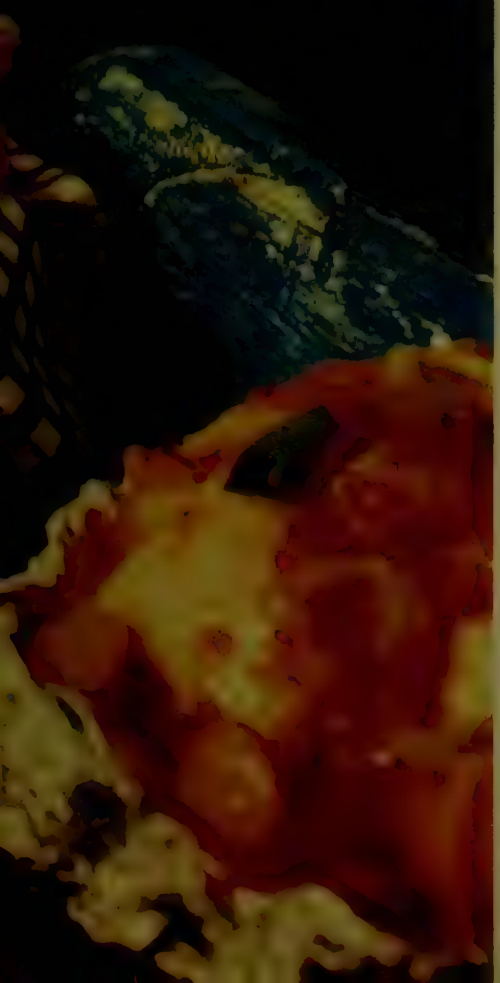
Since most of the house is wood with neutral accents, the family wanted a cherry red in the room where they spend so much time. They introduced the needed color by replacing the old cabinets with regal red ones and covering the floor with rugged paver bricks. The same flooring extends down the steps and into the playroom, too.



FISH FROM SEA TO SEA

Produce of the world, Sea and Ocean Realm

Since nothing whets the appetite for a seafood feast like a bit of salty atmosphere, we've chosen nautical backgrounds for our fabulous "fish story." So you can't get near the water to enjoy the TLC smashing entrées shown front and center on these pages. Whether it's fresh, frozen, or canned fish, all the makings are readily available at fish markets and supermarkets. Our entrées run the gamut from fast and easy to elegant and festive. Each one is cleverly calculated to turn all the members of your family (even the steak-and-potatoes lobbyists) into real fish lovers. And, in case you feel like a novice when it comes to buying and cooking fish, we've included a handy guide to make you knowledgeable in next to no time.



CAPITALIZE ON FRESH OR FROZEN FISH



Photographs: de Gennaro Food Stylist: Mable Hoffman

No matter where you live, no matter what the season, fresh-tasting fish is always at hand. To add to coastal supplies, more and more inland stores are featuring fresh fish that's been shipped in by air. There's also a wide selection of high-quality frozen fish available. Since fast-freezing doesn't alter the taste or texture of fish, you can feel free to interchange fresh and frozen fish in recipes.

These five entrées offer the best from the sea—they're fast to fix, easy on your budget, and tops on taste. *(Pictured at left)* Individually packed **Barbecued Fish in Foil** *(front)*, for example, rewards you and your galley mates with robust flavor. The "barbecue" comes from a jar of spaghetti sauce embellished with vegetables. For **Fish 'n Chip Sticks** *(back)*, a fast-and-fun takeoff on the English classic, you wrap frozen fish sticks in refrigerated biscuit dough, then coat them with crushed potato chips. Serve **Sour Cream Relish Sauce** for dipping. Vermouth and herbs enhance the flavor of **Monterey Fish Dinner** *(far left)*. This one-dish dinner can feature your favorite white fish variety (such as cod, torsk, haddock, or sole).

(Pictured above) **Deviled Egg-stuffed Flounder Rolls** *(right)* bake atop a bed of broccoli and rice. Cream of shrimp soup, accented with wine and parmesan, adds moistness. For **Stacked Sole** *(left)*, sandwich fresh mushrooms, green onion, and minced clams in between the fish fillets, then top with shrimp.

Recipes begin on page 154. Buying information, page 232.



ADAPT A CLASSIC TO AVAILABLE VARIETIES

You don't have to rule out an elegant seaside dish because a particular fish or seafood variety isn't available or because it costs too much. Fish is incredibly versatile, so you can generally substitute one kind for another without having the least pang of doubt. To show you how it's done, we've revamped five classic recipes by using common-catch substitutes.

(Pictured at right) Red snapper (or for that matter, any other fresh or frozen fish) subs for more traditional shrimp in **Snapper Creole** *(right)*. Surround the fish sauce with fluffy rice, add a fresh chili pepper garnish, and pass extra hot pepper sauce for the brave. Since you'll pay a little more for fish steaks than fillets, you may want to reserve wine- and grape-sauced **Halibut Veronique** *(left front)* to impress guests at your next dinner party. Posh though it is, this recipe won't tie you to the kitchen. You can make the sauce up ahead, at your leisure. Then just before serving time, simply reheat the sauce and poach the fish. **Seaside Manicotti** *(left back)* looks and tastes outrageously expensive, but it isn't. It's stuffed with perch, instead of a more costly seafood, along with spinach and parmesan. A Swiss cheese sauce dashed with nutmeg caps this superb entrée.

(Pictured above) Lobster Newburg lovers will latch onto **Haddock Newburg** *(right)*, a thrifty version of a seafood standby. Delicate patty shells hold the delicious cargo of fish chunks and pimiento in cream sauce. When you plan to make **Crispy Fried Fish** *(left)*, look for the *fish du jour* at your market for the most economical buy. **Sweet-sour Sauce** is the pungent dipping partner.

Recipes begin on page 154. Buying Information, page 232.









BUILD A MEAL AROUND CANNED FISH

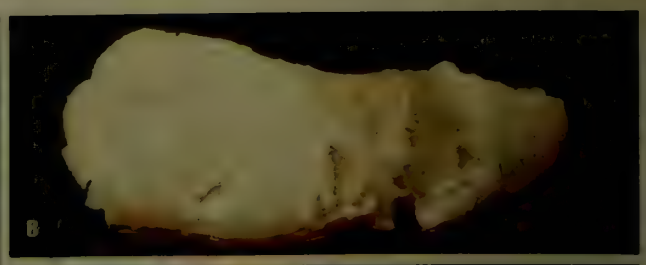
When we recommend that you use canned fish like tuna and salmon often, we have four unbeatable reasons to back us up: convenience, economy, flavor, and nutrition. Need we say more?

(Pictured at left) A bowlful of **Curried Salmon Salad** *(far left)* makes a vivid help-yourself fish feast. Since this recipe is practically cook-free, it's easy on the kitchen crew, too. Arrange rows of cooked rice, carrot, banana, salmon, green pepper, apple, and shrimp atop a bed of greens. Then simply stir together the curry dressing ingredients to go alongside. Baked slices of **Landlubbers' Salmon Loaf** *(center)* taste just as good cold as they do hot. When fresh asparagus is in season, use it to top the dilled salmon-rice combo. For an extra stylish look, surround the loaf with carrot curls and sprigs of fresh celery leaves. For **Tuna-Vegetable Bake** *(right)*, individual au gratin pans (you can also use single-serving shallow casseroles) double as the baking and serving dishes. A prebaked bread cube-vegetable "crust" underlines the rich tuna and cheese filling.

(Pictured above) To be sure that dinner is piping hot, serve **Skipper's Linguine** *(front)* as a table-side toss-together. Pieces of clam, tuna, ripe olives, and bacon stud the steaming strands of pasta. **Tuna Chop Chop** *(back)* is a savory way out of the tired old tuna-and-noodles syndrome. For an authentic Oriental touch, you can use a slope-sided wok to quickly stir-fry the bok choy (also called Chinese chard), water chestnuts, and Chinese pea pods with the chunks of tuna. But a skillet will give you equally good-tasting results.

Recipes begin on page 154. Buying information, page 232.







FISH & SEAFOOD BASICS

Before you can feast on fish, you need to know the basics of buying and cooking. Here they are in a handy guide.

WHAT'S IN THE NAME

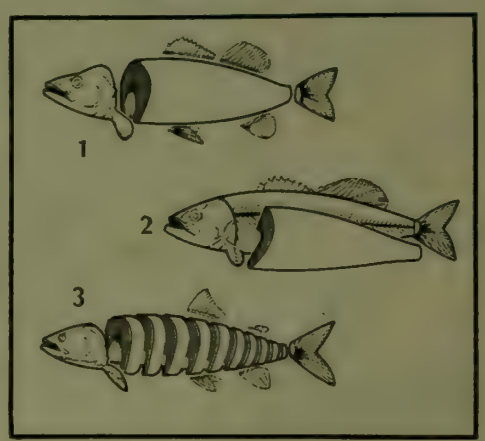
Whole or round: Fish as it comes from the water. It must be scaled and eviscerated (internal organs removed) before cooking.

Drawn: Eviscerated whole fish.

Dressed or pan-dressed (1): Eviscerated and scaled fish that usually has the head, tail, and fins removed. For small fish, the term pan-dressed is often used.

Fillet (2): A piece of fish, generally boneless, cut lengthwise from the sides and away from the backbone.

Steak (3): A crosscut slice from a large, dressed fish. It's ⅝ to 1 inch thick and contains a cross section of backbone.



SHOPPING TACTICS

Fresh whole fish: Color is a good sign of freshness. The gills (if not already removed) should be red; the flesh, light pink to red. Avoid fish with a strong odor and a dull, slimy skin. Ask to have scales and fins removed.

Fresh fish fillets and steaks: The flesh should have a firm, fresh appearance, with no strong odor or dried edges.

Frozen fish: Make sure the fish is solidly frozen. The package should show no signs of frost and be tightly sealed.

Canned fish: Some canned fish is classified by piece size—tuna, for example, is sold as fancy or solid pack, flaked, or grated. It may also be labeled to indicate the packing medium—oil, water, or flavored sauce. Salmon is sold by variety: chinook and sockeye salmon are deep red and break into chunks; pink and chum salmon break into smaller flakes.

Fresh shellfish: *Live shellfish,* such as crab and lobster, should actively move their legs. Live oysters and hard-shelled clams should close their shells when tapped lightly. *Partially prepared shellfish* include shelled scallops, oysters, clams, and mussels packed in a clear liquid, and shrimp and prawns with heads removed. *Cooked shellfish* are sold as whole cooked crab, lobster, and shrimp as well as ready-to-eat meat in several forms.

Frozen shellfish: Available cooked or uncooked, in or out of the shell, frozen shellfish should be tightly packaged. Do not buy packages with frost.

Canned shellfish: Sold whole, in pieces, or smoked, shellfish may be vacuum-packed or packed in brine or juice.

KEEPING FISH FRESH

Fresh fish and shellfish are very perishable. From the time you buy them till you use them, keep these forms tightly wrapped in moisture-vaporproof material in the refrigerator. Use within a day or two. Cook live shellfish immediately and use the cooked meat as soon as possible.

Frozen fish and shellfish should be kept solidly frozen at 0° or less. You can store frozen fish up to six months; frozen shellfish, up to three months.

To thaw: Set the wrapped package in the refrigerator. A 16-ounce package takes about 24 hours. Or for faster thawing (one or two hours per pound), set the wrapped package under cold running water. *Do not thaw frozen fish at room temperature or in warm water. Do not refreeze fish. Do not thaw breaded fish portions.*

COOKING TIPS FROM THE GALLEY

Fish are so versatile that almost any one of them can be baked, broiled, poached, fried, or steamed. But it helps to know whether it's classified as lean (less than five-percent fat) or fat. *Lean fish* include catfish, yellow perch, cod, flounder, sole, halibut, red snapper, sea and striped bass or rockfish, and shellfish. If you bake or broil these varieties, be sure to baste with melted butter or margarine or cook them in a sauce. *Fat fish* include lake and rainbow trout, whitefish, eel, herring, mackerel, pompano, salmon, and tuna. These contain enough fat to make added moistening unnecessary.

JUDGING DONENESS

During cooking, the flesh of fish gradually turns from translucent, pinkish white to opaque white. To test for doneness, place fork tines into the fish at a 45-degree angle. Twist the fork. If the fish resists flaking and still has some translucency, it's not done *(picture B)*. Fish that flakes apart easily and is milky white has reached the just-right stage *(picture A)*. Overcooking results in mealy, tough, dry fish *(picture C)*.

COOKING EQUIVALENTS

You can easily substitute one kind of fish or shellfish for another in your recipes with these equivalents.

Fish: 16 ounces fish fillets or steaks, cooked = 2 cups flaked fish

Clams: 18 clams in shells = 1 pint shucked clams = 2 7½-ounce cans minced clams

Crab: 8 to 10 ounces king crab legs in shell = 1 6-ounce package frozen crab meat = 1 7½-ounce can crab meat = 1 cup cooked, flaked crab meat

Lobster: 16-ounce whole lobster or 8-ounce tail = 4 to 5 ounces (1 cup) cooked lobster meat = 1 5-ounce can lobster

Oysters: 24 oysters in shells = 1 pint shucked oysters

Shrimp: 12 ounces raw shrimp in shells = 8 ounces raw shelled shrimp = 1 4½-ounce can shrimp = 1 cup cooked, shelled shrimp.

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The taste of this Jell-O® Pudding cake is so delicious you'll never believe it came from a mix.

So create the pound cake that takes the cake. Make a Jell-O® Pudding pound cake.

Sour Cream Pudding Pound Cake
1 package (2-layer size) yellow cake mix
1 package (4-serving size) Jell-O® Lemon Flavor Instant Pudding and Pie Filling
1 cup (½ pt.) sour cream • ⅓ cup oil • 4 eggs

Combine all ingredients in a large mixer bowl. Blend at low speed of electric mixer just to moisten, scraping sides of bowl often. Then beat 4 minutes at medium speed. Pour into two 8x4- or 9x5-inch loaf pans which have been lined on bottoms with paper. Bake at 350° for 45 to 50 minutes or until cakes spring back when lightly pressed. Cool in pans 15 minutes. Remove from pans and finish cooling on racks.

In high altitude areas, use large eggs, add ⅓ cup all-purpose flour and 1⅓ cups water; reduce sour cream to ⅓ cup and oil to 1 tablespoon.

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Nobody makes a cake like you and Jell-O® Pudding.

BRAND



File under Casseroles and one-dish meals

Buying information, page 232

MEXICAN MAIN DISHES

Fiesta Meatballs in Almond Sauce

Plan a Mexican dinner party around these prize-winning meatballs—

1 beaten egg
½ cup water
1½ cups dry bread cubes (3 slices bread)
½ teaspoon salt
½ teaspoon dried oregano, crushed
½ teaspoon chili powder
¾ pound ground beef
¾ pound ground pork
½ cup raisins
2 tablespoons cooking oil
2 tablespoons finely chopped onion
1 clove garlic, minced
1½ cups chicken broth
½ cup tomato sauce
½ cup dry bread cubes (1 slice bread)
¼ cup slivered almonds, toasted
1 tablespoon snipped parsley
Hot cooked rice

In mixing bowl, blend the egg, water, the 1½ cups bread cubes, the salt, oregano, chili powder, and *⅛ teaspoon pepper*. Add ground meats and raisins; mix well. Shape into thirty-six 1-inch meatballs. In skillet, brown meatballs, a few at a time, in hot oil. Drain off fat reserving 1 tablespoon. Cook onion and garlic in reserved fat for 5 minutes. Add remaining ingredients *except* rice; bring to boiling. Add meatballs; cover. Simmer 20 minutes. Serve over rice. Makes 6 servings. *Mrs. Louise Ross, Sonora, Calif.*



File under Breads

Photographs: Dieter

PANCAKE AND CREPE CREATIONS

Artichoke-stuffed Crepes

Use an unsweetened crepe recipe to make this first-rate main dish—

4 tablespoons butter or margarine, melted
¼ cup all-purpose flour
2 cups light cream
¼ cup dry white wine
¼ cup crumbled blue cheese
1 14-ounce can artichoke hearts, drained
¼ cup rusk crumbs (about 1½ rusks)
1 4-ounce can chopped mushrooms, drained
1 2¼-ounce can deviled ham
¼ cup snipped parsley
12 crepes

Blend butter or margarine and flour. Stir in cream. Cook and stir till bubbly. Add wine and cheese. Stir till cheese melts. Chop artichokes; mix with crumbs, mushrooms, ham and parsley. Stir in *½ cup* of the cheese sauce. Cover remaining sauce; set aside. Spoon ¼ cup filling in center of each crepe; overlap edges. Place in greased 13x9x2-inch baking dish. Cover with foil. Bake in 375° oven 20 minutes. Cook and stir sauce over low heat. Spoon over crepes. Serves 6. *Mrs. J. F. Finnegan, Minneota, Minn.*



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Banana-Wheat Pancakes

Serve these moist pancakes with butter, your favorite syrup, and a few strips of bacon—

¾ cup whole wheat flour
¼ cup all-purpose flour
⅓ cup whole bran cereal
2 teaspoons baking powder
Dash salt
1¼ cups milk
2 tablespoons cooking oil
1 medium banana, finely chopped (½ cup)

In mixing bowl, stir together flours, bran, baking powder, and salt. Add milk and oil. Stir to combine. Stir in banana. Using a scant ¼ cup for each, cook pancakes on hot, lightly greased griddle, turning once. Makes 10 to 12 pancakes.

Rachel MacNair, Richmond, Ind.

Pineapple-Sausage Oven Pancake

1 slightly beaten egg
⅔ cup milk
2 tablespoons butter or margarine, melted
1 cup all-purpose flour
1 tablespoon sugar
2 teaspoons baking powder
¼ teaspoon salt
¼ teaspoon ground nutmeg
1 8-ounce can sliced pineapple, drained and chopped
1 8-ounce package brown-and-serve sausage links, halved lengthwise
1 tablespoon sugar
¼ teaspoon ground cinnamon

In mixing bowl, combine egg, milk, and butter or margarine. Stir together flour, the first 1 tablespoon sugar, the baking powder, salt, and nutmeg. Stir into liquid ingredients just till moistened. Stir in pineapple. Spread in a greased 12x7½x2-inch baking dish. Arrange sausages atop. Sprinkle with a mixture of remaining sugar and the cinnamon. Bake in 400° oven for 18 to 20 minutes or till done. Cut into squares. Serve hot. Makes 6 servings.

Shirley Choss, Livonia, Mich.

Chili Rellenos Casserole

6 beaten eggs
3 cups (24 ounces) cream-style cottage cheese
¾ cup finely crushed rich round crackers (18 crackers)
1 4-ounce can green chilies, drained, seeded, and chopped
¾ cup (3 ounces) shredded cheddar cheese
¾ cup (3 ounces) shredded monterey jack cheese

Combine eggs, cottage cheese, cracker crumbs, chilies, and *half* of the shredded cheddar and jack cheeses. Turn into a 10x6x2-inch baking dish. Bake in 350° oven for 45 minutes or till set. Sprinkle with remaining cheeses. Bake 2 to 3 minutes more or till cheese melts. Let stand 5 minutes before serving. Makes 6 servings.

Mrs. Eloise M. Cole, San Diego, Calif.

Enchilada-style Chili Burros

1 pound beef stew meat, cut in ½-inch cubes
1 10¼-ounce can beef gravy
1 10-ounce can enchilada sauce
1 4-ounce can green chilies, drained, seeded, and chopped
¼ cup chopped onion
6 6- or 7-inch corn tortillas
2 tablespoons cornstarch
1 cup (4 ounces) shredded cheddar cheese

Heat together meat, gravy, enchilada sauce, chilies, onion, *½ cup water*, and *½ teaspoon salt* to boiling. Reduce heat; simmer, covered, for 1 hour or till meat is tender.

Remove from heat. Using slotted spoon, lift meat from sauce; divide among tortillas. Roll up tortillas; place, seam side down, in a greased 12x7½x2-inch baking dish. Blend cornstarch and *2 tablespoons cold water*; add to sauce. Cook and stir till bubbly; pour over tortillas. Bake, uncovered, in 350° oven for 20 minutes. Sprinkle with cheese. Bake 2 to 3 minutes. Makes 6 servings.

Mrs. Owene M. Greene, Napa, Calif.

HAMS THIS BEAUTIFUL OUTSIDE SHOULD START WITH AN INSIDE THAT'S GUARANTEED.



EXL® HAM POTATO LATTICE

Bake ham as directed. Fill pastry bag with 2 cups of prepared instant mashed potatoes. Using a star tube, pipe potatoes in lattice design on top of ham. Broil until lightly brown. Garnish with cloves. Place on serving platter and pipe remaining potatoes around ham. Decorate with cucumbers and endive.

EXL® HAM RAISIN SAUCE

1 cup raisins
1½ cups water
⅓ cup brown sugar
1½ tbsp. cornstarch
1 tbsp. vinegar
¼ tsp. cinnamon
¼ tsp. cloves
¼ tsp. dry mustard
¼ tsp. salt

Boil raisins in water 5 minutes. Add sugar mixed with cornstarch, spices, mustard and salt. Cook, stirring until thickened. Blend in vinegar. Makes 1½ cups. Serve hot on ham and garnish with pecan halves.

EXL® HAM APRICOT GLAZE

1-18 oz. jar apricot preserves
2 tsp. prepared mustard
¼ tsp. allspice
⅓ cup orange juice

Blend all ingredients together and brush over EXL Ham last half hour of baking time. Heat extra glaze for serving with ham. Makes about 2 cups. Garnish with drained apricot halves and mandarin orange segments.



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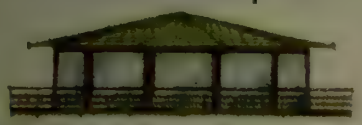
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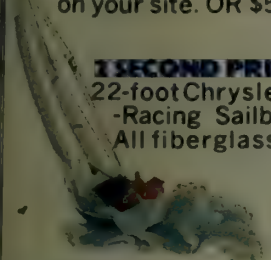
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1. Complete official form and print the words: "Glass* Plus—the glass, appliance and cabinet cleaner" on a plain piece of paper, 3"x 5." (OR print your name and address and the words: "Glass*Plus—the glass, appliance and cabinet cleaner" on a plain piece of paper, 3"x 5") and mail to: Glass*Plus Cleanstakes, P.O. Box 8081, Blair, Nebraska 68009.
2. Enter as often as you wish. But mail each entry separately. Sweepstakes closes June 30,1977. All entries must be received no later than that date.
3. Winners will be determined in random drawings conducted under the supervision of D. L. Blair Corporation, an independent judging organization, whose decisions are final. Winners will be notified by mail. One prize to a family. No substitutions for prizes.
4. Sweepstakes open to U.S. residents except for employees of the Texize Chemicals Company, its affiliates, agencies and their respective families. Offer void in the States of Maryland, Missouri, Wisconsin and wherever prohibited by law. Taxes are the sole responsibility of the prize winner. All Federal, State and local regulations apply. Site selection of Rondesics Leisure Home is subject to the approval of the Texize Chemicals Company. Construction will provide connections to existing utilities at building site, and must commence prior to June 30,1978.
5. For a list of winners (after sweepstakes ends) send a separate, stamped, self-addressed envelope to: Glass*Plus Winners' List, P.O Box 8100, Blair, Nebraska 68009.

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Easter Basket Treats

This year fill the Easter baskets at your house with homemade candies. It's easier than you think. Brighten up the baskets with Coconut Bonbons tinted in pastel shades. Then round out your assortment with chocolate-covered Marshmallow Bunnies. Try cutting out some chicks, too.



Photographs: Dieter

COCONUT BONBONS

⅓ cup light corn syrup
¼ cup sugar
1 3½-ounce can (1⅓ cups) flaked coconut
¼ teaspoon vanilla
1½ pounds white almond bark *or* confectioners' coating, finely chopped or grated

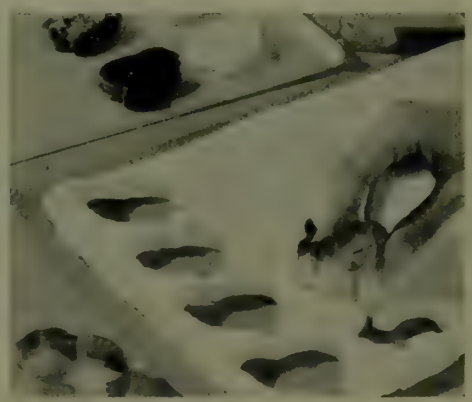
In 1-quart saucepan, mix corn syrup, sugar, and *2 tablespoons water*. Cook and stir over low heat till sugar dissolves. Cook, *without stirring,* to softball stage (238°). Stir in coconut and vanilla. Spread in buttered shallow pan. Cool 1 hour. Shape into 36 balls. Cover; chill 1 hour.

In small saucepan, melt almond bark over low heat; stir constantly. Tint with *food coloring,* if desired. Do not add any liquids. Spoon 1 teaspoon mixture into thirty-six 1¼-inch paper bonbon cups. Place one coconut ball in each. Add enough almond bark to cover coconut and fill cups. Makes 36.

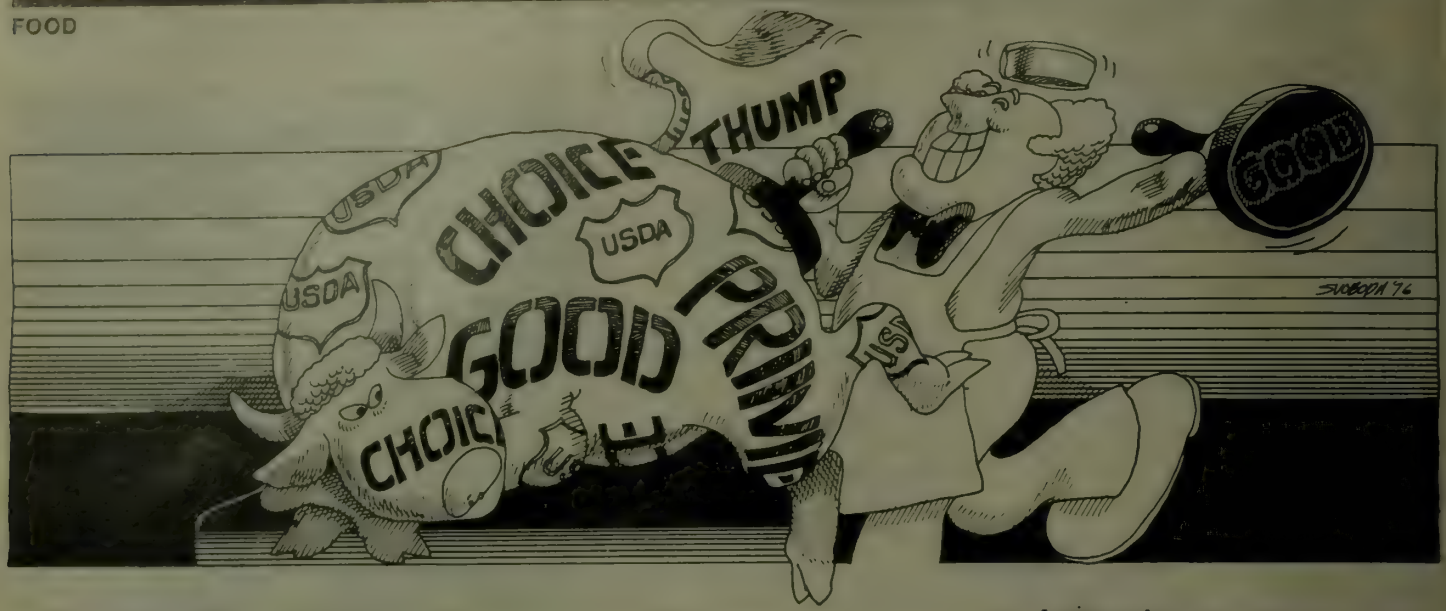
MARSHMALLOW BUNNIES

Powdered sugar
1 recipe Marshmallow Candy
1½ pounds candy-making chocolate, finely chopped or grated

Dust a sheet of brown paper with powdered sugar. Invert candy onto sugar. Moisten top piece of brown paper by brushing with water; peel off. Dip a bunny or chick cookie cutter in cold water; cut out figures. Gently push figures from cutter. In small double boiler, melt chocolate over hot water, stirring constantly. *Do not add any liquid.* Coat bunnies, one at a time with chocolate, spooning chocolate over. Place on waxed paper. Sprinkle with *small multicolored decorative candies,* if desired. Makes 42.



To make Marshmallow Candy: Line a 15x10x1-inch pan with brown paper. Soften *2 envelopes unflavored gelatin* in *½ cup cold water.* In 2-quart saucepan, mix *1 cup sugar, 1 cup light corn syrup,* and *⅓ cup water.* Cook and stir till sugar dissolves. Cook, *without stirring,* to softball stage (240°). Stir in gelatin and *1 teaspoon vanilla.* Cool 10 minutes. Slowly add syrup to *1 stiff-beaten egg white,* beating on high speed of electric mixer to soft peaks. Spread candy into pan; let stand, uncovered, overnight. ■



New beef grades: What do they mean?

The new USDA standards for grading carcass beef, in effect since February 1976, were intended to encourage more efficient beef production and thus result in lower retail beef prices. Although the grading revisions have had little of the predicted impact on savings for beef producers or consumers, the new system is an improvement on the old. Here's a rundown on what the revisions mean and how they affect the meat you buy.

What is grading?

There are two different facets of grading—quality grading and yield grading. Both are voluntary. (Government Inspection is entirely separate. It is mandatory in every meat processing plant in the U.S. to ensure cleanliness and sanitary conditions.) The USDA *quality grades* are intended to identify the differences in beef palatability by evaluating the visible carcass characteristics that relate to tenderness, juiciness, and flavor of the cooked meat.

The grading system provides the farmers, packers, wholesalers, and retail distributors with uniform standards for buying and selling livestock and meat.

Since grading is not mandatory, only about 50 percent of the beef proccessed is federally graded. The official grading is done by a government employee at the packing plant, and the cost of grading is paid by the packer. The quality grade appears on the official USDA shield stamped directly on the outside fat of the carcass. Frequently, the shield is removed by the butcher during cutting and trimming at the retail level.

Although seven quality grades are used in the quality grading process, only the top four meat grades—U.S. Prime, Choice, Good, and Standard—are sold in retail outlets. U.S. Prime, the top of the meat grading scale, is purchased primarily by restaurateurs of the food service industry and makes up only 6.5 percent of the total beef produced. *The majority of the beef available in most supermarkets is U.S. Choice.* U.S. Good and U.S. Standard are generally marketed without a grade designation. The three remaining grades—U.S. Commercial, Utility, and Cutter and Canner—usually end up as processed meats.

Yield grading, like quality grading, is voluntary and is done by a government employee. Yield grading measures the amount of lean meat that can be cut from a carcass. The grading is from one (indicating the greatest amount of meat) through five (the lowest). To consumers purchasing retail meat cuts, yield grade is of little use, but *if you're buying a side of beef for your freezer, the yield grade can help you get the most for your money.*

Changes in the regulations

Four changes occurred in February, 1976, in the government grading regulations:

1. If beef is graded (it's still voluntary), it must be graded for both quality and yield, not just one or the other.
2. The marbling standards have been changed, so slightly less marbling is required to qualify for U.S. Prime and Choice grades.
3. The U.S. Good grade has been narrowed for greater consistency.
4. Conformation, the shape of the carcass, has been dropped as a standard used in grading. Yield grading has taken its place.

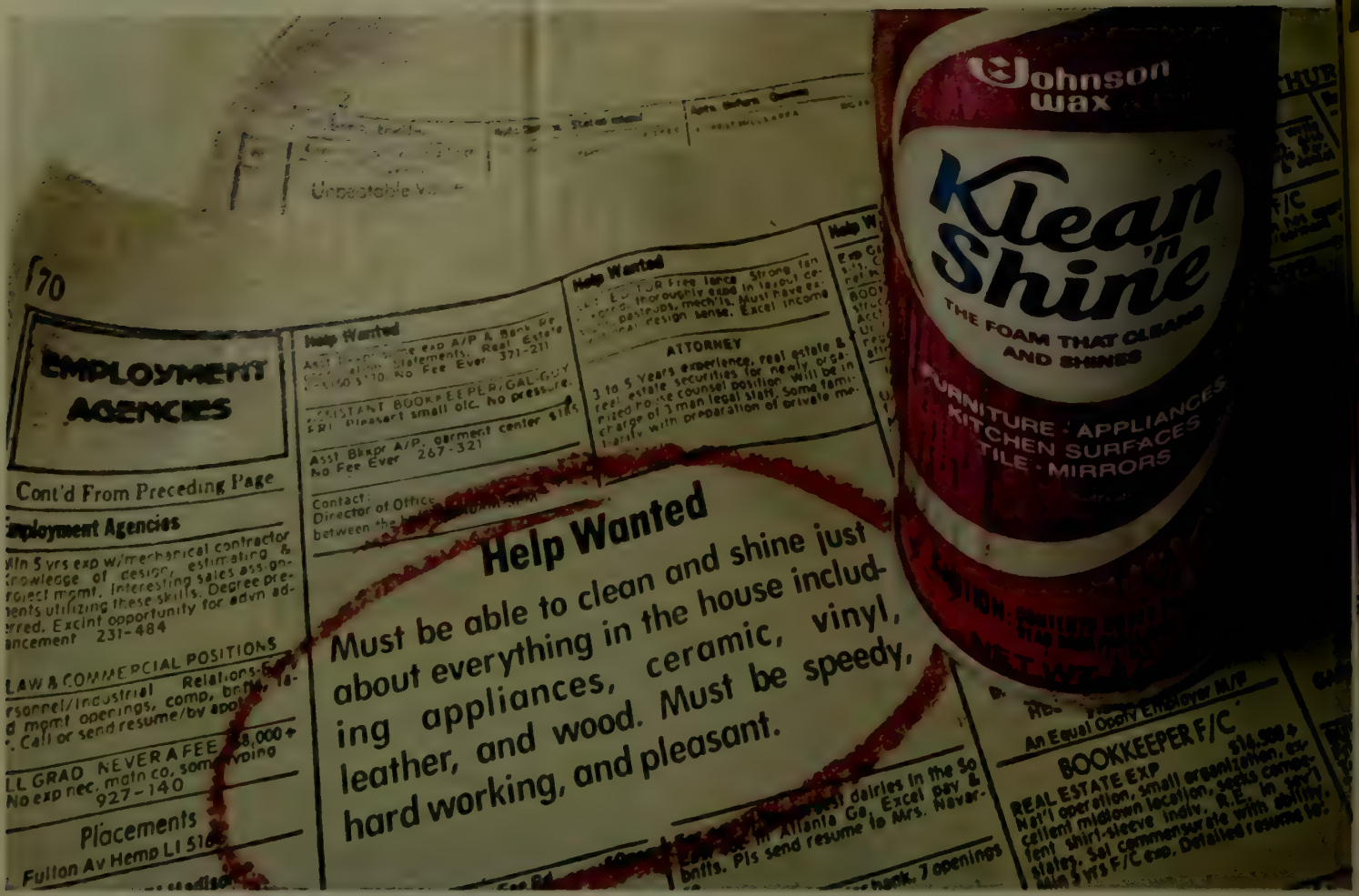
Controversy over grading

Marbling, the distribution of fat throughout the lean, and *maturity,* the age of the carcass, have long been considered the most important factors in determining USDA quality grades. However, marbling, once considered an indication of tenderness, is now of questionable significance. Recent studies suggest that marbling is unrelated to tenderness. Therefore, you may be paying premium prices for well-marbled Prime or Choice cuts without receiving any more in terms of tenderness, flavor, or juiciness. In other words, U.S. Good grade beef, though less marbled, may be equal in eating quality.

Maturity, the age of the animal at slaughter, may be a more reliable indicator of meat tenderness. Younger

continued


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continued

New beef grades

animals, generally under 30 months, will yield more tender meat.

Where things stand now

About 70 percent of all graded beef now falls in the U.S. Choice grade, only slightly more than with the old system. Because the relationship between marbling and maturity has been changed by the new grading system, U.S. Prime and U.S. Choice grades require less marbling. This has enabled cattle producers to shorten the costly finishing process, bring their cattle to market sooner, and thus save money and valuable grain supplies. (Finishing, "fattening" the animal for market, is extremely inefficient. It requires ten times as much feed to put on one pound of fat as one pound of lean.) There were some projections that ten percent of the beef marketed under the new standards would be graded upward from U.S. Good to U.S. Choice, increasing the supply of Choice beef and reducing the cost to the consumer. However, at present only three percent of the beef being graded has been affected by the new standards. Hopefully, this figure will increase as government graders become more accustomed to the new standards.

More restrictive grading criteria for U.S. Good grade meat has made this class more uniform and consistent in eating quality and a better buy for consumers. More packaged meat carrying the U.S. Good grade label should have appeared in retail meat counters in the past year than during previous years. However, Good grade has never been touted by retailers, so until consumers demand this quality of beef, it will probably not be identified and marketed under this grade. ■

YOUR MONEY'S WORTH, WITH LETTUCE AND TOMATO.



Nothing tastes better than a good value. And that's what you get when you make your sandwiches with KRAFT Singles. You really get your money's worth of quality and flavor. KRAFT Singles taste great so many ways – even all by themselves.

YOU PUT US ON TOP, AMERICA.

America spells cheese KRAFT.

KRAFT



What Hidden Valley Ranch® did, to make a fresher, livelier Italian salad dressing, would shock an Italian.

Incredible as it sounds, Hidden Valley Ranch® has a Creamy Italian salad dressing you make without oil and vinegar. And it tastes just incredible.

Just mix the Hidden Valley Ranch fixin's with mayonnaise and buttermilk and you get a dressing that is thick and creamy with the freshest, liveliest Italian flavor imaginable.

The great taste will put any doubts to rest. And wake up any salad.



begins on page 136

Fish recipes

BARBECUE FISH IN FOIL

Foil packets make cleanup easy—

2 12-ounce packages frozen haddock fillets, partially thawed
Salt and pepper
4 carrots, pared and sliced (2 cups)
1 medium onion, halved and sliced
6 green pepper slices
1 15½-ounce jar spaghetti sauce with mushrooms
2 tablespoons all-purpose flour
2 tablespoons lemon juice
2 tablespoons vinegar
2 tablespoons prepared mustard
1 teaspoon sugar

Cut each block of fish crosswise in three equal pieces. Place each piece on a 12-inch square, double thickness of foil. Season with a little salt and pepper. In small saucepan, combine carrots and onion; cover with lightly salted water. Bring to boiling; reduce heat. Simmer, covered, 20 minutes or till vegetables are tender; drain. Top fish portions with carrot-onion mixture and green pepper. Combine spaghetti sauce, flour, lemon juice, vinegar, mustard, and sugar; mix well. Spoon sauce over fish. Seal foil securely, using drugstore fold. Place packets on baking sheet. Bake in 400° oven for 25 minutes or till fish flakes easily when tested with a fork. Makes 6 servings.

MONTEREY FISH DINNER

Choose cod, haddock, or sole—

16 ounces firm, fresh or frozen white fish
1 small onion, diced (⅓ cup)
1 clove garlic, minced
2 tablespoons butter or margarine
1 cup water
⅓ cup dry vermouth
2 teaspoons instant chicken bouillon granules
¾ teaspoon salt
⅛ teaspoon pepper
½ teaspoon dried marjoram, crushed
1 bay leaf
2 potatoes, pared and sliced (2 cups)
1 carrot, pared and sliced (½ cup)
2 medium tomatoes, peeled and chopped (1½ cups)
5 or 6 fresh mushrooms, quartered
2 tablespoons snipped parsley
2 tablespoons cornstarch
¼ cup cold water

Thaw fish, if frozen; cut fish in bite-size pieces. In 3-quart saucepan, cook onion and garlic in butter or margarine till tender but not brown. Stir in the 1 cup water, the vermouth, bouillon granules, salt, pepper, marjoram, and bay leaf. Add potato and carrot; bring to boiling. Reduce heat; cover and simmer till vegetables are just tender, about 20 minutes. Add fish, tomatoes, mushrooms, and parsley. Cover and simmer about 5 minutes or till fish flakes easily with fork. Remove fish and vegetables; set aside. Combine cornstarch and the ¼ cup water; stir into sauce. Cook and stir till thickened and bubbly. Return fish and vegetables to sauce; heat through. Serves 4 or 5.

FISH 'N CHIPS STICKS

2 8-ounce packages refrigerated biscuits (20 biscuits)
2 10-ounce packages frozen fish sticks (20 sticks)

continued on page 158



BAKE SOMEONE HAPPY WITH A BAKER'S® COCONUT BUNNY CAKE.

Wouldn't your family just love this delightful Easter Bunny! And it's so easy to bake. Just be sure you don't settle for less than tender, moist Baker's.® People who've compared say Baker's® tastes fresher than any leading brand.



EASY BUNNY CAKE

- Two 9" round cake layers cooled
- 5⅓ cups fluffy frosting
- 1⅓ cups Baker's® Angel Flake® Coconut
- Red food coloring
- Pastel gumdrops
- Black shoestring licorice

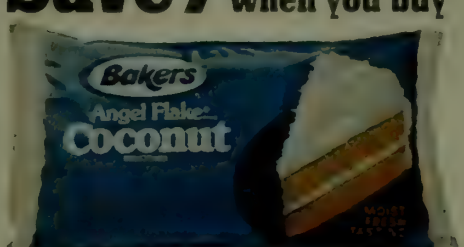
1. Cut one layer as shown; leave other whole. Tint ¼ cup coconut pink by tossing with red food coloring.
2. Arrange cake, using frosting to hold pieces together.
3. Frost entire cake. Sprinkle with coconut and decorate with candies.

HOP TO IT AND SAVE 7¢.

STORE COUPON

7¢

Save 7¢ when you buy



To the retailer: General Foods Corporation will reimburse you for the face value of this coupon plus 5¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corporation, Coupon Redemption Office, P.O. Box 103, Kankakee, Illinois 60901.

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This coupon good only on purchase of product indicated. Any other use constitutes fraud.

GENERAL FOODS CORPORATION

GF GENERAL FOODS

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This is why we make bologna the way we do.

Oscar Mayer

continued from page 154

Fish recipes

½ cup milk
2 cups finely crushed potato chips

• • •

1½ cups dairy sour cream
3 tablespoons milk
3 tablespoons sweet pickle relish
1½ teaspoons chopped onion
1½ teaspoons prepared horseradish
¾ teaspoon salt
Dash bottled hot pepper sauce

Separate biscuits. On lightly floured surface, roll each biscuit to 5x4-inch rectangle. Top each with one frozen fish stick; wrap dough around fish stick,



pressing edges and ends to seal. Dip each in the ½ cup milk; roll in potato chips to coat. Place coated sticks on ungreased baking sheet. Bake in 350° oven for 25 to 30 minutes or till golden. Serve with *Sour Cream Relish Sauce:* Combine sour cream, the 3 tablespoons milk, the relish, onion, horseradish, salt, and bottled hot pepper sauce. Makes 6 servings.

STACKED SOLE

2 pounds fresh or frozen sole fillets
8 ounces (3 cups) fresh mushrooms, sliced
¼ cup sliced green onion
1 clove garlic, minced
2 tablespoons butter or margarine
1 6½- or 7-ounce can minced clams, drained
2 tablespoons snipped parsley
1 tablespoon lemon juice
¾ teaspoon dried oregano, crushed
¼ teaspoon salt
⅛ teaspoon freshly ground pepper
2 tablespoons butter or margarine, melted
2 tablespoons snipped parsley
1 tablespoon lemon juice
1 4½-ounce can tiny shrimp, drained

Thaw fish, if frozen. In skillet, cook mushrooms, onion, and garlic in the first 2 tablespoons butter or margarine till tender but not brown. Remove from heat; stir in clams, the first 2 tablespoons parsley, the first tablespoon lemon juice, the oregano, salt, and pepper. Season both sides of fillets lightly with additional salt and pepper. In 12x7½x2-inch baking dish, lay *half* the fish fillets in a single layer. Spoon mushroom mixture over each fillet. Stack remaining fillets over top. Bake, covered, in 350° oven for 25 minutes. Spoon off excess liquid. Combine the remaining butter, parsley, and lemon juice; gently stir in shrimp till coated. Spoon atop fish; bake, uncovered, 5 minutes more or till fish flakes easily with a fork. Makes 6 to 8 servings.

DEVILED EGG-STUFFED FLOUNDER ROLLS

4 fresh or frozen flounder fillets (about 16 ounces)
Salt and pepper
3 hard-cooked eggs, chopped
2 tablespoons snipped parsley
2 tablespoons mayonnaise or salad dressing
1½ teaspoons Dijon-style mustard
1 10-ounce package frozen chopped broccoli, thawed
2 cups cooked long-grain rice
1 can condensed cream of shrimp soup
½ cup dry white wine

Thaw fillets, if frozen. Sprinkle each fillet with salt and pepper. Combine chopped egg, parsley, mayonnaise, and mustard. Spoon 3 to 4 tablespoons of the egg mixture atop each fillet; roll up lengthwise. If necessary, secure with



wooden picks. Combine broccoli and rice. In bowl, stir together soup and wine. Stir *1 cup* of the soup mixture into rice mixture. Turn rice mixture into a 1½-quart round au gratin dish or 10x6x2-inch baking dish. Place fish rolls atop rice. Pour remaining soup mixture over rolls. Cover with foil; bake in 375° oven for 25 minutes. Uncover. Bake 20 to 25 minutes more or till fish flakes easily. Makes 4 servings.

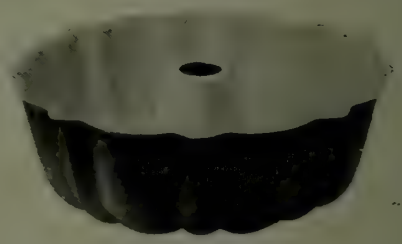
SEASIDE MANICOTTI

6 manicotti shells
1 10-ounce package frozen chopped spinach
½ cup chopped onion
1 clove garlic, minced
2 tablespoons butter or margarine
3 tablespoons all-purpose flour
2¼ cups milk
1 cup (4 ounces) shredded process Swiss cheese
¼ cup grated parmesan cheese
2 tablespoons butter or margarine, melted
¼ teaspoon salt
16 ounces fresh or frozen perch fillets, cooked and flaked
Freshly grated nutmeg

Cook manicotti in boiling salted water 20 minutes or till tender; drain. Cook spinach according to package directions; drain well, pressing out liquid. Meanwhile, in saucepan cook onion and garlic in the 2 tablespoons butter

continued

Special Bundt† Pan Offer



Get this formed aluminum Bundt† brand fluted tube pan with new White non-stick interior and colorful Harvest Gold baked-on enamel exterior for only $3.49.

To get yours, send your name, address and zip code together with check or money order for $3.49 to:
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P.O. Box 16171
Minneapolis, Minn. 55416

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Offer good only in continental United States.

†Bundt is registered trademark of Northland Aluminum Products, Inc.



The Plains, Georgia, Peanut Cake.

In honor of the town where peanuts are particularly appreciated, Pillsbury presents a chocolate peanut cake like you've never had before. You make it with Pillsbury Bundt* or Basic Bundt* Cake Mix.

As they say in Plains, "Y'all are just going to love it!"

Pillsbury

THE PLAINS, GEORGIA, PEANUT CAKE

- 1 package Pillsbury German Chocolate Basic Bundt* Cake Mix**
- 3 eggs
- 1 cup water
- ¼ cup peanut butter
- 3 tablespoons soft margarine or butter or oil
- 2 tablespoons firmly packed brown sugar
- ½ teaspoon cinnamon
- ⅓ cup chopped peanuts

Preheat oven to 350°. Lightly grease a 12-cup Bundt† fluted tube pan. Blend PACKET 1 and next 6 ingredients until moistened. Beat 2 minutes at medium speed (portable mixer use highest speed). Fold in peanuts. Pour into prepared pan. Bake 35 to 45 minutes or until toothpick inserted in center comes out clean. Cool upright in pan 20 to 30 minutes; invert onto serving plate. Blend PACKET 2 with 1½ TABLESPOONS WARM WATER. If necessary, add a few drops more water to make glaze consistency. Spoon over cooled cake. Sprinkle with additional peanuts, if desired. Store cake loosely covered. Makes 10-inch ring cake.

13X9-INCH PAN: Bake 30 to 40 minutes. Cool; glaze as directed on package.

**Pillsbury Triple Fudge Bundt* Cake Mix may be substituted. Use PACKETS 1 and 2 to make cake as directed above and PACKET 3 to make glaze.

HIGH ALTITUDE—ABOVE 3,500 FEET. Prepare as directed above EXCEPT: GERMAN CHOCOLATE BASIC BUNDT*: Add ⅓ cup flour to dry cake mix and increase water to 1¼ cups. Bake at 375° for 30 to 40 minutes.

TRIPLE FUDGE BUNDT*: Add 1 tablespoon flour to dry cake mix and increase water to 1⅓ cups. Bake at 375° for 30 to 40 minutes.

†Registered T.M. of Northland Aluminum Products, Inc., Minneapolis, Minnesota.

*Bundt trademark for cake and cake mix used under authority of Northland Aluminum Products, Inc., Minneapolis, Minnesota.

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15¢ OFF
Bundt*or Basic Bundt* Brand Ring Cakes

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MR. GROCER: If you allow the face value of this coupon toward the retail purchase price when this coupon is presented at time product brand specified upon coupon is purchased by your retail customer, issuing manufacturer will redeem 15¢ plus 5¢ handling cost providing you mail coupon to address below. This coupon is non transferable and good only on the product brand(s) specified. The retail customer must pay any sales tax on product received. Offer limited to one coupon per purchase. Invoices proving current purchase of sufficient stock of our brand(s) to cover this and other like coupons presented for redemption must be shown upon request. Failure to do so may, at our option, void all coupons submitted for redemption for which no proof of products purchased is shown. Void unless initially acquired in the manner provided above, if taxed, restricted or forbidden by law or if presented by institutional users, outside agencies, coupon brokers or others who are not retail distributors of our merchandise unless specifically authorized by us to present coupons for redemption. Coupon cash value 1/20 of 1¢. Coupons subject to confiscation when terms of offer have not been complied with. For redemption of properly received and handled coupons mail to: The Pillsbury Company, Box 802, Minneapolis, MN 55460.

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Pillsbury

STORE COUPON

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continued

Fish recipes

or margarine till tender but not brown. Blend in flour. Add milk all at once. Cook and stir till thickened and bubbly. Stir in Swiss cheese till melted. In bowl, combine *½ cup* of the sauce with the spinach, parmesan, the melted butter, and the salt. Fold in flaked fish. Stuff manicotti with fish mixture. Pour *half* the remaining sauce into a 1½-quart oval au gratin pan or 10x6x2-inch baking dish. Place manicotti in pan atop sauce. Pour remaining sauce over manicotti. Cover and bake in 350° oven for 30 to 35 minutes. Grate a little fresh nutmeg over manicotti, if desired. Makes 6 servings.

SNAPPER CREOLE

The mild flavor of this Creole sauce complements the fish—

16 ounces fresh or frozen red snapper
¼ cup chopped onion
¼ cup chopped green pepper
1 clove garlic, minced
4 tablespoons butter or margarine
1 8-ounce can tomatoes, cut up
1 cup water
1 tablespoon snipped parsley
2 teaspoons instant chicken bouillon granules
Dash bottled hot pepper sauce
4 teaspoons cornstarch
2 tablespoons cold water
Hot cooked rice

Thaw fish, if frozen. Skin, bone, and cut in 1-inch cubes. In large skillet, cook onion, green pepper, and garlic in butter or margarine till tender but not brown. Add *undrained* tomatoes, the 1 cup water, the parsley, bouillon granules, and hot pepper sauce. Simmer, covered, for 10 minutes. Blend cornstarch with the 2 tablespoons water; stir into tomato mixture. Cook and stir till thickened and bubbly. Add fish, stirring to coat. Simmer, covered, about 5 to 7 minutes or till fish flakes easily with a fork. Spoon rice in ring around edge of skillet. Garnish with fresh chili peppers, if desired. Makes 4 servings.

HALIBUT VERONIQUE

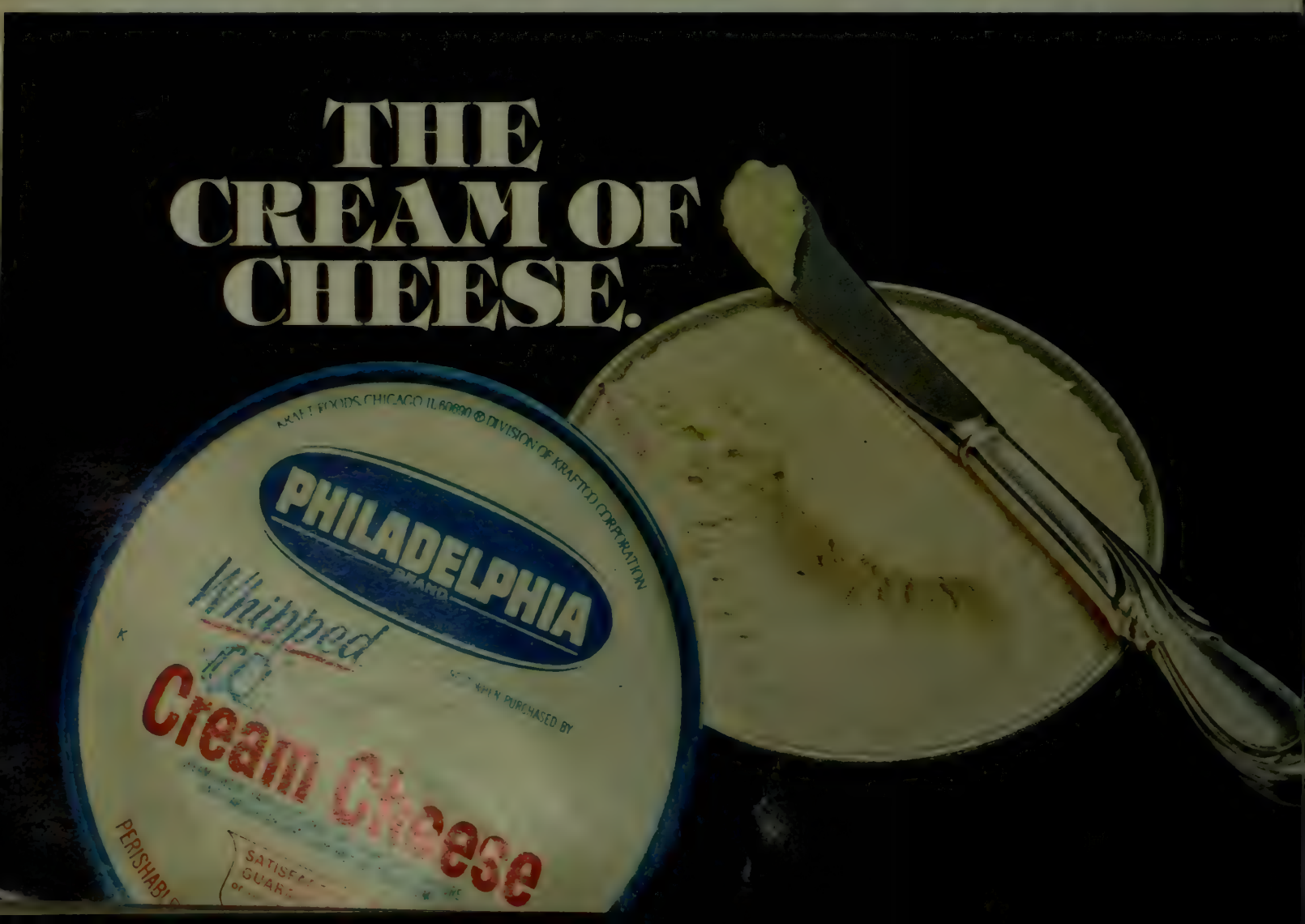
If you like, make the sauce up ahead, then reheat before serving—

4 fresh or frozen halibut steaks (about 1½ pounds)
5 teaspoons cornstarch
¾ cup cold water
½ cup dry white wine
1 tablespoon chopped green onion
2 teaspoons instant chicken bouillon granules
1 cup green grapes, halved and seeded
1 tablespoon snipped parsley
1 tablespoon butter or margarine
1 teaspoon lemon juice

Thaw fish, if frozen. Place steaks in greased skillet. Add water to cover. Bring to boiling; reduce heat. Cover and simmer about 8 to 10 minutes or till fish flakes easily with a fork. Remove halibut to platter; keep warm. Meanwhile, in small saucepan, combine cornstarch, water, and wine; add green onion and bouillon granules. Cook and stir till thickened and bubbly; add grapes, parsley, butter or margarine, and lemon juice; heat through. To serve, spoon sauce over fish. Garnish with lemon wedges and parsley, if desired. Makes 4 servings.

HADDOCK NEWBURG

16 ounces fresh or frozen haddock fillets
6 tablespoons butter or margarine
2 tablespoons all-purpose flour
1⅔ cups light cream
3 beaten egg yolks
⅓ cup dry white wine
1 2-ounce jar (¼ cup) chopped pimiento



1 tablespoon lemon juice
½ teaspoon salt
Dash white pepper
4 frozen patty shells, baked

Thaw fish, if frozen. Place fish in greased skillet. Add salted water to cover. Bring to boiling; reduce heat. Simmer, covered, 5 to 10 minutes or till fish flakes easily with a fork. Drain fish; break into large chunks. Set fish aside. In saucepan, melt butter or margarine; blend in flour. Add light cream all at once. Cook and stir over medium heat till mixture thickens and bubbles. Stir about *half* of the hot mixture into egg yolks; return all to hot mixture. Cook, stirring constantly, till thickened. Gently stir in fish chunks, wine, pimiento, lemon juice, salt, and pepper. Heat through. Serve in patty shells. Garnish with leaf lettuce and cherry tomatoes, if desired. Makes 4 servings.

CRISPY FRIED FISH

16 ounces fresh or frozen skinless fish fillets
Salt
1 cup all-purpose flour
½ teaspoon sugar
½ teaspoon salt
1 slightly beaten egg
¾ cup cold water
2 tablespoons cooking oil
Cooking oil for deep-fat frying
¼ cup sugar
2 teaspoons cornstarch
Dash salt
3 tablespoons cold water
2 tablespoons vinegar
1 tablespoon soy sauce
1 tablespoon dry white wine

Thaw fish, if frozen. Cut fish diagonally in 2-inch pieces; season with salt. In small bowl, combine flour, the ½ teaspoon sugar, and the ½ teaspoon salt. Combine egg, the ¾ cup cold water, and the 2 tablespoons cooking oil. Add to flour mixture; beat smooth. Dip fish pieces in batter. Fry, a few pieces at a time, in deep hot fat (375°) for 5 minutes or till golden. Drain on paper toweling. Keep warm in oven while frying remaining fish. Serve with *Sweet-sour Sauce:* In small saucepan, combine the ¼ cup sugar, the cornstarch, and the dash salt. Add the 3 tablespoons cold water, the vinegar, soy, and wine. Cook and stir till the mixture is thickened and bubbly. Makes 4 servings.

CURRIED SALMON SALAD

If you're a curry lover, you'll want to use the full 4 teaspoons—

1 cup mayonnaise or salad dressing
¼ cup milk
3 to 4 teaspoons curry powder
Leaf lettuce
2 bananas, bias-sliced
Lemon juice
2 cups cooked long-grain rice, chilled
1 16-ounce can red salmon, chilled, drained, flaked, and bones removed
1 4½-ounce can tiny shrimp, chilled and drained
1 large green pepper, cubed
2 carrots, pared and shredded (¾ cup)
2 unpared apples, cored and cubed

In small bowl, blend mayonnaise, milk, and curry powder; chill. Line a salad bowl with lettuce. Toss bananas with lemon juice. Arrange bananas, rice, salmon, shrimp, green pepper, carrots, and apples atop lettuce. Serve with curry dressing. Makes 8 servings.

LANDLUBBERS' SALMON LOAF

If fresh asparagus isn't available, substitute one 10-ounce package frozen asparagus spears, cooked and drained—

16 ounces fresh asparagus spears
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
½ teaspoon dried dillweed
⅛ teaspoon salt

continued on page 164



THE CREAM OF SUNDAES.

Something special has happened to the Sweete Shoppe standby. Here's a sundae made specially creamy and fresh-tasting with the creamy, fresh flavor of PHILADELPHIA Brand Whipped Cream Cheese. What a nice, fresh idea!

BANANAS N' FUDGE SUNDAE

Angel food cake or pound cake slices
Sliced bananas
PHILADELPHIA BRAND Whipped Cream Cheese
KRAFT Fudge Topping
Chopped nuts

For each serving, arrange bananas on cake slice. Top with whipped cream cheese, fudge topping and nuts.





AMERICA SPELLS CHEESE KRAFT.

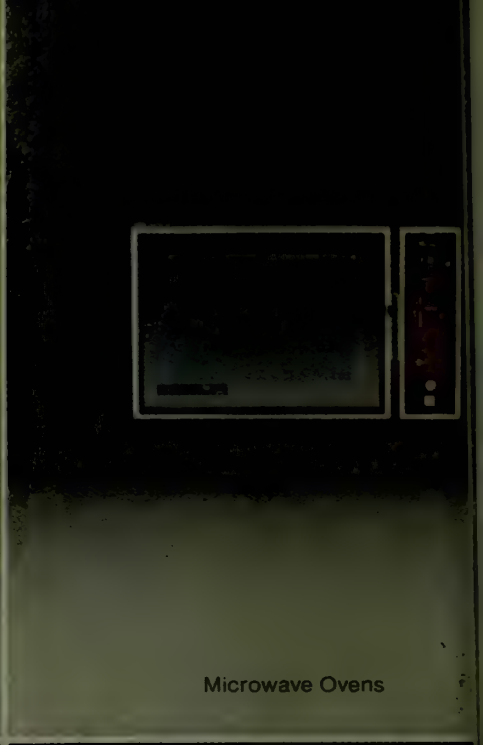
KRAFT



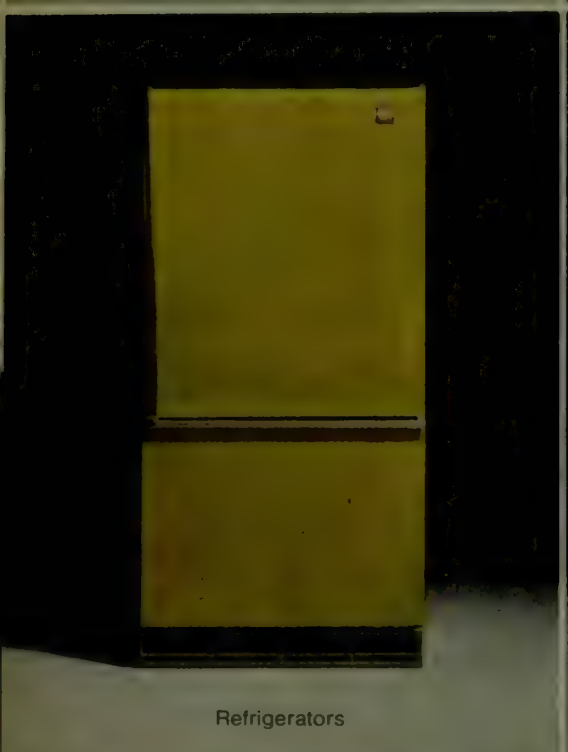
Ranges and Ovens



Compact Laundry Pair



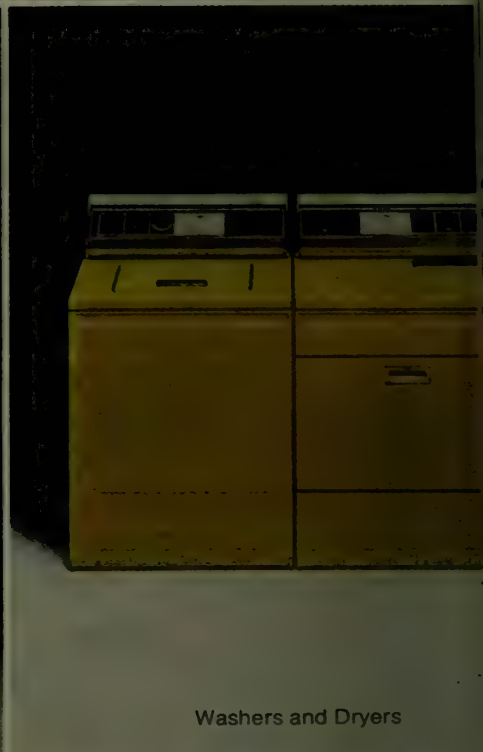
Microwave Ovens



Refrigerators



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Washers and Dryers



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Dishwashers

The longer you own them, the more beautiful they seem.

Buying a new appliance is a little like having a baby. It's a great experience, but it's only the beginning.

At Whirlpool we believe that once you buy one of our appliances, that, too, is just the beginning.

That's why we start out by building appliances that will last.

And then we offer a little more.

A warranty that's not only easy to understand, but just as easy to use.

A toll free telephone service that's always there to help. Our Cool-Line® service. Try it: You'll see. 800-253-1301. In Michigan: 800-632-2243.

Or our Tech-Care® service. A nationwide service organization people can depend on...it's listed in the Yellow Pages.

A random Call-Back service where we call you to make sure a warranty call or service call has been satisfactory.

We do these things, and we're doing more, because at Whirlpool we believe a company has to think quality before it can ever start to sell it.

And even then, it's only the beginning.

Whirlpool
Home Appliances

We believe quality can be beautiful.

Breezin' easy Lemon Fruit Freeze

Free and easy days of spring deserve a cool and carefree dessert. And this one's a breeze! The magic of Eagle® Brand Sweetened Condensed Milk makes the fruity, lemony filling thicken without cooking. And Rice or Corn Chex® cereal crumbs give the crust a delicious flavor all its own. Simply freeze and serve for a refreshing springtime dessert. The breezin' easy recipe is below



Lemon Fruit Freeze

(Makes 12 to 15 servings)

- 2/3 cup butter or margarine
- 1/3 cup sugar
- 7 cups Rice or Corn Chex® cereal crushed to 3 cups
- 1 (14-oz.) can Eagle® Brand Sweetened Condensed Milk
- 1/2 cup ReaLemon® Reconstituted Lemon Juice
- 1 (21-oz.) can lemon pie filling
- 1 (17-oz.) can fruit cocktail, well drained
- 2 cups whipped topping





In medium saucepan, melt butter; stir in sugar, then crumbs. Reserving 1/3 cup for garnish, pat crumbs firmly on bottom of 13x9-inch baking pan. Bake at 300° for 12 minutes. Cool. In large bowl, mix sweetened condensed milk and ReaLemon® Stir in pie filling and fruit cocktail; pour over crust. Top with whipped topping and crumbs. Freeze 4 hours. Remove from freezer 20 minutes before cutting. If desired, garnish with lemon slices.

BORDEN®

continued from page 161

Fish recipes

1 cup chicken broth
1 16-ounce can salmon, drained, finely flaked, and bones removed
1½ cups cooked rice
3 slightly beaten eggs
1 tablespoon grated onion

Cut asparagus tips into 4-inch lengths. Cook tips, covered, in a small amount of boiling salted water till tender, 8 to 10 minutes. Drain and set aside. (Use remaining asparagus stems another time.) Meanwhile, in a saucepan, melt butter or margarine; stir in flour, dill, and salt. Add chicken broth; cook and stir till mixture thickens and bubbles. Stir in salmon, rice, eggs, and onion. Lay asparagus crosswise in bot-



tom of greased 8x4x2-inch loaf pan; press salmon mixture over top. Bake in 350° oven for 50 to 55 minutes. Invert loaf onto serving platter and slice. (Or, cover and chill. Serve cold.) Makes 6 servings.

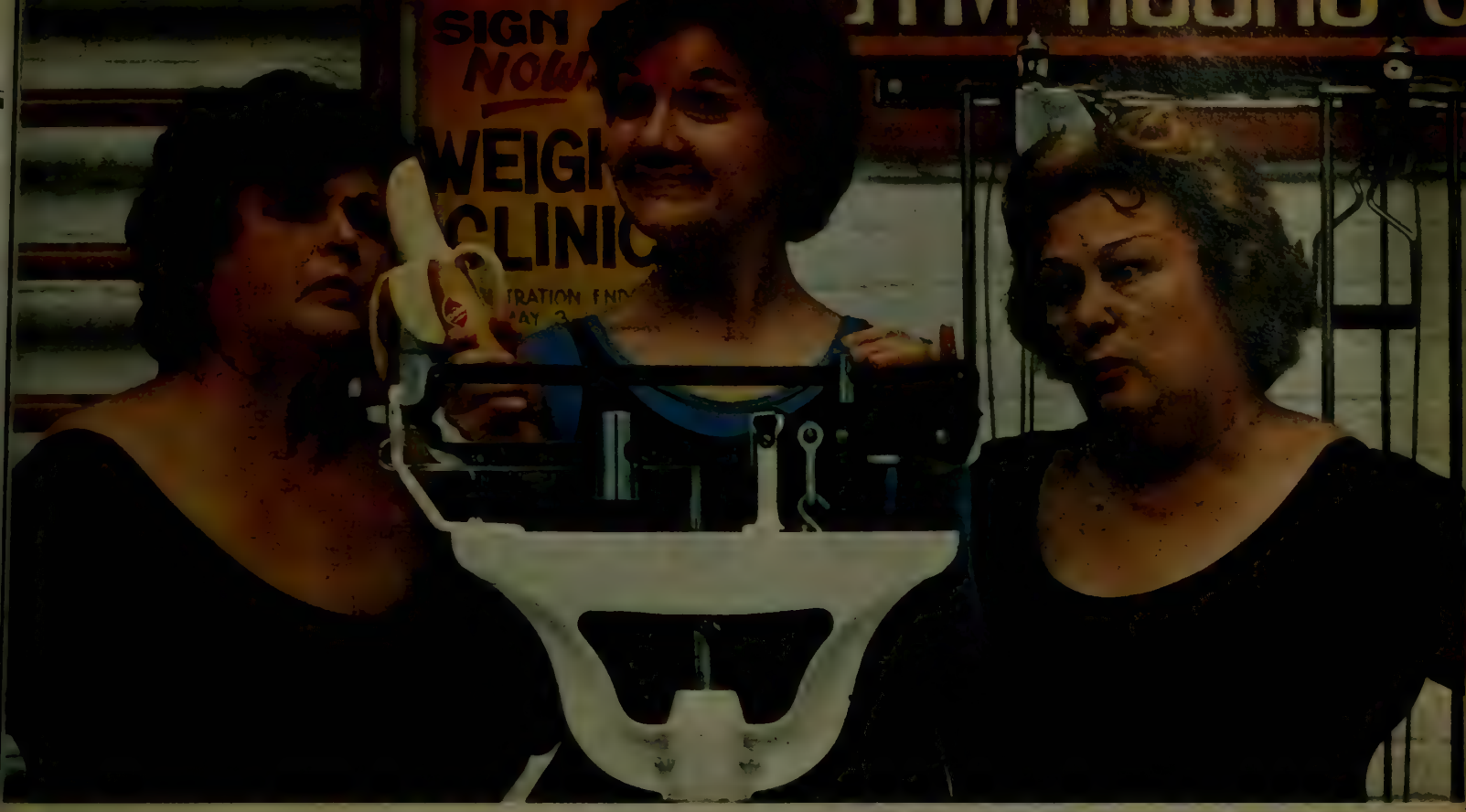
TUNA-VEGETABLE BAKE

Prebake the "crust" to add crispiness—

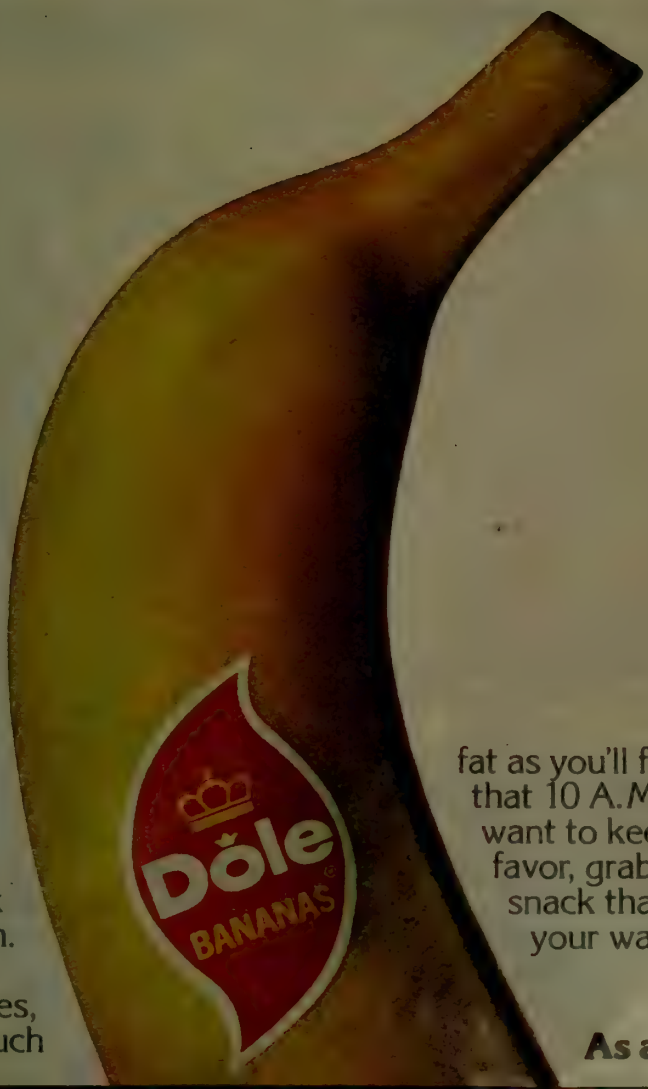
12 slices bread, cut in ½-inch cubes
1 cup shredded carrot
1 cup finely chopped celery
½ cup finely chopped onion
4 tablespoons butter or margarine
1 cup milk
3 beaten eggs
1 can condensed cream of celery soup
½ cup (2 ounces) shredded sharp process American cheese
1 4-ounce can mushroom stems and pieces, drained
2 6½- or 7-ounce cans tuna, drained and flaked

Place bread cubes in shallow baking pan; toast in 300° oven for 20 minutes or till golden. Set aside. In small saucepan, cook carrot, celery, and onion, covered, in butter or margarine till tender, about 5 minutes. Remove from heat;

continued



WAIST NOT, WANT NOT.



Some things are not as they appear. Take a Dole banana. Sweet and plump and creamy enough to satisfy the hungries. Maybe you think it's loaded with calories. Uh-uh. A medium-size Dole banana contains only about 101 calories, no cholesterol and about as much fat as you'll find in lettuce. So when that 10 A.M. craving comes and you want to keep the scale tipped in your favor, grab a Dole banana. It's one snack that won't go to your waist.

The Dole Banana.
As a snack, it's a natural.

CASTLE & COOKE, INC.



Here is one sure way to get rid of tough stains.

tuna, olives, parsley, and pepper; heat through. Keep hot. Meanwhile, cook linguine according to package directions; drain. Place hot linguine in warm serving bowl. At the table, top pasta with hot clam mixture; toss. Serve with lemon wedges and parmesan. Makes 6 servings.

TUNA CHOP CHOP

Cooking in a wok adds authenticity to this quick-cooking entrée but you can use a large skillet, too—

2 tablespoons cornstarch
1 teaspoon sugar
½ teaspoon ground ginger
2 cups chicken broth
3 tablespoons soy sauce
2 tablespoons cooking oil
3 cups diagonally sliced bok choy *or* celery
1 clove garlic, minced
1 5-ounce can water chestnuts, drained and sliced
¼ cup sliced green onion
2 7-ounce cans tuna *(water pack)*, drained and broken into large chunks
1 6-ounce package frozen Chinese pea pods, thawed
Hot cooked rice

Blend together cornstarch, sugar, and ground ginger; stir in chicken broth and soy sauce. Set aside. In wok or large skillet, heat oil. Add bok choy and garlic; stir-fry over high heat for 1 minute. Add water chestnuts and green onion; cook and stir 1 minute more. Stir in soy mixture; cook and stir till thickened and bubbly. Gently stir in tuna and pea pods. Cover and cook over low heat till heated through, 3 to 5 minutes. Serve over cooked rice. Makes 4 to 6 servings. ■

continued

Fish recipes

stir in milk. In large bowl, toss together bread cubes and the vegetable mixture. Press mixture into six greased 10-ounce au gratin baking dishes, forming shells with high sides. Bake in 350° oven for 10 minutes. In bowl, combine eggs, soup, cheese, and mushrooms; fold in tuna. Divide mixture among shells. Bake in 350° oven for 35 to 40 minutes more or till tuna mixture is set. Garnish with fresh fennel, if desired. Makes 6 servings.

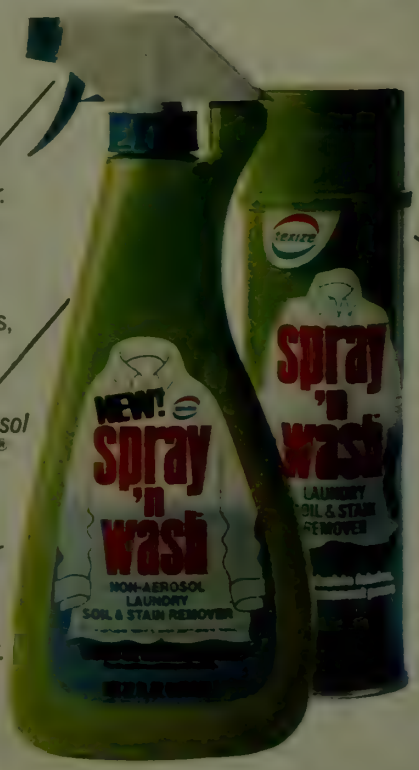
SKIPPER'S LINGUINE

To be sure everything's piping hot, toss the sauce with the pasta at the table—

6 slices bacon, cut in ½-inch strips
¼ cup sliced green onion
2 cloves garlic, minced
6 tablespoons butter or margarine
2 7½-ounce cans minced clams, drained
1 6½- or 7-ounce can tuna, drained and broken into chunks
½ cup sliced pitted ripe olives
¼ cup snipped parsley
⅛ teaspoon pepper
12 ounces linguine
Lemon wedges
Grated parmesan cheese

In skillet, cook bacon till crisp; drain bacon, reserving ¼ cup drippings in skillet. Set bacon aside. Cook onion and garlic in reserved drippings till tender but not brown. Stir in butter or margarine till melted. Add reserved bacon, clams,

Here are two.



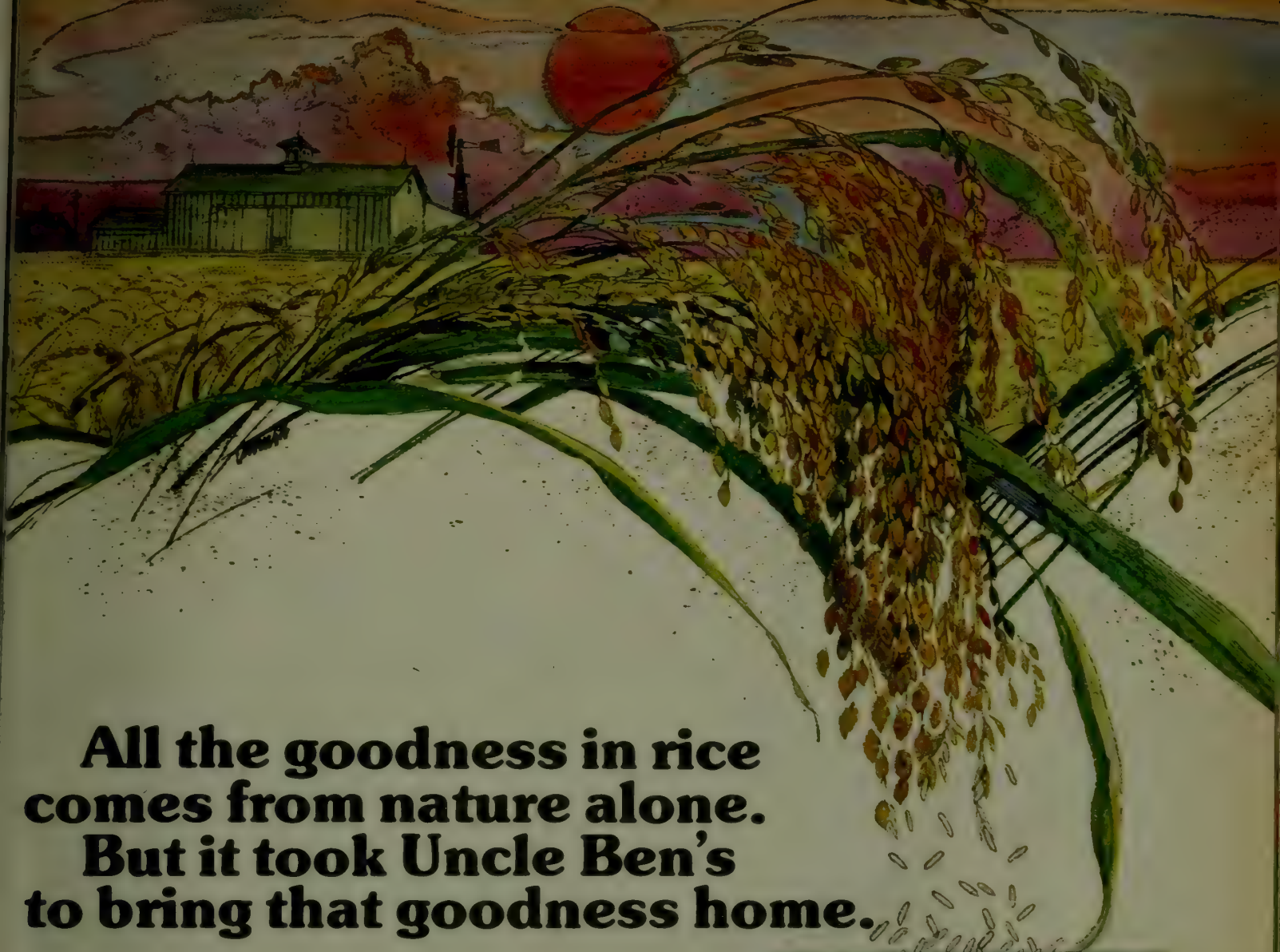
Adjustable trigger sprayer. Two settings: wide spray for big stains, fine stream for small stains, collars and cuffs.

New Non-Aerosol Spray 'n Wash® delivers its great soil and stain removal power with a remarkable, adjustable trigger sprayer.

Regular Spray 'n Wash is America's number one selling laundry soil and stain remover because it gets rid of tough stains on all washable fabrics —even polyester and permanent press.

Get Spray'n Wash® for your tough stains.

©1977 MNP Texize Chemicals Co., Div. of Morton-Norwich Products, Inc., Greenville, S.C.



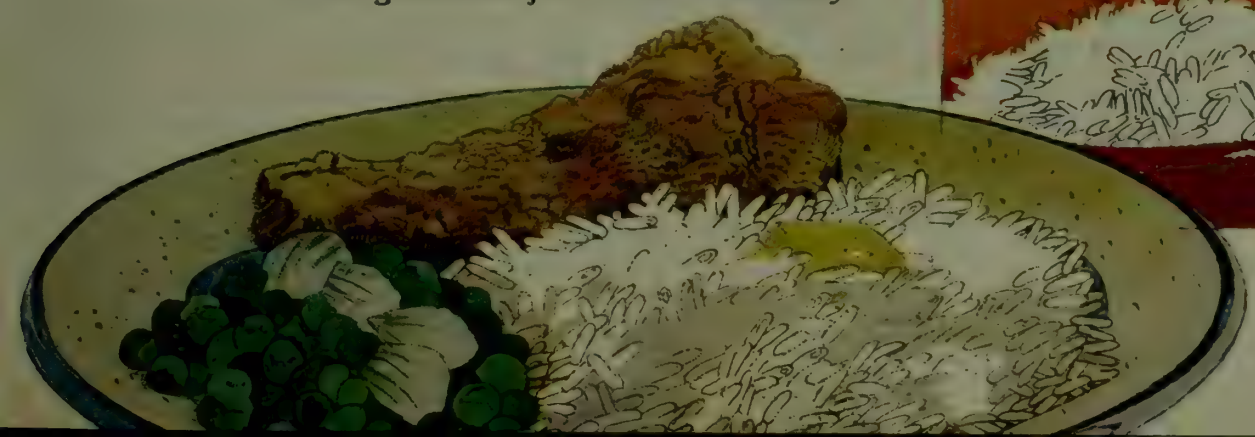
All the goodness in rice comes from nature alone. But it took Uncle Ben's to bring that goodness home.

All rice starts with the goodness of nature. But most companies strip away that whole grain goodness. So, what you get is less than what nature put there in the first place. But Uncle Ben's found a way no one else found to take that goodness and seal it in. To bring you rice with a taste that's wholesome and naturally delicious. And a natural texture that's beautiful and separate, every time.

Bring the goodness home tonight. Try Uncle Ben's.®

The goodness just comes naturally.





begins on page 104

Grandmother's flower garden

Editor's note: **Half of a full-size hexagon pattern is included in our how-to directions. To make a master pattern, trace the three-sided shape onto a folded piece of tissue paper, lining up the folded edge with the middle of the hexagon. Cut along the traced lines; open up the tissue for your complete hexagon pattern. (You may also want to use this pattern to make the "Easy Patchwork Tablecloth" shown on page 56 in this issue.)**

To order a handy, precut Grandmother's Flower Garden kit, turn to page 186.

The "flower" of Grandmother's Flower Garden is represented by the rosette, which consists of a center hexagon surrounded by six other hexagons. Another row of 12 hexagons surrounds this rosette to symbolize the foliage and is traditionally stitched from green fabric. These fabric blocks are linked by white hexagons, representing the paths between blooms.

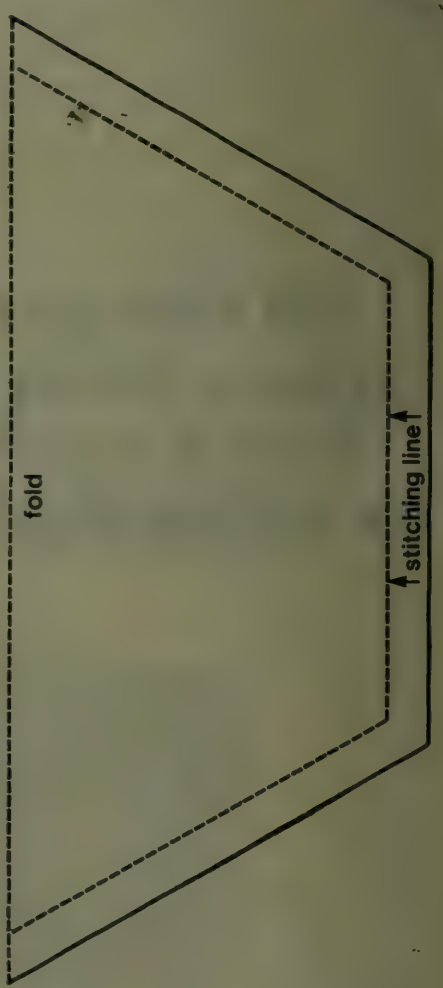
(Finished size = 89x109 inches.)

Materials: (Note: Use assorted 44/45-inch-wide fabrics to form quilt blocks and 40-inch-wide muslin to join these rosettes and to form the border.)

Patchwork side: 10⅔ yds. fabric for third round of hexagons; 8 yds. fabric for second round; assorted fabric scraps to form 32 center hexagons (equals about ⅔ yd.).

Matched quilt top: 9 yds. for third round of hexagons; 4⅔ yds. for second round; ⅔ yd. for center hexagons.

Also: 20 yds. off-white muslin to join hexagons and form border; 10 yds. polyester quilt batting; plastic coffee can lid; clear plastic bags; tissue paper; waterproof felt marker.



Instructions:

1. Preshrink all fabrics.

2. The Grandmother's Flower Garden quilt consists of 32 separate flower blocks. Each block, or rosette, is made by joining 19 individual hexagons: 1 hexagon for the center, 6 for the second round, and 12 for the third round. You will need to cut the following number of hexagons for *each* quilt side:

Center hexagons = 32
Second round = 204
Third round = 414
Joining and border hexagons = 372
Total = 1,022

continued

It broils! It bakes! It toasts 4 slices automatically! It's the Toast 'N Broil Toast-R-Oven® toaster from GE.



If you want a toaster oven that does everything this toaster oven does, get yourself a GE.

It's a 2-steak broiler.

This GE toaster oven has a separate broil setting that lets you broil steaks, hamburgers, hot dogs—easily and conveniently. And because it broils, GE's toaster oven makes more than two hundred dishes you can't make in most other toaster ovens! The high-wall broiler pan helps protect the interior from spatters—and it pops into the dishwasher for easy cleaning.

It's a great oven.

GE's toaster oven handles the dozens of small cooking jobs you'd hate to heat up your big oven for. Like top-browning sandwiches, baking casseroles, warming leftovers. And it



works in tandem with your big oven when you want to cook foods that require different temperatures.

It's an automatic toaster.

It takes the place of a 4-slice toaster. It toasts odd-size breads and rolls, both sides at once, and shuts off automatically. A bell rings when toast is ready.

Features! Features!

The thermostatically controlled oven has settings from 200°F to 500°F. Automatic Top Brown setting is great for melting, crisping and browning. And a signal bell rings when food is ready. Removable rack, oven tray, broiler pan and swing-open crumb tray make cleaning easy.

Only GE gives you so many models to choose from.

See them all at your GE dealer's now. The model featured here is the T26. The T23 broils, bakes and toasts 2 slices. Non-broiling models include the Deluxe 2-slice Toast-R-



Oven toaster (T93B) as well as the King Size 4-slice Toast-R-Oven toaster (T97). There's a size for every family, a price for every budget.

Whichever model you choose, once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

GENERAL ELECTRIC

Other items made by General Electric use DuPont Teflon® non stick coatings

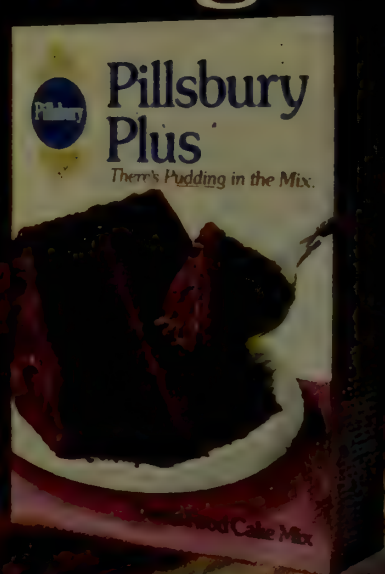
Scratch has met its match. New Pillsbury Plus Cake Mix.

The "Plus" is pudding right in the mix.

It's absolutely true. New Pillsbury Plus makes a cake that's a match for the greatest cake of all – the moist and flavorful scratch cake.

Pillsbury Plus has pudding right in the mix. Pudding that makes our Devil's Food Cake as moist and full of flavor as the cake you bake from scratch.

It's absolutely true. Or our name isn't Pillsbury.



Pillsbury

Yellow, Devil's Food, White, German Chocolate, Lemon, Fudge Marble, Butter Recipe, Dark Chocolate.

©The Pillsbury Company, 1977

CONSUMER CHECK VOUT™

BY AMY WHITE



What is the best mouthwash for your family? If you really want to benefit from some professional advice, consider **Cēpacol® Mouthwash.** Hospital pharmacists, nurses and physicians carefully review products before their approval. In the mouthwash category, Cēpacol has been chosen by hospitals more than **all other brands combined.** Why do these critical medical people come to the same conclusion? Maybe because Cēpacol has a low surface tension, is mildly alkaline, and is non-irritating to delicate oral tissues. Cēpacol also kills germs that cause bad breath, leaving the mouth feeling fresh and clean. Consider **Cēpacol, "The Professional One."**



Dress up your bath or kitchen the easy way with versatile **Kwik-Seal® Tub & Tile Caulk** by DAP. Fix those unsightly cracks and prevent moisture damage with a neat, white, water-tight seal that stays flexible and lasts. **Kwik-Seal** can also be used around sinks and showers, to grout tile and to fill gaps between walls and interior windows or door frames. Just squeeze the tube to patch Styrofoam plastic articles, such as picnic coolers, too. Home fix-up is a snap with any of more than one hundred quality home repair products from **DAP.** DAP Inc., Dayton, Ohio 45401.



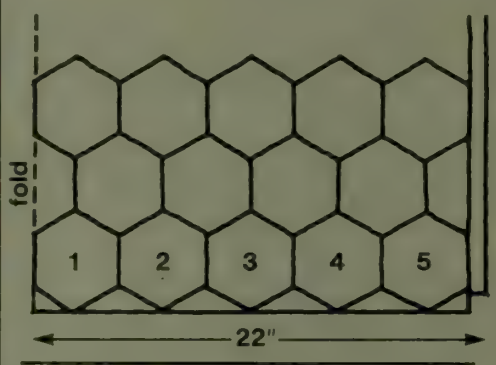
You can get up to $25 off your plumber's bill if **Drain Power®** does not open up your worst clogged drains. That's an incredible guarantee . . . that would put most drain openers out of business. But **Drain Power** works instantly to unclog drains in sinks, tubs, and showers — without using lye or acid. Also, when used regularly, Drain Power's exclusive new degreasing formula prevents grease build-up that can cause clogs. Wouldn't you rather have a drain opener handy that you know will do the job? **Drain Power** is the one that guarantees it. Full details on specially marked packages.

continued

Grandmother's flower garden

3. Use the full-size half hexagon diagram on page 168 to make your master pattern. Trace the outlined shape onto one side of a folded piece of tissue paper, lining up the paper's fold line with the "fold" indicated on the printed pattern. Cut out the pattern while the tissue is still folded. Open up the tissue paper and carefully trace the pattern onto one side of the plastic coffee can lid. Cut the master pattern from the plastic lid. (A master pattern made from plastic will not wear down after repeated tracings as cardboard will.)

4. Fold your pieces of fabric in half lenghwise and pin them together in several places to keep them from shifting as you work. To make maximum use of each piece of fabric, trace the plastic hexagon pattern on the fabric's *wrong* side following the honeycomb pattern illustrated below.

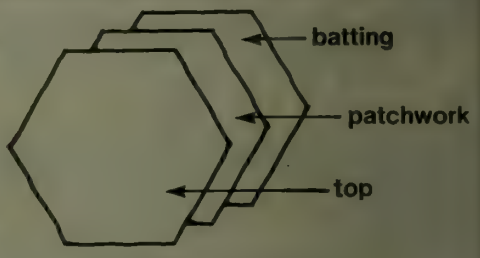


5. Cut the number of hexagons indicated in Step 2, above. Plan your color choices carefully *before* cutting. As you cut the shapes, stack them in color-related piles; to keep these fabric stacks clean, place them in plastic bags.

6. Cut 1,022 individual hexagons from the polyester quilt batting. Be sure to use only a waterproof felt marker to outline the hexagon pattern onto the polyester batting in the same honeycomb design illustrated above.

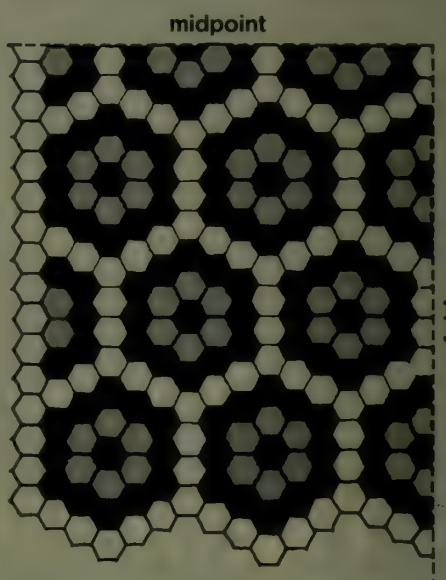
7. To assemble each of the quilt's reversible hexagon shapes, match one matched top hexagon and one patchwork hexagon, placing right sides together. Place 1 hexagon cut from polyester batting on top of this stack (see diagram top right). Machine stitch a ¼-inch seam along 5 sides of the hexagon, leaving the sixth side open for turning. Turn to the right side of hexagon; slip-stitch this opening closed.

8. To finish each of the hexagons, work 1 row of small running quilt stitches that's ¼ inch from the outer hexagon edge. Add a second row of stitches that's ¼ inch away from the first row. Work each of the flower block's 19 individual hexagons in this way.



9. To assemble one complete flower block, sew a round of 6 individual hexagons to the center hexagon one at a time; use small overcast stitches at the hexagons' edges. Turn the piece over and sew overcast stitches along the edges of this side.

10. Attach the third round of 12 individual hexagons to this sewn piece, adding the hexagons one at a time. This completes 1 of the quilt's flower blocks. Assemble 31 more blocks *plus* 6 partial blocks in this same manner. To learn how to make these partial blocks, follow the diagram below which represents one-quarter of a finished quilt.



11. The completed quilt consists of 7 rows of flower blocks: rows of 5 blocks alternate with 4-block rows (see diagram above for reference). Join the completed flower blocks by stitching one row of muslin hexagons between them. (Follow the procedure described in Step 9 above.)

12. When the completed blocks are stitched together, attach each of the 6 partial blocks to either end of the quilt's 4-block rows (see diagram above). To finish, add a border of muslin hexagons to the outer edge of the quilt. ■



An Ordinary Pineapple Demonstrates How Armour Makes An Extraordinary Ham.



Sometimes nature makes you work a little harder to get the best tasting foods.

The best part of a pineapple, for instance, is deep inside. And to get it you have to carve away a lot of the outside.

The best part of a ham is the leanest. To get it we carve away two-thirds of a whole ham. What is left is Golden Star by Armour, the filet of ham.

Golden Star is lean, tender, juicy ham that's been carefully cooked for hours in its natural juices to bring out all the delicious ham flavor.

Try Golden Star in the convenient 1½ pound small family size. This little filet of ham can make a big occasion out of any small family meal. It's easy to serve and there's just enough for four very generous servings.

Golden Star by Armour, the filet of ham.

The only thing you'll throw away is the can.



GOLDEN STAR *by* Armour

Reach for quality. Reach for the stars.



The best friend a busy cook ever had.

It's the KitchenAid heavy-duty Food Preparer.

Best known for its ability to knead dough for homemade bread, it's equally adept at handling the many mixing, chopping, slicing and shredding chores in your kitchen.



Like the big mixers in a bakery, the KitchenAid single beater, round-the-bowl mixing action mixes more volume faster. And you don't have to keep scraping the bowl.

It comes with a beater, whip, dough hook, and 4½ qt. stainless steel bowl. And its rugged 10-speed motor powers a host of available attachments, including a vegetable slicer, food grinder, sausage stuffer, citrus juicer, and colander and sieve set.



At department, hardware, and other fine stores. For more information, write KitchenAid, Dept. 7HG-4, Hobart Corporation, Troy, Ohio 45374.

KitchenAid® Food Preparer.

You'll say it's the best.

FOOD

Milk Refreshers

You needn't be a kid to enjoy milk drinks. They're a satisfying any-age snack. Whip one of these together and taste for yourself.



Photograph: Dieter Buying information, page 132

SPICY HOT CHOCOLATE

- ⅓ cup sugar
- ⅓ cup unsweetened cocoa powder
- 4 inches stick cinnamon
- 4 whole cloves
- 1 teaspoon finely shredded orange peel
- 4 cups milk

In saucepan, combine sugar, cocoa, cinnamon, cloves, orange peel, and *dash salt;* add *½ cup water.* Bring to boiling, stirring constantly. Boil 1 minute. Stir in milk; heat almost to boiling. *Do not boil.* Remove spices; beat with rotary beater. Serves 5 or 6.

BANANA LEMON SHAKE

- 1 cup milk
- ½ of 6-ounce can (⅓ cup) frozen lemonade concentrate, thawed
- 2 small bananas, cut up (1 cup)
- 1 pint vanilla ice cream, softened

In blender container, combine milk, lemonade concentrate, and banana. Cover and blend till smooth. Add ice cream; cover and blend again. Makes 3 servings.

ORANGE EGGNOG

- 1 egg
- 3 tablespoons frozen orange juice concentrate, thawed
- 1 cup skim milk

In blender container, combine egg, orange concentrate, and milk. Cover and blend about 30 seconds. Pour into glasses; sprinkle with nutmeg, if desired. Makes 2 servings. ■

Orange Mallow Yam Yums

ORANGE MALLOW YAMBAKE

- 2 17-oz. cans Royal Prince or Princella yams, drained
- 2 oranges, peeled, sliced, cut in half
- ¼ cup brown sugar, packed
- 1½ cups Kraft miniature marshmallows

Arrange yams and orange slices in a 1½ quart shallow baking dish. Sprinkle with brown sugar. Bake at 350°, 20 to 25 minutes. Sprinkle with marshmallows. Broil until lightly browned.

6 to 8 servings





Photograph: Dieter

Adaptable Asparagus

No matter whether it's served *au naturel* or sumptuously, asparagus makes a great companion to meats such as ham, beef, and pork. To enjoy asparagus the year-round, capitalize on the fresh spears when they're available—and when they're not, buy frozen or canned spears and cuts.

ASPARAGUS SUPREME

If you like, you can assemble this casserole ahead of time and tuck it away in your refrigerator. Bake in a 350° oven for 40 to 45 minutes—

- **4 cups fresh asparagus, cut up, *or* 2 8-ounce packages frozen cut asparagus**
- **1 can condensed cream of shrimp soup**
- **½ cup dairy sour cream**
- **2 tablespoons coarsely shredded carrot**
- **1 teaspoon grated onion**
- **⅛ teaspoon pepper**
- **½ cup herb-seasoned stuffing mix**
- **1 tablespoon butter or margarine, melted**

Cook fresh asparagus in boiling salted water 5 to 6 minutes or till crisp-tender. (Or, cook frozen asparagus according to package directions.) Drain well. Combine soup, sour cream, carrot, onion, and pepper; fold in asparagus. Turn into an ungreased 1-quart baking dish. Combine stuffing mix and melted butter or margarine; sprinkle around edge of asparagus mixture. Bake, uncovered, in 350° oven for 30 to 35 minutes. Makes 4 to 6 servings.

BAKED TOMATO-ASPARAGUS FONDUE

Vegetable juice cocktail adds a pleasing flavor and color accent—

- **2 cups fresh asparagus, cut up, *or* 1 8-ounce package frozen cut asparagus**
- **2 tablespoons butter or margarine**
- **2 tablespoons all-purpose flour**
- **¾ cup vegetable juice cocktail**

• • •

- **1 cup (4 ounces) shredded sharp cheddar cheese**
- **½ teaspoon salt**
- **Dash cayenne**
- **4 beaten egg yolks**
- **2 cups soft bread crumbs (about 3 slices bread)**
- **4 egg whites**

Cook fresh asparagus in a small amount of boiling salted water till tender, 8 to 10 minutes. (Or, cook frozen asparagus according to package directions.) Drain well. In a 2-quart saucepan, melt butter or margarine over low heat; blend in flour. Add vegetable juice all at once. Cook and stir till thickened and bubbly. Add cheese, salt, and cayenne, stirring till cheese is melted. Remove from heat. Gradually stir *half* the hot mixture into egg yolks; return all to saucepan. Stir in bread crumbs. Beat egg whites till stiff peaks form (tips stand straight). Fold into cheese mixture. Fold in asparagus; pour into an ungreased 1½-quart casserole. Bake, uncovered, in 325° oven for 40 to 45 minutes or till knife inserted halfway between center and edge comes out clean. Makes 6 servings.

LEMON-SESAME ASPARAGUS

The sesame seed "toasts" in butter for special flavor—

- **12 ounces fresh asparagus spears *or* 1 8-ounce package frozen asparagus spears**
- **1 tablespoon butter or margarine**
- **2 teaspoons sesame seed**
- **2 teaspoons lemon juice**
- **¼ teaspoon salt**

Wash and trim fresh asparagus. Cook, covered, in boiling salted water till crisp-tender, about 10 to 15 minutes. (Or, cook frozen asparagus according to package directions.) Meanwhile, in small saucepan, heat and stir butter or margarine and sesame seed over low heat till seeds are golden brown, about 5 minutes. Add lemon juice and salt. Drain asparagus spears; remove to heated serving dish. Pour butter sauce over hot asparagus. Serve immediately. Makes 4 servings. ■

Buying information, page 232



LEISCHMANN'S IS THE MARGARINE MOST RECOMMENDED BY DOCTORS!*

In a recent survey, doctors who ommended polyunsaturated garines to their patients were ed which brand they chose. Twice nany doctors recommended and sonally used Fleischmann's garine as any other brand.

What does this mean to you? nargarine alone can reduce serum esterol. Any doctor will tell you that. used in a total dietary program along lean meats, fewer eggs and skim Fleischmann's Margarine can help ice serum cholesterol. Up to 17% in cal tests.

What makes Fleischmann's Margarine so special?

Of all the leading brands, Fleischmann's Margarine is the only one made of 100% corn oil. That means it's low in saturated fats, high in polyunsaturates, and contains no cholesterol. What's more, Fleischmann's has a light, delicious taste that goes with everything.

So make your own survey. Try Fleischmann's Margarine with your family. And taste for yourself why it *makes sensible eating delicious.*

Fleischmann's 100% Corn Oil Margarine gives you more than good taste.



g out? Ask for Egg Beaters® cholesterol-free egg substitute and Fleischmann's Margarine at your favorite restaurant.

Another fine product of Standard Brands

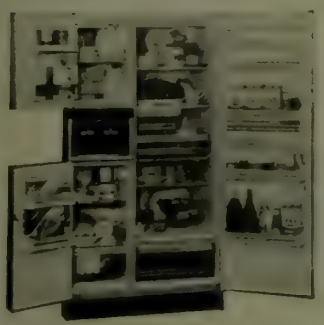
You get a lot more than instant ice and ice water with an Amana 3-Door Ice 'N Water™ Refrigerator.

Count the features that really count—day in, day out. And you'll select an Amana 3-Door Ice 'N Water Refrigerator.





Model SDI-25W



1. Amana placed the ice and water dispenser in a solid panel—separate from the doors.

2. The Amana "Refrigerator-within-a-refrigerator" meat keeper (with its own temperature control) keeps meat fresh longer than "ordinary" meat pans because super cold air surrounds the outside of the pan without drying out the meat.



3. 3-Door design for maximum convenience.

4. No defrosting ever. Totally Free-O'-Frost freezer and refrigerator sections.



5. 2-Automatic Cold Controls—one for the refrigerator—one for the freezer. You can set one control independently of the other.

6. Adjustable tempered glass cantilever shelves in the refrigerator section. Arrange your own storage pattern.

7. Stor-Mor® door shelves—deep enough to handle half-gallon milk cartons.

8. Amana Hi-Humidity Compartment keeps delicate vegetables up to three weeks. (22 and 25 cu. ft. models only.)

Amana Ice 'N Water Refrigerator-Freezers come in three sizes—19, 22 and 25 cubic foot models. See your Amana Retailer—or write for complete details to Ann MacGregor, Dept. 629, Amana, Iowa 52204.

Amana® Backed by a century-old tradition of fine craftsmanship. Amana Refrigeration, Inc., Amana, Iowa 52204 (A Raytheon Company)

Grass Seed Is For The Birds! Zoysia Saves Time, Work, Money

Amazoy is the T M Reg U S Pat. Office for our Meyer Z-52 Zoysia Grass. ©Zoysia Farm Nurseries, 1977

Grass Seed Will Never Grow A Lawn Like This!

Now! Get Up to 200 Plugs Free. Offer will not be repeated here this year!



All orders sent shipping charge collect, via most economical means.

No Need To Rip Up Present Grass Plug Amazoy Into Old Lawn Or New Areas

It's true, the things people are saying about Amazoy Zoysia. It grows so thick, walking on it is unforgettable . . . like walking on a thick, pile carpet. Amazoy lawns drive out crabgrass & weeds all summer. They stay green and beautiful in blistering heat when other grass burns out. They cut mowing in half. Amazoy never needs replacement; ends re-seeding forever. Won't heat kill or winter kill, just goes off its green color after frosts, regains fresh new beauty every Spring — true perennial from part shade to full sun. *Every plug guaranteed to grow in YOUR climate.* Should any plug fail to grow in 45 days, it will be replaced free.

Order now and remember > ***If it isn't Amazoy you're not getting the grass that made Zoysia famous.***

To: Mr. Mike Sandin, Zoysia Farm Nurseries
Dept. 438, 6414 Reisterstown Rd., Baltimore, Md. 21215
Please send me guaranteed Amazoy as checked below:

☐ Full Size Plugger **$4.95**	☐ 100 Plugs & Bonus of 10 Free **$6.95**	☐ 100 Plugs & Plugger, Bonus of 20 Free **$9.95**
☐ 200 Plugs & Bonus of 20 Free **$11.20**	☐ 200 Plugs & Plugger, Bonus of 25 Free **$13.75**	☐ 300 Plugs & Plugger, Bonus of 50 Free **$17.75**
☐ 600 Plugs & Plugger Plus Bonus of 100 Free **$27.95**	☐ 1100 Plugs & Plugger Plus Bonus of 200 Free. **$39.95** Total 1300 Plugs.	

Name _____

Address _____

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GARDENS

please don't eat these PLANTS

About 700 poisonous plants grow in North America, many of them in and around the home. Every year, thousands of people are poisoned by eating them. Luckily, most victims recover; but many suffer severe digestive upsets and side effects.

Philodendron and **dieffenbachia** contain needlelike, microscopic crystals of calcium oxalate, which, if eaten, may cut and irritate the tissues of the mouth, tongue, and throat. Dieffenbachia has been dubbed "dumb cane" because the victim may temporarily lose the power of speech if the tongue and throat become inflamed and swell.

Holly berries may induce vomiting and diarrhea. **Mistletoe berries** can stimulate the heart, deaden nervous responses, and have a narcotic effect.

The **bulbs of hyacinth, narcissus, and daffodil** may cause nausea, vomiting, and diarrhea. Narcissus bulbs are especially dangerous since they resemble misshapen onions.

Castor beans, azalea, rhododendron, bittersweet, and **oleander** may all prove lethal if ingested. Even the vegetable garden holds dangers; never eat the **sprouts of the common potato** or the **leaves of rhubarb.**

Also avoid **seed pods of bird-of-paradise and wisteria, berries of Jerusalem cherry, leaves and bark of elderberries, underground stems of iris,** and **leaves and flowers of lily of the valley.** In short, don't eat anything except what you know is edible. Instruct children at an early age never to put any part of any plant in their mouths.

If, in spite of your precautions, a case of possible poisoning does occur, call your physician immediately. Save any evidence—plant fragments or the victim's vomit or stools—that might help identify the plant if you don't know what it was. The moral: Enjoy the beauty of nature, but don't try to live off the land unless you know what you're eating. ■

When a big cake is more than you need,











you need Stir 'n Frost®.

When you want to serve a home-made, frosted cake, but a big cake is more than you need, you need Stir 'n Frost. Stir 'n Frost makes a super moist cake that's just the right size for family snacks, picnics, dessert for two, or an after-school-snack.

It comes complete Cake mix, creamy frosting that's already made, and a 5" x 7" foil-lined pan.

And it's so convenient. Just add water, stir, and bake. Then frost from an easy-squeeze pouch. Available in four flavors.

Why your bartender always makes a great Gimlet.



Because he uses Rose's Lime Juice. As a matter of fact, practically every good bartender in the world does. So if you want your gimlet to taste as good as your bartender's, always use Rose's.

Here's how he does it: Stir together one part of Rose's Lime Juice and 4 to 5 parts gin, vodka or white Puerto Rican Rum. Serve ice cold, straight up or on the rocks.

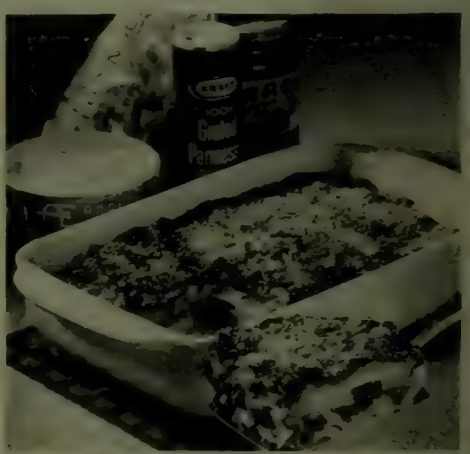
Rose's Lime Juice. For great gimlets.

FOOD

ITALIAN dinner--presto!

Want to serve a real Italian dinner without laboring for hours in the kitchen? Well, you can! Our lasagna has that "from scratch" flavor but it's a snap to make. Start with a jar of already thickened and seasoned spaghetti sauce. Then, in place of lasagna noodles, use wide noodles —they cook in half the time.

MENU
Antipasto
Shortcut Lasagna
Fresh Spinach Salad
Crusty Italian Bread
Orange Ice
Chianti

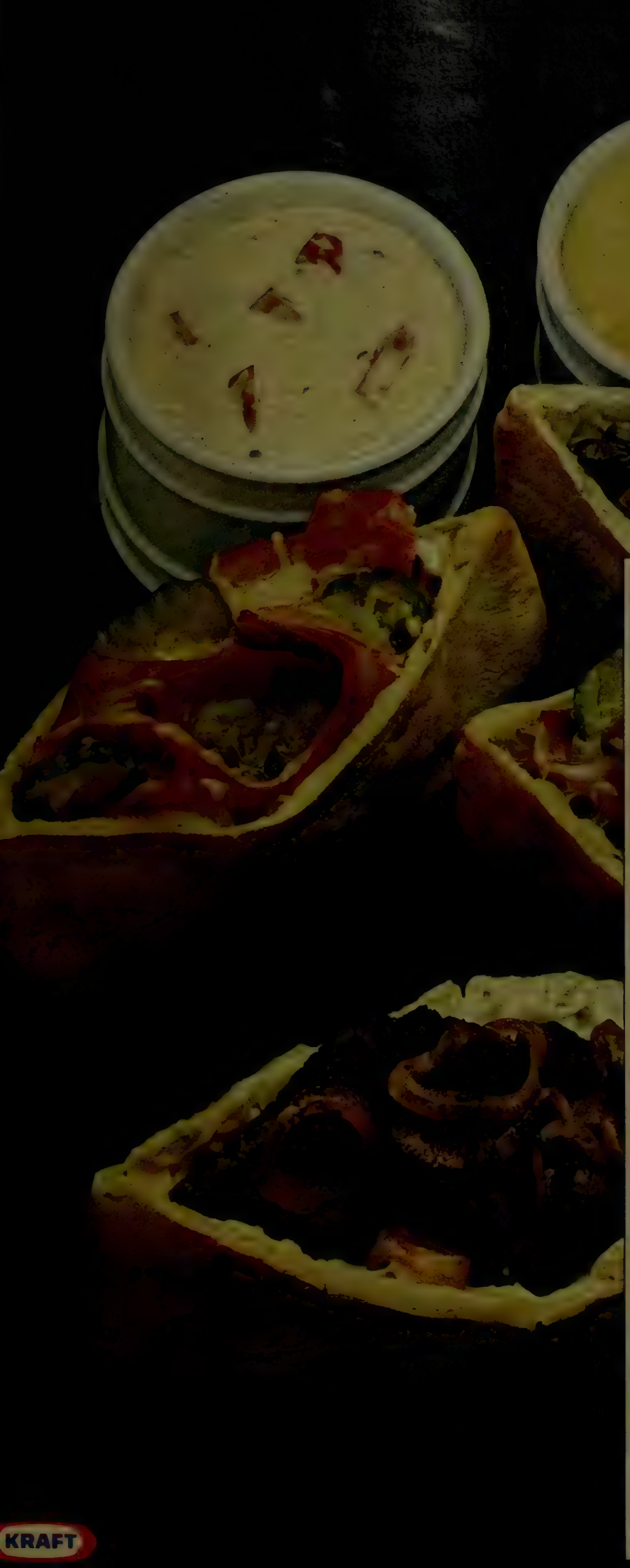


Photograph: Dieter

SHORTCUT LASAGNA

- **8 ounces bulk Italian sausage**
- **4 ounces (2½ cups) wide noodles**
- **1 beaten egg**
- **1 cup cream-style cottage cheese**
- **¼ cup grated parmesan cheese**
- **1 6-ounce package sliced mozzarella cheese**
- **1 15½-ounce jar spaghetti sauce**

Brown meat; drain off fat. Cook noodles in boiling salted water according to package directions; drain. Combine egg, cottage cheese, parmesan, and meat. In 10x6x2-inch baking dish, layer *half each* of the noodles, meat mixture, mozzarella, and spaghetti sauce. Repeat layers. Bake, uncovered, in 375° oven for 50 minutes. Let stand 10 minutes. Sprinkle with additional parmesan, if desired. Makes 4 to 6 servings. ■



PICK A POCKET SANDWICH.

Here's a hearty new sandwich idea that gets its inspiration from the Middle East and its flavor from the All-American taste of MIRACLE WHIP Salad Dressing. Any way you fill them up, these sandwiches are pockets full of goodness.

BEEF POCKET SANDWICHES

Brown 1 lb. beef strips in oil. Add ½ cup onion rings, 2 tbsp. chopped parsley, ½ tsp. salt, ⅛ tsp. pepper and ⅛ tsp. garlic powder; simmer until onions are tender. Cut 3 rounds of pita (Syrian-type) bread in half; open, spread with MIRACLE WHIP Salad Dressing. Fill with meat mixture.

Mix 1 cup MIRACLE WHIP, ¼ cup milk and ½ cup chopped tomato. Stir over low heat until warm. Spoon into sandwiches.

6 servings

HAM AND CHEESE POCKET SANDWICHES



Cut rounds of pita (Syrian-type) bread in half. Open, spread with MIRACLE WHIP Salad Dressing, fill with boiled ham slices, shredded KRAFT Natural Swiss Cheese and dill pickle slices. Bake at 350° about 10 minutes.

Combine ¾ cup MIRACLE WHIP, 2 tbsp. of KRAFT Pure Prepared Mustard and ¼ cup milk. Stir slowly over low heat, until warm. Spoon into sandwiches. Makes one cup.

Both sandwich fillings and sauces may also be served in split toasted French rolls.

SOME THINGS CAN BE COPIED AND SOME THINGS CAN'T.

KRAFT



KITCHEN BOUQUET INTRODUCES A NEW WAY TO IMPROVE YOUR FAVORITE CROCK-POT® MEALS.

Kitchen Bouquet® makes CROCK-POT® meals taste more delicious, look more delicious than ever before. That's because Kitchen Bouquet helps bring out more of the meat's own natural, delicious, juicy flavor. Just brush Kitchen Bouquet on the meat before slow cooking. It gives it a browner, more appetizing look. And for a richer, more mouth-watering stew, add Kitchen Bouquet to the gravy.

If you don't yet have a slow-cooker—or are looking for a great gift idea—let Kitchen Bouquet save you up to $12.00 on this Rival CROCK-POT.® (Suggested retail price $29.95.) This is the newest four-quart model with variable temperature control and removable stoneware bowl for easy washing and convenient serving.

SAVE UP TO $12.00 ON THE RIVAL CROCK-POT.®



To get your 4-quart Rival CROCK-POT®: Complete this order form (Please print and include zip code). Enclose two special proofs-of-purchase attached to 4 oz. size bottles of Kitchen Bouquet. Send your check or money order (do not send cash) for $17.95 to: **Kitchen Bouquet/Rival CROCK-POT® Offer, P.O. Box 8028, Kansas City, MO. 64129.**

Check your color choice ☐ Harvest Gold ☐ Avocado ☐ Flame

NAME_____

ADDRESS_____

CITY_____

STATE_____ ZIP_____

Please allow six to eight weeks for delivery. Offer void where taxed, restricted or prohibited by law. Offer expires November 30, 1977. (Residents of state of MO please add sales tax.)



HOLIDAY BREADS— APPLE DESSERTS

Do your neighbors ask for your holiday bread recipe? Are you practically a pro at creating delicious desserts from harvesttime apples? If so, send us your recipes—you could win next November. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and 10 Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next November. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to help you

Holiday Breads are yeast or quick breads you make especially for Thanksgiving or Christmas including breads, coffee cakes, rolls, muffins, or steamed breads. **Tips:**
gumdrop muffins
pumpkin brown bread
eggnog nut loaf

Apple Desserts include any cheesecake, cobbler, parfait, or soufflé you make with fresh, canned, or dried apples. Do you have a baked or chilled favorite? **Tips:**
applesauce cheesecake
cardamom-apple turnovers
spiced cran-apple rings

THIS MONTH'S WINNERS

(See recipes on pages 145 and 146)

Cooks-of-the-month

Mrs. J. F. Finnegan, Minneota, Minn.
Mrs. Louise Ross, Sonora, Calif.

Runners-up

Shirley Choss, Livonia, Mich.
Mrs. Eloise M. Cole, San Diego, Calif.
Mrs. Owene M. Greene, Napa, Calif.
Rachel MacNair, Richmond, Ind.

Honor Roll

Mrs. Vincent Dowling, Tacoma, Wash.
Mrs. Harold Eberhard, Mitchell, S. Dak.
Roselyn Finchler, Stamford, Conn.
Joanne M. France, Decatur, Ala.
Sandra Geoffroy, Walnut Creek, Calif.
Mrs. Sally Halbleib, Mount Joy, Pa.
Barbara H. Hopson, Duncanville, Tex.
Jeanne G. Keck, Enon, Ohio
Jennifer Jarvis Krokey, Tucson, Ariz.
Mrs. Elsie Twomey, Phoenix, Ariz.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "November Holiday Breads" or "November Apple Desserts."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, April 30. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7704 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**

Win up to $10,000 in Kellogg's Rice Krispies

Rice-to-Riches RECIPE CONTEST



Invent a recipe using Kellogg's® Rice Krispies,® "The Anytime Cereal." A recipe like baked chicken with an extra-crisp coat; a parfait with crisp layers; or fudge with crunchy bits. Your recipe could win one of 156 great cash prizes. So start creating ...and let your imagination take you from Rice to Riches!

RICE-to-RICHES RECIPE CONTEST RULES

WHO CAN ENTER: Any person may enter who is a resident of the United States, its territories, or Puerto Rico. Employees and members of immediate families of the Kellogg Company, its advertising agencies, its judging organization, and professional bakers, chefs and cooks are not eligible.

ENTRY AND MAILING: Print your name and address and the kind of recipe you are entering (main dish, dessert, or snack) on the entry blank or a plain sheet of paper. Include your recipe, along with one box top from KELLOGG'S RICE KRISPIES. Mail to: KELLOGG'S RICE KRISPIES, Rice-to-Riches Recipe Contest, Box 6266, Chicago, IL 60677. All entries must be received on or before September 30, 1977. Enter as many times as you wish, but each entry must include the required box top and be mailed separately.

SUBMITTING YOUR RECIPE: Type or legibly print your recipe on a separate 8½" x 11" sheet of paper. Each recipe must use at least two cups of KELLOGG'S RICE KRISPIES cereal. All recipes must include complete preparation instructions, standard measurements and commonly available ingredients. All recipes submitted should specify the category entered: main dish, dessert, or snack. Any RICE KRISPIES recipe that has previously appeared in print will be disqualified, unless judged distinctively different in ingredients or preparation.

JUDGING AND PRIZES: All recipes will be judged on the basis of originality, appearance, appetite appeal, and ease of preparation. Entries will be judged in three categories: main dish, dessert, and snack. Finalist recipes will be kitchen-tested by a staff of home economists under the supervision of the judging organization. All judges' decisions are final. Each entrant may win one prize only. If you become eligible for more than one prize, you will be awarded the highest prize value earned. Prizes in each of the three categories shall be as follows: First prize $10,000.00. Second prize $5,000.00. Fifty $100.00 prizes.

GENERAL: All entries become the property of the Kellogg Company which reserves the right to edit and adapt those selected for publication. No entry will be returned. In the case of ties, a duplicate prize will be awarded. Contest void where prohibited, restricted or taxed. Winners must pay all taxes on prizes awarded. Winners will be notified by mail after October 31, 1977. You may obtain a winners list after October 31, 1977, by sending a stamped, self-addressed envelope to Winners' List, Box 7077, Chicago, IL 60677.

Kellogg's® RICE KRISPIES®

RICE-to-RICHES RECIPE CONTEST ENTRY BLANK

Mail entry blank with your recipe and one (1) box top from RICE KRISPIES cereal to: RICE KRISPIES RICE-to-RICHES Contest, Box 6266, Chicago, IL 60677

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

My recipe is a
Main Dish ☐ Dessert ☐ Snack ☐



The Anytime Cereal

® Kellogg Company
© 1977 Kellogg Company

SPECIAL DIETS

LOW-SODIUM RECIPES

Since regular baked goods are usually *verboten* on a low-sodium diet, we thought you'd enjoy these legitimate treats made in a jiffy from your own homemade mix. You'll find the low-sodium baking powder in the diet section of your grocery store. Use salt-free butter or margarine, jam, and maple syrup to jazz the breads up. Count the milk as part of your daily milk allowance.



Photograph: Dieter

LOW-SODIUM BASIC BISCUIT MIX

10 cups all-purpose flour
½ cup low-sodium baking powder
¼ cup sugar
2 cups shortening (that needs no refrigeration)

In large mixing bowl, thoroughly stir together flour, baking powder, and sugar. Cut in shortening till mixture resembles coarse meal. Store, covered, at room temperature up to 6 weeks, or freeze. Makes about 12 cups mix. To measure, spoon into measuring cup; level with spatula.

For Biscuits: In bowl, make a well in *2 cups Low-sodium Basic Biscuit Mix*. Add *⅔ cup milk*. Stir with fork just till dough follows fork. Drop rounded teaspoon onto greased baking sheet. Bake in 425° oven for 12 to 15 minutes. Makes 10 to 12.

For Muffins: Combine *3 cups Low-sodium Basic Biscuit Mix* and *3 tablespoons sugar;* make a well in dry ingredients. Combine *1 beaten egg* and *1 cup milk;* add all at once to dry ingredients. Stir just till moistened. Fill greased muffin cups ⅔ full. Bake in 400° oven for 20 to 25 minutes. Makes 12.

For Pancakes: Combine *1 beaten egg* and *1⅓ cups milk*. Add *2 cups Low-sodium Basic Biscuit Mix*. Beat with rotary beater till nearly smooth. Bake on hot, lightly greased griddle. Makes 10.

CHOCOLATE CHIP COOKIES

1 cup packed brown sugar
½ cup shortening
1 egg
1 teaspoon vanilla
2 cups Low-sodium Basic Biscuit Mix
1 6-ounce package (1 cup) semisweet chocolate pieces

In mixer bowl, cream sugar, shortening, egg, and vanilla till fluffy. Stir in *Low-sodium Basic Biscuit Mix* and chocolate pieces. Drop by teaspoon 2 inches apart on ungreased cookie sheet. Bake in 375° oven 10 minutes. Cool 1 minute; remove to rack. Makes 4 dozen. ■

"Let us make this moment in time that we share—a thing of beauty. Let us fill our finest cups with wine and celebrate our love of life."





You can afford to celebrate everything with Cristal d'Arques.
The Cristal d'Arques Collection.
Fine French crystal. Affordably priced.

cristal d'Arques
by J.G. Durand

Genuine lead crystal (24%) with the clarity and weight that marks true quality Pompadour, $5 a stem. Slightly higher on West Coast. In all better gift and department stores: Imported By J. G. Durand International. Dept. B, Millville, N.J. 08332. Catalogue on request.

The Greatest Goddess of them all
from Avocado and Minute Maid.®

California Avocado had this fresh idea they could make a goddess dressing so pure, natural, and creamy, it'd be the greatest. So they combined the cool smoothness of California Avocados with the tangy taste of Minute Maid 100% Pure Lemon Juice, the only pure lemon juice you can buy in a bottle. Then tossed in a few seasonings—and you know what? It *is* the greatest!

Lemon Goddess Salad Dressing with California Avocado

(Makes 2½ cups)

1 cup mashed or pureed ripe California Avocados
¾ cup Minute Maid 100% Pure Lemon Juice
½ cup oil
⅓ cup tarragon vinegar
½ cup water
⅓ cup onion, finely chopped
2 large garlic cloves, minced
2 teaspoons parsley, finely chopped
1 tablespoon sugar
¼ teaspoon salt
¼ teaspoon white pepper

Combine all the above ingredients in blender and whirl at a high speed for 1-2 minutes, or until dressing is smooth and creamy.



Sunday's roast beef was fantastic.
Sunday's leftovers and a blend of two rices with different herbs and seasonings made Monday seem like the second Sunday of the week.



What a success.



original . . . or fast cooking

CALORIE CUTTING ON THE QT

Want to shed a few pounds without telling the world that you're dieting? You're on your way with these sneaky calorie-slicing tricks.

- Use low-calorie salad dressings, yogurt, cottage cheese, or neufchâtel cheese in place of mayonnaise, sour cream, or cream cheese in party dips. Also save calories by serving vegetables as dippers rather than crackers or potato chips.
- Trim the excess fat from meats before cooking.
- Subtract 20 calories per poultry serving by removing the skin.
- Substitute lemon juice for butter or margarine on cooked vegetables.
- Purchase water-packed tuna or drain and rinse oil-packed tuna before using it in salads, sandwiches, or casseroles.
- Serve sandwiches open-face to avoid the calories of that additional slice of bread.
- Whenever possible, use nonstick spray coating rather than cooking oil or shortening to fry foods.
- Oven-fry chicken and other foods rather than frying them in cooking oil or shortening atop the range.
- Reduce calories in creamed soups, sauces, or puddings by substituting reconstituted nonfat dry milk or skim milk for whole milk or cream.
- Flavor your own yogurt. Stir two tablespoons of crushed fresh fruit such as strawberries, blueberries, or peaches along with one tablespoon sugar into two cups of plain commercial yogurt. Strawberry yogurt prepared this way has only 178 calories per cup while commercial strawberry-flavored yogurt has 266.
- Serve fresh fruits in place of rich desserts. You'll find many fresh fruits have a low calorie count. For example, a fresh apple has only 80 calories, a peach, 38, a half of a grapefruit, 41. ■

GROWING

New plant stands from Rubbermaid. They come in three styles, in attractive colors to create a beautiful plant display area. Unlike metal stands they won't stain, rust or watermark.

Swing-Shelf Plant Stand comes with arms you can rotate.

Three-Shelf Plant Stand.

Two-Shelf Plant Stand.

All the planters shown on this page are from Rubbermaid. They come in lots of styles, shapes and colors. And there are more.

With everything we make we try to give you better value for your money. Which is just what you expect from Rubbermaid.

Rubbermaid®

We help around the home.

© 1977 by Rubbermaid Incorporated, Wooster, Ohio 4469

STONEWARE SALE!
MARCH 20 THROUGH APRIL 23, 1977

Now you can own amazingly durable, handpainted stoneware for only $45.00 45-piece set

Save 9 to 35% a set. Sears wonderful stoneware. So durable, you can take it from oven to table to freezer. And, of course, it's dishwasher safe.

Choose from six handsome, handpainted patterns. All full 45-piece sets. All just $45.00* at savings from 9 to 35% at most Sears larger stores from March 20, through April 23, 1977.

Only at Sears

©Sears Roebuck and Co 1976



SHOPPING

How to order material from the magazine



GRANDMOTHER'S FLOWER GARDEN QUILT—An EXCLUSIVE DESIGN from Better Homes and Gardens®

Stitch and quilt the precut pieces together by machine or hand. The quilt-as-you-go creation is "heirloom quality." The custom-printed calico is die-cut to 4-inch hexagons. (Calico prints may vary slightly from those shown.) Calico is 100-percent cotton; white fabric is cotton/polyester. Quilting thread and instructions are included. Or, order the kit complete with precut batting. Dacron® batting is fire-retardant. Finished quilt is 89 x 109 inches and fits a double bed. (With coordinated white dust ruffle, also available, the quilt fits a queen-size bed.) DUST RUFFLE KIT includes white cotton-polyester fabric strips, 15 inches deep, and complete instructions for making the ruffle.

THINGS THAT GO ROUND IN THE WIND—Project plan package for all five designs on page 119 includes step-by-step instructions with drawings of every detail. Plan No. 50338

Credit Card Users Can Speed Delivery By Phoning Toll Free

Send order and remittance to: Better Homes and Gardens® Dept. 2SA, Box 374 Des Moines, Iowa 50336

Page	Description	Qty.	Price	Total
104	No. 00420 GRANDMOTHER'S QUILT KIT with all fabric, thread, batting, and instructions $74.95			
	No. 00421 GRANDMOTHER'S QUILT KIT without batting $59.95			
	No. 00422 Coordinated Dust Ruffle $9.95			
119	No. 50338 Project Plan $2.50			
94	No. 04001 Household Inventory Book $2.00, 2 for $3.50			

Postage and Handling Chart:

Up to $2.50	$ .60
$2.51 to $5	$ .90
$5.01 to $10	$1.20
$10.01 to $15	$1.35
$15.01 to $25	$1.75
$25.01 to $49.99	$2.00

$50 AND OVER we pay postage and handling

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Applicable Sales Tax	
Total	

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CREDIT CARD ORDERS ONLY

Fill in the boxes below, or on orders of $10 or more, SPEED DELIVERY BY PHONING TOLL FREE 800-228-2048, 24 hours a day. (In some states you must dial 1 first.) In Nebraska call collect 402-571-3358.

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master charge | your BANKAMERICARD welcome | AMERICAN EXPRESS

OUR POLICY: Full refund if not completely satisfied.

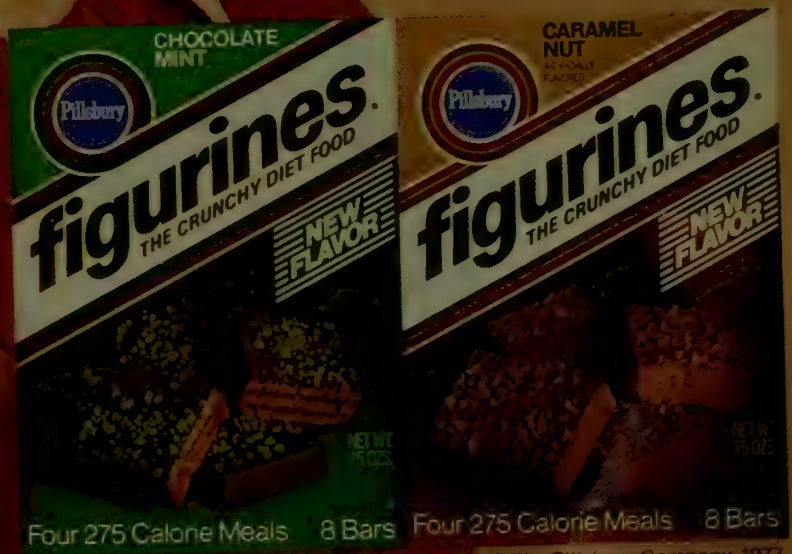
Figurines just put Chocolate Mint and Caramel Nut in my diet.

Pillsbury



Now Figurines® come in two sweet and scrumptious new flavors. Crunchy Caramel Nut and delicious Chocolate Mint. And they're just 138 calories a bar. So you can satisfy your craving for an occasional sweet and still stay on your diet. And when you try our new flavors, don't forget our other ones: Chocolate, Chocolate Caramel, Vanilla and Raspberry. All with a sweet, scrumptious taste you thought was forbidden.

Figurines. Dieting was never so sweet.



© The Pillsbury Company, 1977

FISH

Here's a tip from ReaLemon that can really make a difference when you're serving fish. Just add a little ReaLemon® Reconstituted Lemon Juice to the fish while you're preparing it. ReaLemon brings out all the natural goodness of the fish... so you get the full fresh flavor — without the heavy fishy taste. ReaLemon really makes a difference.

NOW TRY THIS DELICIOUS RECIPE FOR LIVELY LEMON FISH ROLL-UPS:

In small saucepan, melt 1/3 cup butter; add 1/3 cup ReaLemon, 2 teaspoons salt and 1/4 teaspoon pepper. In medium bowl, combine 1 1/3 cups cooked rice, 1 cup (4 oz.) shredded sharp Cheddar cheese, 1 (10-oz.) package frozen chopped broccoli, thawed, and 1/4 cup ReaLemon mixture. Divide among 8 fish fillets (about 2 lbs.); roll up and place seam-side down in 11 x 7-inch baking dish. Top with remaining sauce and paprika. Bake at 375° for 25 minutes or until fish flakes with fork. Refrigerate leftovers.

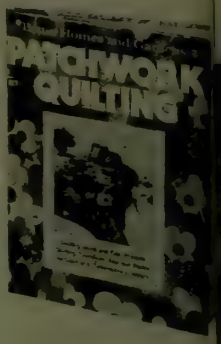


REALEMON®
Reconstituted Lemon Juice
REALLY MAKES A DIFFERENCE®

New Ideas

PATCHWORK AND QUILTING

This comprehensive new book from Better Homes and Gardens helps you rediscover the age old American arts of patchwork and quilting. Step by step illustrations and easy to understand instructions help you recreate the popular quilting patterns of your ancestors. Master traditional patchwork patterns like the Log Cabin, Star of Bethlehem, Storm and Pickle while creating beautiful coverlets, tablecloths, pillows and quilts for your home. Full-color photographs show you exactly how each project will look when finished. Over 50 projects in all, including 25 detailed patterns for traditional and contemporary quilts. In hard cover for only $2.95 wherever books are sold.



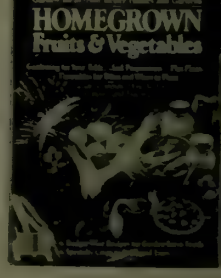
ALL-TIME FAVORITE BARBECUE RECIPES

The editors of Better Homes and Gardens have chosen nearly 200 of their favorite recipes and compiled them in this new book. Included are ideas to satisfy every backyard barbecue enthusiast. Outdoor barbecue main dish favorites for beef, pork, poultry and seafood plus barbecue sauces and marinades, grill side recipes for vegetables, quick breads, snacks and desserts. Information on spit roasting, grilling, skillet, skewer and smoke cooking methods. Special section on barbecue basics including equipment for cookouts and barbecue techniques plus convenient time and temperature cooking charts. Hard Cover. Just $2.95 at your booksellers.

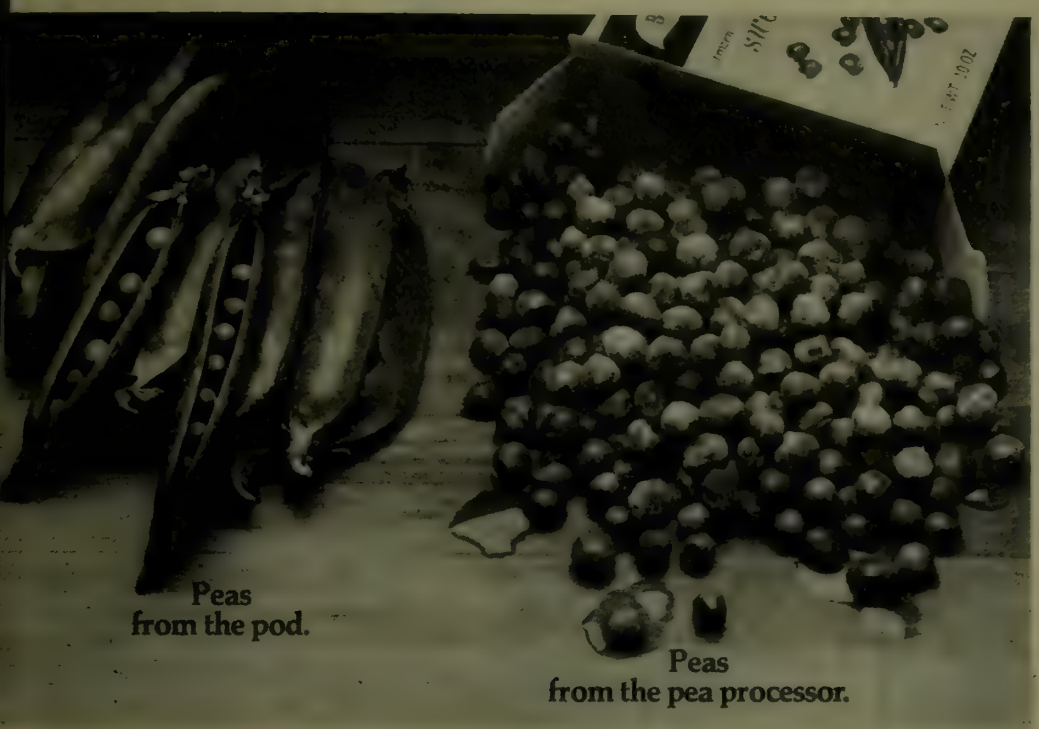


HOMEGROWN FRUITS AND VEGETABLES

Enjoy homegrown foods fresh from the garden or store them for year 'round use with the help of this informative publication. Tips on making the most of your garden space, information on soil preparation, mulching and watering. Complete timetables for what and when to plant plus a pot-pourri of ideas including beekeeping, drying vegetables and herb growing. Mouth-watering recipes using just-picked vegetables plus fresh fruit ideas for delicious wines, liquors, syrups, breads and jellies. Pickling recipes for every taste. Complete how-to's for canning and freezing garden fruits and vegetables. Just $1.75 at your newsstand now.



"Dear General Foods, Nothing you do to a pea is going to make it a better pea. So why do anything?"



Peas from the pod.

Peas from the pea processor.

Nature makes sensational peas.

Unfortunately, Nature has a very limited pea distribution system. It's called a pod. Sure, the peas are right there in the pod for you to pick. But what if you don't live on a farm? Or what if it's February, and you live in North Dakota, and the only part of Nature still making peas is a thousand miles away?

What we do to foods to solve problems like this is called *food processing*. Freezing peas is one kind of processing. So is frying an egg or canning pears.

Of course, there are other kinds of food processing far more complicated than these. There are processed foods that weren't picked from any plant (imitation bacon, for example, or powdered orange drinks)—foods that weren't just *changed* by processing, but *created* by it. These are quite another story, too long to tell here. (We'll do it in a future ad.) The main point is that we're able to take for granted a ready supply of peas, orange drinks, and many other foods. But we wouldn't have anything like that ready supply if we didn't have food processing.

What's processed food?

Food processing is everything you do to food to make it easier to use, or better-tasting, or longer-lasting, or safer, or whatever.

Of course, it's impossible to process food without changing it in some way. The whole idea is to make sure that after the processing is over, more benefits than compromises have resulted from it.

Take breakfast cereals. Almost all major food companies, ourselves included, process their cereals—and as a result, you have flakes, puffed grains, and a variety of tastes and textures you might not have otherwise. But the same process that gives you this variety may also remove some of the vitamins from the grains. So as part of the processing of our Post® cereals, we restore the key vitamins that were taken out. (And then some: we add enough of several essential nutrients so that you get the amount breakfast should supply—1/4 to 1/3 of your daily requirements of them.) The resulting cereal is good-tasting, available in many varieties, and nutritious—which is a greater array of benefits than might result from cereals made from the same unprocessed grain alone.

In short, processing can't work miracles. Once the grains have grown or the pears have ripened, all the miracles have already taken place. But processing *can* help deliver those miracles—and our Birds Eye® frozen peas are a good example.



When you can pears, you process them.

What we do to the peas you eat.

From the day our peas are planted, careful records are kept of how much heat, sunlight, and rain they get. When the peas are almost mature, sampling teams check the fields constantly, to determine the precise time the peas will be ready. And at that time, they're picked.

Next the peas are shelled right in the field, and then rushed to the freezing station. Then they're tested for tenderness. Finally, they're washed, blanched, and frozen. The entire process is usually over within four hours. Unless you raise your own or live on a farm, it's almost impossible to get "fresh" peas that fresh.

This process results not only in fresh peas, but delicious ones. Peas contain a natural sugar that can begin to turn into starch shortly after they're picked. Since we freeze ours so quickly, they don't have much chance to lose flavor or get tough. And they don't suffer the nutrient loss that "fresh" peas can during distribution.

Whenever we process a food, we do it with the same concern for the food that we show towards our peas.

Nobody makes food, peas included, the way Nature does. And getting you that food in its most delicious, nutritious and convenient form is what processing is all about.

For more information.

We hope this brief study of food processing gives you a better idea of how and why food gets processed.

If you have any questions about it, please ask us. Just write to Miss Peggy Kohl, V.P., Consumer Affairs, G.F. Consumer Center, White Plains, N.Y. 10625.

Our reasons for telling you all this are a mixture of helpfulness and pride in our products. The more you understand about food, the better off you'll be. And the more you understand about our food, the better off we'll be.

GF GENERAL FOODS

©1977 General Foods Corp.

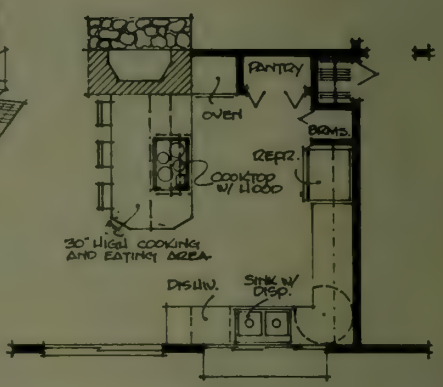
FOUR-WALL KITCHEN PLANS

A "four-wall kitchen" may sound like a prison with no entry or exit, but not at all. What the name really means is that 100 percent of the available kitchen space is used in this new design concept. And, with construction costs soaring, maximum utilization of space is vital.

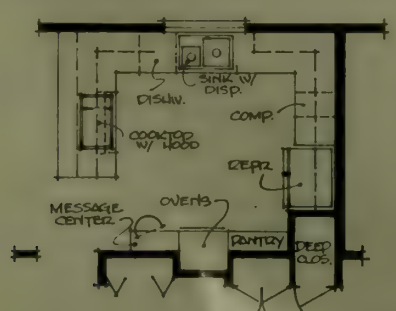
These four examples can help you plan a better kitchen, whether you're remodeling or thinking about a new house. The four-wall plan picks up where the L-shape plan leaves off. It incorporates two L-shaped plans to give you maximum efficiency. And the four-wall design also incorporates most people's "must haves"—an eating area, a triangle arrangement of major appliances, and plenty of counter.



Designer: William J. Ketcham, CKD, General Electric Co.

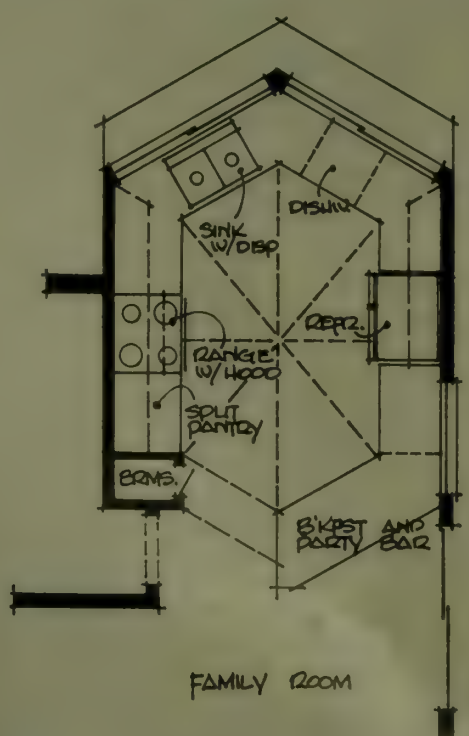


▲ This planning example **(the same as the elevation, top center)** shows how to make the best use of all four walls. The eating area is enhanced by the stone back of the family room fireplace. A 30-inch-high cooking area is butted to a breakfast counter the same height—efficient for serving meals. The plan incorporates a good work triangle, ample base and wall cabinets, a deep pantry, and oodles of counter space.



▲ If the size of your home is modest, consider this version. It boasts an excellent appliance arrangement and affords a smooth work flow since traffic is routed around the main food preparation center. And there's bountiful counter space—with plenty of storage both above and below.

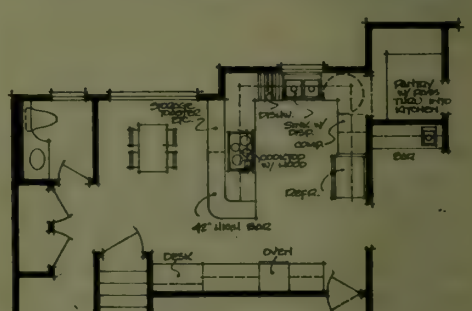
The peninsula provides sufficient separation between the kitchen and the adjoining family room without posing a barrier to cook-and-consumer conversation.



▲ Four-wall planning gets even more interesting with the introduction of angled counters and walls. Thanks to the angled window-wall, the kitchen has a refreshing gazebo feeling.

A dramatic feature of the design is a tent-like ceiling that's vaulted up the center and highlighted by hanging lights and the glass wall that extends to the garden bar on the patio outside.

To add a new dimension to this area, consider step-down entry.



▲ You'll need a larger floor space for this work-triangle plan, but it's easy to see how efficient it is and how it simplifies serving food. This design provides ample space for all main work centers, a roomy desk, and a butler's pantry with a kitchen pass-through. If more than one person in your family cooks, the separate wet bar would be a godsend. Diners can sit at the peninsula for quick snacks or at the dining table beyond for bona fide meals. ■

Finally, Vantage Longs.



The first long cigarette to bring good taste to low-tar smoking.

Like a lot of smokers you may like the idea of a longer cigarette. You may also want low tar.

But longer cigarettes usually have more tar.

Well, Vantage just wouldn't go along with that.

So we worked. Until we could perfect a longer cigarette with the famous Vantage combination of full flavor and low tar.

Not the lowest long cigarette you can find. But very possibly the lowest that you will enjoy.

New Vantage Longs. A blend of flavor-rich tobaccos with tar levels held down to the point where good taste still comes through.

That's the Vantage point. And that's the point of Vantage Longs. Never before has there been a long cigarette quite like it.

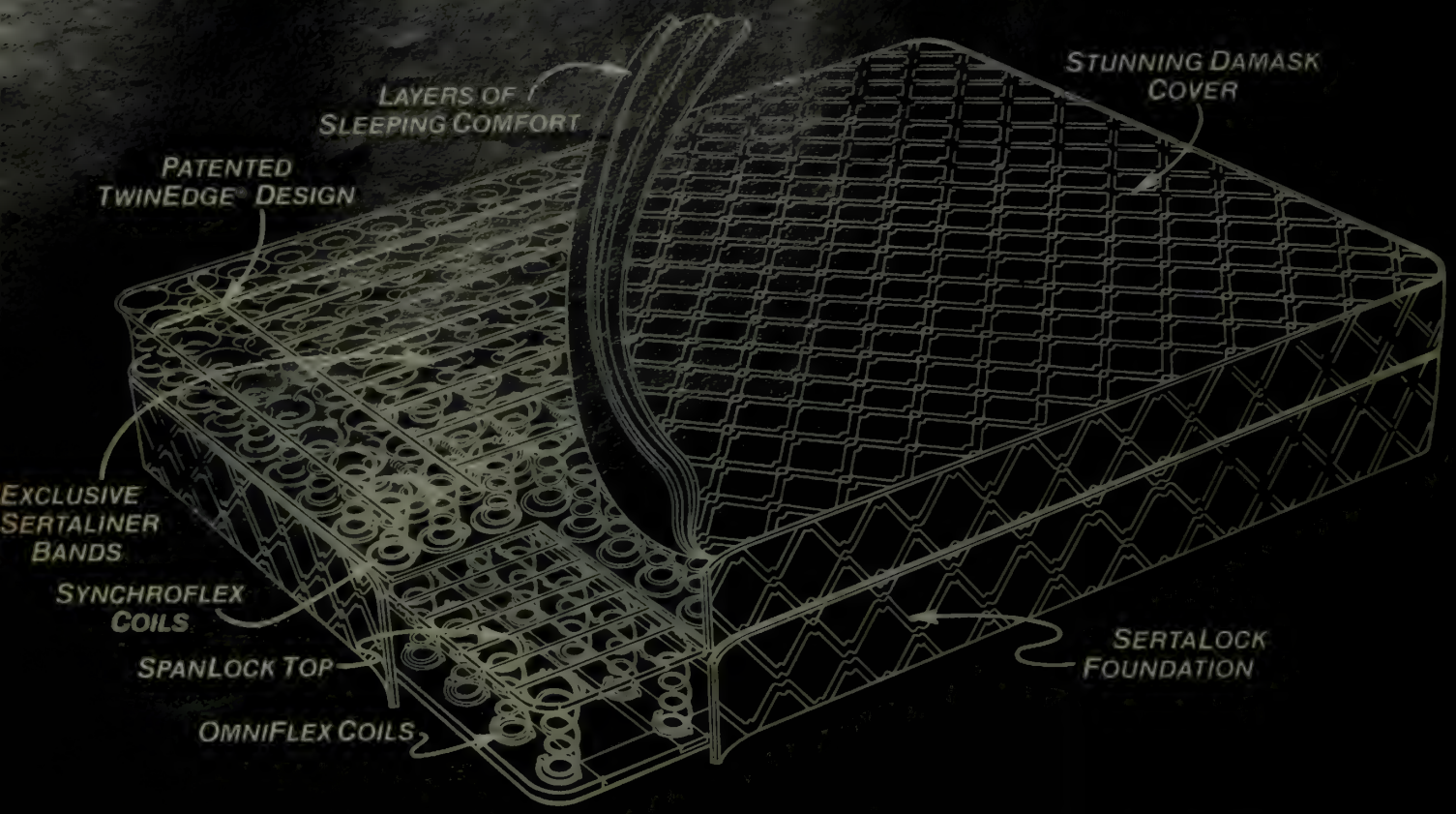
Try a pack today and see if you go along with us.

© 1977—R. J. REYNOLDS TOBACCO CO.

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11 mg. "tar", 0.9 mg. nicotine av. per cigarette, by FTC method.

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Never before has Serta put so much comfort into so firm a mattress and foundation.

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We extended our *TwinEdge® design* border-to-border, edge-to-edge. Our reinforced, interlocking system delivers up to *20% more* sleeping space.

We designed a new *SertaLock foundation*, too. It features our newly-developed *OmniFlex coils* secured to the exclusive new Serta *SpanLock top*. These elements of the new SertaLock foundation combine to lock together and bring a new degree of firmness and support that perfectly complements our new Perfect Sleeper mattress.

The final touch—a rich, quilted damask over luxurious upholstery gives that extra "touch of comfort." It makes buying your new Perfect Sleeper a very comfortable decision indeed.



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The New Perfect Sleeper®

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TIPS TOOLS & TECHNIQUES

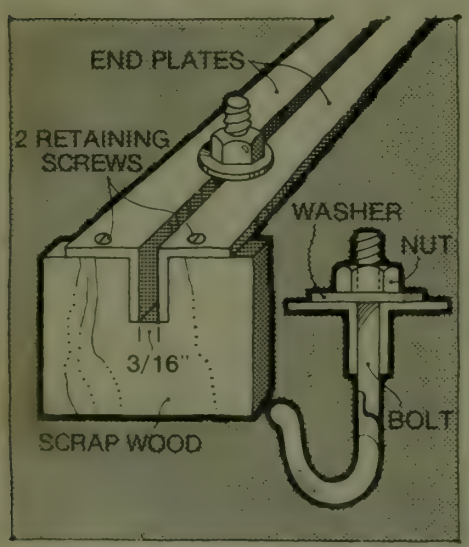
PROBLEM

Your kitchen just doesn't have the right paraphernalia for storing a large number of pots and pans.

SOLUTION

Build your own hanging system in a wall cabinet. Cut two lengths of one-inch aluminum angles slightly shorter than the width of the cabinet. Mount end plates, as shown, on each side of the cabinet and screw the angles into the plates. Then make sliding hangers by opening the ends of 2½-inch eye bolts, slipping the bolts through the space between the angles, and adding washers and nuts. Now just hang your pots, pans, and utensils on the bolts and slide them back and forth to get the proper spacing.

L.S., Randolph, N.J.



PROBLEM

The bristles on your small art brushes get frayed while being stored.

SOLUTION

Slip each brush into a two-inch sleeve cut from a plastic straw.

E.K., St. Joseph, Mich.

This feature is written by you. It's a wide-ranging collection of shop hints, installations tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

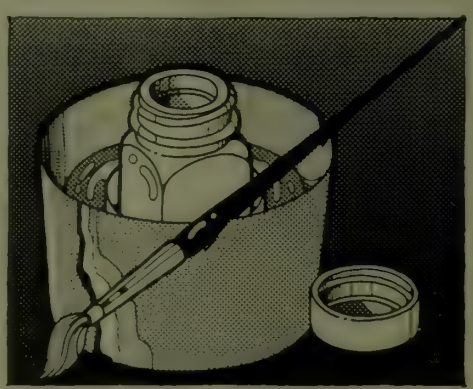
PROBLEM

Those little square paint jars you use are so light that they tip over continually.

SOLUTION

Salvage a plastic spray-can cap like the one shown. Stuff the paint jar into the center section, keep paint thinner in the outer reservoir, and rest your paintbrush in notches cut into the cap sides.

C.K., Muncie, Ind.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

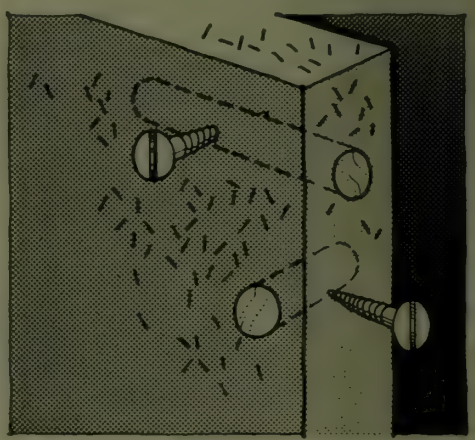
PROBLEM

You're screwing hinges onto particleboard and want to be sure that the screws hold.

SOLUTION

Glue and insert dowels as shown, then screw into the dowels.

O.K., Hiawatha, Kan.



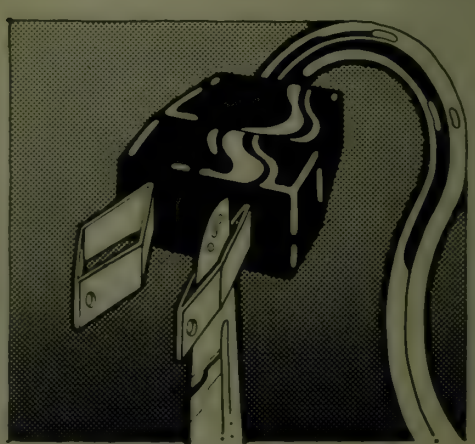
PROBLEM

The plug on your electric drill slips out of the wall outlet at the slightest movement.

SOLUTION

If the plug prongs have double walls, fatten them up by slipping a thin knife blade between the two walls as shown.

V.N., Valley Stream, N.Y.



This picture just proves something that any farmer who grows things for a living could tell you. You get big lettuce (or tomatoes or whatever) when you fertilize and you get dinky ones when you don't. You can water and put down humus and compost and that's fine but it isn't the same as fertilizer.

Scotts® Vegetable Garden Fertilizer holds some of its nitrogen back for later. Your seeds or seedlings get a good feeding to start with, then a little more every day to keep your crop growing.



Both heads of lettuce grown in the same garden. Look at the difference.

We fertilized the big head but not the little. That's why one is big and the other is little.

Fertilizer is food you put in your soil to pass on to your vegetables. Nitrogen, phosphorus and potassium, chiefly. A good supply of nutrients is where all those fat tomatoes and big ears of corn come from.

Some fertilizers tell you to do it 2 or 3 times a crop. That's because their nitrogen usually "releases" right away and after a short time there just isn't much left. You only use our fertilizer once (unless you happen to live in the South and have very sandy soil).

You ought to put it down at planting time, and you can use our fertilizer on all vegetables. (Just do what it says on the box. It won't hurt your plants.)

There's hardly any work to it. Just put it down evenly and work it into the soil an inch or so.

We use everything we make so we know what it will do. You will get more beans or extra tomatoes or bigger lettuce and that's a promise. Our guarantee says, "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back.

Simply send us evidence of purchase and we will mail you a refund check promptly".

We'll be right here in Marysville, Ohio. You won't have to look for us.



Energy-saving Shade Trees

Before the energy crisis, shade trees were mostly valued for their beauty and the comfort they add to a yard or patio. But now, with the mounting costs of heating and air conditioning, there's a very practical reason for planting shade trees. They can help cut utility bills considerably in winter and summer.

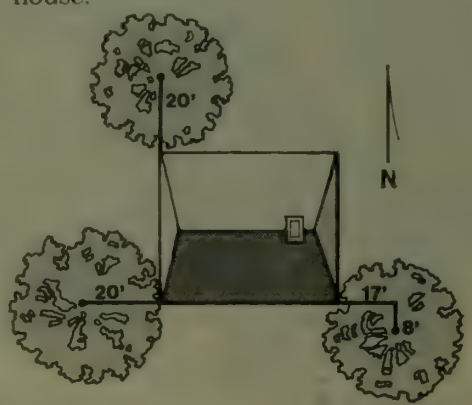
Choosing the trees

For shading all but the north side of the house, vase-shaped, deciduous trees are the best choice. Their upward spreading branches offer much more shade than trees that maintain a rounded or pyramidal shape. In summer, the leaf-laden branches shade the house and make it cooler, so less air conditioning is required. In winter, the sun penetrates the leafless branches to warm the house.

The classic vase-shaped tree, the American elm, was tragically lost to Dutch Elm disease. Fortunately, there are many excellent substitutes.

Among your best choices are: sugar maple, red maple, American beech, hackberry, hybrid locusts, sweetgum, linden, ash, and oak.

Be sure to include smaller ornamental trees in your shade plans, too, because they can be planted within eight feet of the house. Simply work these into your plantings on the south and west. They quickly cast shade across the side of the house.



Placing the trees

When considering where to put your major shade trees, keep in mind that the roots can damage the foundation of your house if the tree is planted too close to it. To keep the heavy roots at a safe distance, you must plant the tree about 20 feet away from the house (see drawing at left).

The most important tree for shading your house is the one on the west side. Ideally, this tree should be placed 20 feet due west of the south corner of the house.

Even though it will take ten years or more before any branches reach over the top of the house, you will soon get afternoon shade across the west side and the roof. A shade tree off the southeast corner of the house, as shown on the drawing, will give the house protective shade during the morning hours. ■

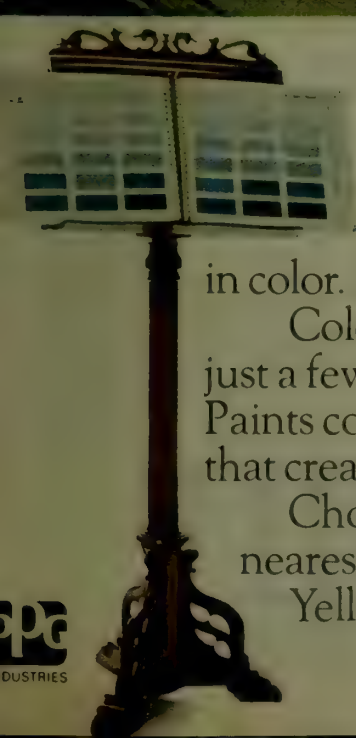
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The same qualities you enjoy in music can be found in color. Especially when the color is blended in *Pittsburgh*® Paints.

Colors like Blue Mood, Blue Ridge and Bohemian Blue are just a few of the beautiful selections you'll find in every *Pittsburgh* Paints color family. Hundreds and hundreds of great paint colors that create any mood you want—just as music does.

Choose the color that is *music to your eyes* at your nearest Pittsburgh Paints retailer. You'll find him in the Yellow Pages.



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Merit Broadens Appeal.

'Enriched Flavor'™ process adapted to new low tar 100mm cigarette with remarkable success.

MERIT established a whole new taste standard for low tar smoking.

If you smoke but haven't chosen to take advantage of the MERIT breakthrough because you prefer a longer length cigarette, you'll be interested. Because now there's a MERIT for you, too.

New MERIT 100's. Only 12 mg. of tar. Yet packed with extra flavor. The kind of flavor that makes "low tar, good taste" a reality for 100's smokers.

'Enriched Flavor' Tobacco

Like MERIT, MERIT 100's are packed with 'Enriched Flavor' tobacco. Tobacco fortified with certain key flavor-rich ingredients isolated in cigarette smoke, and *proven* to deliver taste way out of proportion to tar.



REGULAR and MENTHOL

We taste-tested MERIT 100's against some of the toughest competition we could find: higher tar 100mm brands.

Here are the results.

Test Data Conclusive

New 12 mg. tar MERIT 100's were taste-tested against a number of major 100mm brands ranging from 17 mg. to 19 mg. tar.

Thousands of smokers were tested. The results: *overall, they liked the taste of MERIT 100's as much as the higher tar 100mm brands tested.*

MERIT and MERIT MENTHOL. King Size and new 100's.

The taste barrier for low tar smoking has been broken again.

© Philip Morris Inc. 1977

Kings: 8 mg. "tar," 0.5 mg. nicotine av. per cigarette, FTC Report Dec. '76
100's: 12 mg. "tar," 0.9 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT
Kings & 100's

It's likely you've noticed the arts and crafts bandwagon rolling across the country. Perhaps someone in your family has even climbed aboard. Maybe it's Mom, up to her elbows in clay; Dad, sketching and painting up a storm; Sis, strumming a new guitar; or Junior, glued to his camera.

The second installment of our Learn-To-Do-Something-New Vacations series (see our January issue for learning to ski) explores how you can team up your "creative itch" with your next vacation. Arts and crafts schools are the answer. At these stimulating retreats you can nurture your creativity and enjoy a great get-away-from-it-all vacation at the same time.

Something for everyone

Don't worry about not having the necessary skills. Even if you're only a weekend dabbler, most schools will welcome you. Usually, all they require is that you want to learn more about a particular art or craft—and you've demonstrated that by applying. Neophytes and more advanced students often work side by side. Just remember, you're among kindred spirits, and what you lack in talent you can make up for with enthusiasm.

Most arts and crafts schools operate during the summer, usually from June through the end of August. Classes generally run five days a week for a week or two, with full-day or half-day sessions. Some courses may last longer, and often there are weekend workshops you can sign up for. Classes usually are small—not more than a dozen or so students. That way, there's individual help if you need it.

Easy vacationing

You won't have to pack up a lot of fancy gear or invest in special vacation equipment. Everything you need probably will be furnished, even materials. Vacationers interested in music or photography are about the only exceptions; they should bring instruments and cameras along.

Since the mood at most schools is informal and relaxed, your vacation wardrobe should be, too. Take comfortable, casual clothes. After all, you're going to be "working."

Pleasant surroundings are a vacation bonus at most of these spots. Many schools are set in scenic areas loaded with recreation possibilities. That's especially important if someone in the family hasn't really caught the arts and crafts spirit.

These schools don't bombard you with a lot of rash claims about storehouses of knowledge or trunkfuls of projects you'll accumulate on your vacation. Instead, they emphasize the fun and satisfaction of doing what genuinely interests you.

Nevertheless, if you choose your destination wisely, you're sure to be pleased with the results. Your rewards will include new skills and new friends, work you're proud of, and warm vacation memories.

To give you and your family a firsthand look at arts and crafts vacation adventures, we tagged along with two families last summer to a couple of creative retreats —one at each end of the country. Here's what we discovered.

continued

LEARN-TO-DO-SOMETHING-NEW VACATIONS

PART 2

ARTS & CRAFTS

BY BARBARA HUMESTON



Besides providing a great opportunity to learn to do something new, an arts and crafts vacation allows plenty of time for family fun and relaxing, too.

Drawings: The Hired Hand Visual Communications, Inc.

For the last three summers, the Phil Labowitz family has traveled about 1,500 miles north from Fort Lauderdale, Florida, to a gentle lakeside resort colony called Chautauqua Institution. There, amidst southwestern New York's vineyard and farm country, Phil, Shoni, and their sons Marc and Arik explore some of their favorite leisure-time pursuits.

Among arts and crafts schools, Chautauqua qualifies as the "granddaddy." It started operating over a century ago as a training ground for Sunday school teachers. Vestiges of those early beginnings linger today, including morning worship services and picturesque buildings with venerable names like Baptist House and Hall of Missions. Liquor still isn't sold or served on the grounds.

Victorian charm

Chautauqua's charm blossoms from a gracious era gone by. When you pass through the main gate to the 200-acre grounds, you take a giant step back in time to a small, turn-of-the-century Victorian community. Stately gingerbread-trimmed houses stand side by side along narrow tree-lined streets where bicyclists and pedestrians far outnumber cars. You can greet the morning sorting through homegrown delicacies at the farmer's market; stroll to the town square for mountainous ice cream cones in the afternoon and maybe catch an impromptu concert on the green; or drop in on a group tuning up in the flag-bedecked amphitheater.



CHAUTAUQUA
INSTITUTION
CHAUTAUQUA, NEW YORK



(Right) Singing along makes guitar lessons more fun for both Phil and his teacher, Lynn O'Connell, who also helps out with music for the youngsters attending the Chautauqua Children's School.

(Below) The whole Labowitz family starts out on a leisurely biking excursion along one of Chautauqua's picturesque yesteryear streets. Arik gets a guiding hand from his dad.



Challenging choices

Every summer, over 2,000 vacationers of all ages, including a number of senior citizens, arrive at Chautauqua to take part in nearly 200 courses and special-interest workshops. That's not even counting the kids or vacationers who don't sign up for classes. There's something to spark every interest, from painting, sculpture, dance, theater, and violin to archaeology, metal crafts, weaving, even yoga, backgammon, vegetarianism, and creative writing.

Marc, who's eight, opted for a morning preteen art class ($16.50 a week), where he tried his hand at drawing, painting, and working in textiles and ceramics—followed by tennis lessons in the afternoon. Marc could have enrolled, as he did the summer before, at the Boys' and Girls' Club. This creative day camp offers a program of arts, crafts, and sports for youngsters six to 15 ($16 a week). Marc also was one of the best customers at Chautauqua's fine Children's Library.

Like most children 2½ to six, Arik spent mornings at the Children's School ($14.50 a week) involved in creative play—music, games, drama, crafts, even cooking. Older kids (ages 5 and 6) can stay at the School till 2 p.m. (upping the fee to $22 a week) for more supervised fun, including field trips and swimming lessons.

As the Labowitz youngsters grow up, they can participate in more and more Chautauqua programs, such as teen-age arts and crafts courses, dances, and sporting

continued

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Polaroid makes the magic; Sears makes the values.

Meet Sears new cameras by Polaroid.



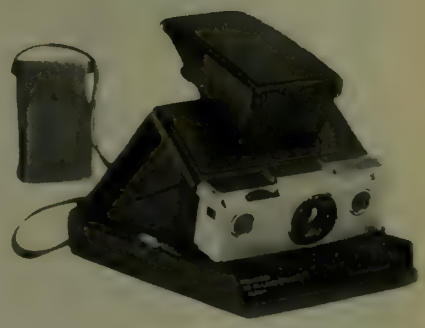
MINUTE MAKER

t's traditional Polaroid fun. Pull and peel sharp Polacolor 2 color pictures in 60 seconds. Comes boxed with wrist sling and instructions. $19.99



PRONTO! RF

It's the new Pronto! RF and it takes the guesswork out of focusing with a double-image range finder that lets you view and focus at the same time. Comes boxed with shoulder strap carrying case and instructions. $69.99



SX-70 ALPHA

Here's the latest in Polaroid SX-70 technology, Alpha electronics that set the correct shutter speed automatically. Single lens reflex system. Split-image range finder. 4-element lens lets you shoot as close as 10.4 inches. Comes gift-boxed with carrying case and instructions. $179.99



Pronto!

Here's the most affordable way to enjoy SX-70 photography. No pulling, no peeling — pictures eject dry in 1½ seconds, come to life before your eyes. The 3-element lens focuses manually: three feet to infinity. Comes boxed with shoulder strap carrying case and instructions.

$48.99

Save 25¢ per pack of Polaroid color film through April 9.

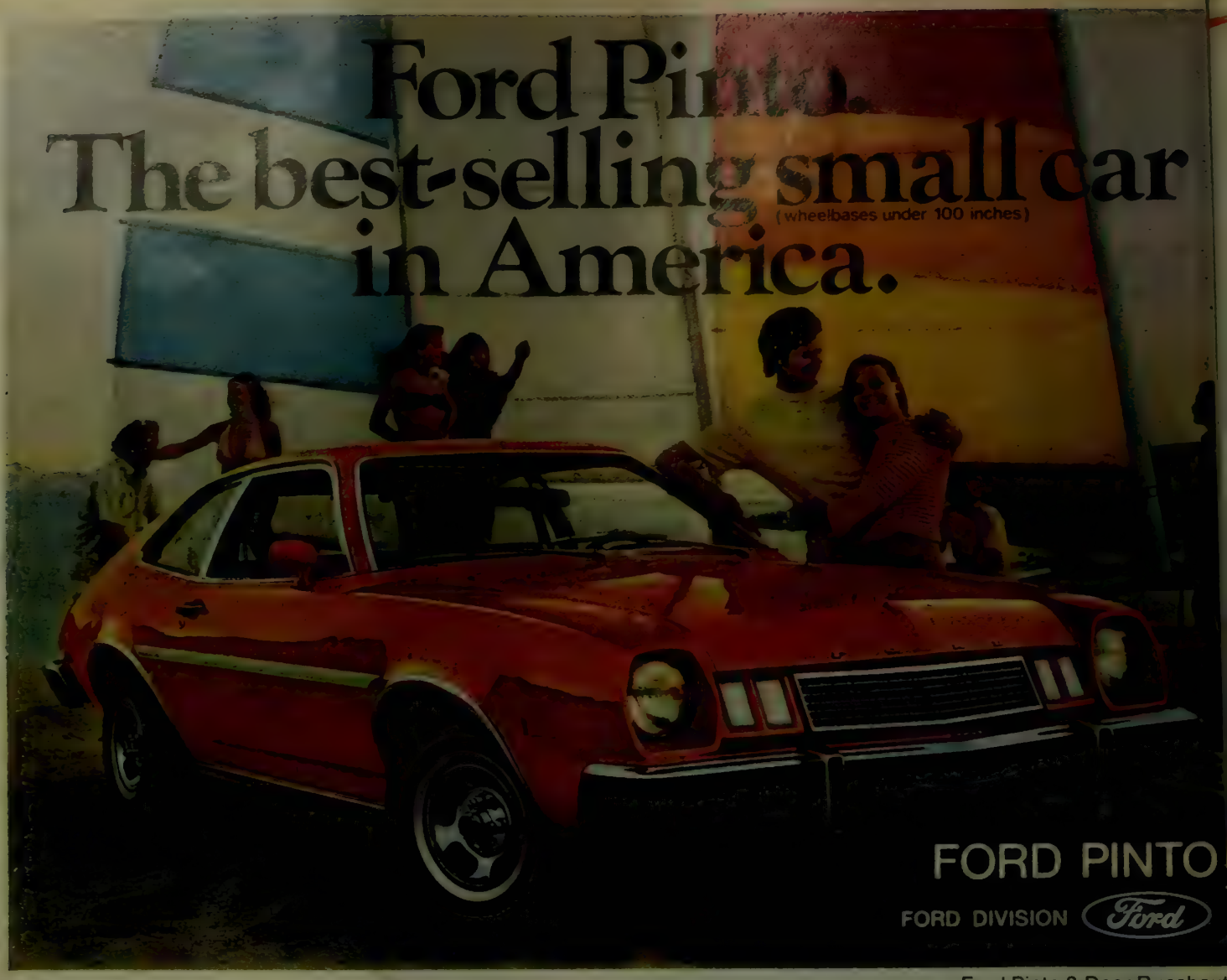


At most larger Sears stores only. Prices higher in Alaska and Hawaii.

Sears

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"Polaroid"®, "SX-70"®, and "Pronto!"™ by the Polaroid Corporation

Ford Pinto. The best-selling small car (wheelbases under 100 inches) in America.



Ford Pinto 3-Door Runabout

Check the facts:

1. Low price plus . . . Pinto starts out with a low price. But that low price includes a powerful cast-iron engine for climbing steep hills, passing quickly, and entering highways confidently. Pinto also has a wide track to help give it a comfortable, stable ride. And every Pinto has a sporty suspension system and rack-and-pinion steering for precise, responsive handling.

2. Excellent mileage.

39 mpg highway	27 mpg city

EPA estimates: With 2.3 liter engine, manual transmission, 2.73 axle without air conditioning, power steering and power brakes. Your actual mileage will vary depending on your car's condition, optional equipment, and how and where you drive. California and high altitude ratings lower.

3. Scheduled maintenance reduced $353.

- Over the past four years, more than 75% of the scheduled maintenance requirements on Pinto's 4-cylinder engine have been reduced or eliminated. That's an estimated reduction in costs of $353.
- So today, the base Pinto's average scheduled service is estimated at only $186 for the first 50,000 miles.

Based on Ford's Service Labor Time Standards Manual, a $13.50 labor rate, and suggested retail parts prices in effect 8/31/76.

4. High resale value.

Pinto consistently has high resale value. Compare Pinto's resale prices to Vega's, for example:

Used Car Retail Prices, January 1977

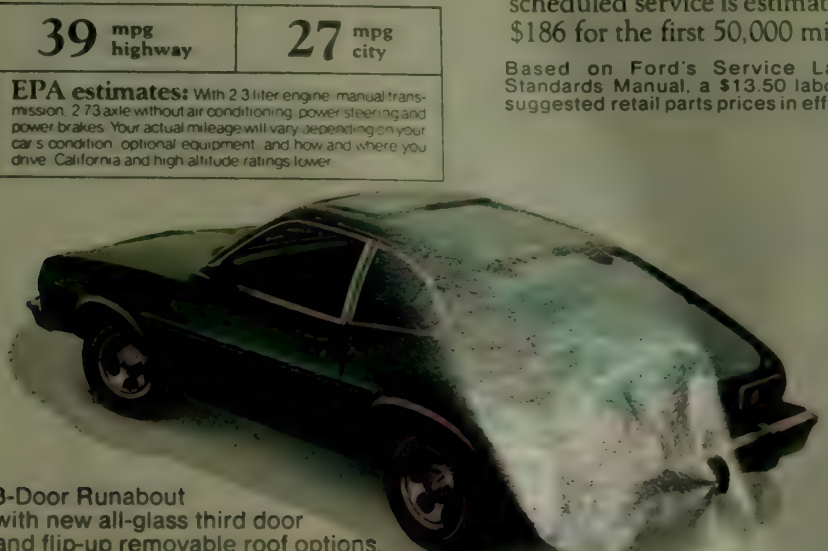
MODEL YEAR	VEGA	PINTO	Pinto Advantage
1973	$1,264	$1,489	$225
1974	$1,572	$1,861	$289
1975	$1,958	$2,306	$348

Source: National Average N.A.D.A. Used Car Guid

It's easy to see why most small car have a tough time beating Pinto's built in and lasting value.

And more...

- **Durable and reliable 2.3 liter cast-iron engine.**
- **Roomy, comfortable interior.**
- **Exciting options.**
- **Rugged unit-body construction.**
- **The best rust and corrosion protection system in Pinto's history.**
- **More than 5,500 Ford Dealers.**



3-Door Runabout
with new all-glass third door
and flip-up removable roof options.

FORD

When America needs a better idea, Ford puts it on wheels.



CHAUTAUQUA INSTITUTION

events especially for high school and college-age groups. Teens also can sign up for adult sessions.

Grown-up holiday

Shoni's favorite hangout was the Arts Center, atop a lush hillside overlooking 20-mile-long Lake Chautauqua. Though she enrolled in a dance class her first visit, she's worked in ceramics ($27.50 a week) since then. Hand-built free forms were her specialty last year.

For Phil Labowitz, last summer at Chautauqua included learning to play the guitar. Since a course wasn't being offered, Phil ran an ad for a teacher in Chautauqua's newspaper. The next afternoon he sat down for his first lesson.

Phil also sat in on lively morning discussions at the amphitheater. The talks are led by well-known educators, scientists, authors, and politicians, and vacationers are welcome to participate (free).

Family affair

Traditionally, vacation is when Phil gets back into shape and reacquainted with the family. There was plenty of opportunity for both at Chautauqua: long, cool morning jogs on hushed Lake Drive; tennis, with Marc sometimes joining in; a chance to help Arik master his two-wheeler; and afternoons of beachcombing or biking with the family. Sailing, lake fishing, and golf are other favorite pastimes.

Evenings are a special time at Chautauqua. They spotlight outstanding entertainment: classical and pops concerts by Chautauqua's own symphony; operas in English; theater staged by a resident company; and performances by guests ranging from Van Cliburn to Bill Cosby.

There's a good selection of living arrangements at Chautauqua: inns, guesthouses, and hotels. Most offer weekly rates, which vary according to amenities and location. Rooms with kitchen privileges start at about $75 a week, but you can pay up to $65 a day (double) at the distinguished old Athenaeum Hotel. Camping isn't permitted on the grounds, but there are campsites in the vicinity.

Shoni enjoyed spending part of her afternoons painting or reading on the broad front porch of the three-story home where the Labowitz family rented a vacation apartment (about $125 weekly). They figure their Chautauqua vacation cost approximately $350 per week.

Like the Labowitz family, many Chautauqua visitors are "repeat customers"—some even summer residents. According to Shoni, "Chautauqua combines the best of the present with the best of the past" and draws vacationers back year after year.

For more about Chautauqua, contact Information Services, Box 1095, Chautauqua Institution, Chautauqua, New York 14722.

continued





(Left) Shoni rolls up her sleeves and begins a new vacation project in clay at the Chautauqua Arts Center.

(Above) Arik is cast as "Mr. Banana" in an imaginative skit about Farmer Brown's market performed at the Children's School.

(Below) Sketching a real model is still another new challenge for Marc and other youngsters in his art class.

Photographs: Helms



Idyllwild School of Music and the Arts, a hardy outdoor arts and crafts settlement on the cool green side of California's San Jacinto Mountains, ranks among the West's best kept vacation secrets. About five years ago, the Norman Toback family discovered this mile-high wilderness retreat on a tip from a Studio City, California, neighbor. Norman, Erna, and their children Jeremy and Jordana have returned every summer since.

You can count on a warm welcome at ISOMATA (eye-so-MAW-tah), as this branch of the University of Southern California is called. The enthusiasm of the School's energetic staff and youthful students is contagious. In fact, a friendly spirit of camaraderie encompasses the whole campus during the ten-week summer session.

Nature's backdrop

The ISOMATA campus nestles in a magnificent 200-acre mountain basin of sculptured rocks, tumbling water, and towering pines just 48 miles west of Palm Springs and 112 miles east of San Diego and Los Angeles. It's surrounded by six-million-year-old peaks with sweeping views of the San Bernardino National Forest.

The Tobacks heartily endorse ISOMATA as a great family vacation: There's a wide range of activities for the whole family, and top-quality teachers who enjoy sharing their talents and skills.

Vacation sampling

Jeremy, ten, and Jordana, who's eight, joined other youngsters last summer at the ISOMATA Children's Center to explore nature, music, dance, drama, painting, crafts, and creative games. Both youngsters also were learning to play the recorder.

Kids seven to 12 sign up at the Center for all-day sessions weekdays ($65 a week); three- to six-year-olds check in for fun 9 a.m. till noon ($35 a week). The Center's calendar spotlights "themed" weeks when the kids work on programs, like Mozart's *Magic Flute,* staged for the whole campus.

Activities for teen-agers are more specialized. They pick from over a dozen courses designed especially for them, including drawing and painting, dance, theater arts, music, ceramics, and photography ($100 a week). Supervised dormitory-type housing and meals at a cafeteria-style dining hall are available for teens ($70 a week). Though anyone can buy a dining-hall meal ticket ($35 a week), adults usually prefer a noontime salad bar ($1.50) and make their own arrangements for other meals.

continued

IDYLLWILD
SCHOOL OF MUSIC
AND THE ARTS
IDYLLWILD, CALIFORNIA



(Right) Jeremy, Jordana, and an ISOMATA friend sport costumes for the merry medieval fair staged by the Children's Center.

(Below) The Toback family picnics streamside in Deer Meadow.

(Below right) Norman works with his Hopi Indian silversmith teacher.





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IDYLLWILD
SCHOOL OF MUSIC AND THE ARTS

ISOMATA's adult classes range from ceramics, jewelry making and silversmithing, weaving, painting, and sculpture to chamber music, recorder, classical guitar, dance, and communications ($100 to $165 a week). Daylong sessions run five days a week, though there's an assortment of weekend workshops ($10 to $20), too.

Erna has sampled a variety of courses—from dance to pottery. She signed up for American Indian Ceramic Arts last summer and learned how to build, burnish, and decorate hand-formed pottery.

What intrigued Norman most at ISOMATA was American Indian silversmithing. He learned the Hopi overlay method of silvercraft from an expert Hopi silversmith. Norman's prize project was an intricately designed silver belt buckle.

Outdoor extras

There's time, too, for swimming in a giant-sized heated alpine swimming pool. You can hike quiet wildflower-flanked trails to private mountaintop lookouts, or you can daydream away part of the afternoon in sun-drenched Deer Meadow. Some vacationers hunt Indian artifacts.

The Tobacks have tried various ISOMATA accommodations, from mountain-framed campsites on the grounds ($14 a week for two) to the privacy of a peaceful cabin just across a creek from campus. School personnel usually know about private cabins for rent in the area (around $75 to $200 a week). For the Tobacks, weekly expenses at ISOMATA totaled about $600.

Families also can stay in motel-type units on campus ($135 a week double; $17.50 a week extra per child under 13) or at motels in the village of Idyllwild about a mile down the road. The U.S. Forest Service office there can supply more information about the area.

Sunsets are spectacular at ISOMATA. As colorful mountain reflections disappear and dusk creeps in around forested peaks, vacationers gather for evening activities. You can settle back in rustic Bowman Theater for a first-class production by the teen drama group; stroll over to Rush Hall for a student or faculty recital; join a group for a get-acquainted potluck supper, followed by a campfire sing-along or a rousing round of folk dancing. Or you might pick a film, an art show, or a performance by a visiting guest.

Whatever you choose, distraction-free days at ISOMATA often lead to lasting friendships. According to Erna, "New friends and new experiences are the best part of an ISOMATA vacation."

For additional details about ISOMATA, contact Idyllwild School of Music and the Arts, University of Southern California, Box 38, Idyllwild, California 92340.

continued





(Left) Erna applies the final touches of slip to one of her several pieces of hand-formed pottery.

(Above) Jeremy and Jordana display some family vacation projects.

(Below) Costumed kids parade out of the hills to start their medieval fair.

Photographs de Gennaro



Arts and crafts schools come in all shapes and sizes, from full-fledged vacation resorts to tiny rustic hideaways. The number and kinds of courses vary, too. Some schools focus on only one interest, such as watercolors or photography; others offer a smorgasbord of classes.



There are schools that cater to skilled professionals; some appeal to "with-it" young people; others are geared strictly to adults; some mix everybody in together. But if you're looking for a destination with arts and crafts activities for everyone in the family, you've narrowed your choices. Teenagers usually are the youngest students accepted—though there are a few exceptions where the whole family can enroll. At many spots, too, kids are welcome to come along, but keeping them entertained is the parents' responsibility. Other schools discourage bringing youngsters.

To help you select a school that matches your interests and personality, we've compiled a cross section of arts and crafts retreats that schedule a variety of courses with wide appeal. Look the list over, then contact the promising schools and ask for catalogs. It's also smart to find out before you go if you need any special skills. That way, you won't be overwhelmed or disappointed.

EAST

Peters Valley Craftsmen, Layton, New Jersey 07851.

Courses—Weekend workshops and two- and three-week courses in weaving, blacksmithing, ceramics, jewelry, woodworking, photography.

Dates—Late May through August (weekend workshops available the year-round).

Ages—18 years and older (families welcome).

Surroundings—New Jersey mountain hamlet near the Delaware River on national park land.

Naples Mill School of Arts and Crafts, P.O. Box 567, 33 Academy Street, Naples, New York 14512.

Courses—Weekend workshops and two- and three-week courses in weaving, ceramics, photography, modern dance, blacksmithing, glassblowing, dyeing, spinning, fiber design, stitchery, classical guitar, quilting, drawing, painting, woodworking, silk-screening, sculpture, jewelry.

Dates—Mid-June through early September (weekend workshops the year-round).

Ages—18 years and older (families welcome).

Surroundings—Finger Lakes region of central New York.

The Hoosuck Institute, Windsor Mill, North Adams, Massachusetts 01247.

Courses—One- to five-week courses in pottery, jewelry, hollowware, sculpture, woodcarving, blown and stained glass, leather, calligraphy, silk-screening, graphic and textile design, tapestry, weaving, lace making, embroidery, photography, woodworking, building guitars, dulcimers, and recorders.

Ages—16 and older (families welcome).

Surroundings — The pleasant Berkshire Mountains in northwestern Massachusetts.

Brookfield Craft Center, Box 122, Brookfield, Connecticut 06804.

Courses—One- to ten-day courses in fabric arts, metalworking, leaded glass, pottery, weaving, basketry, enameling, papermaking, jewelry, graphics, design.

Dates—March through the month of November.

Ages—16 years and older (families welcome).

Surroundings—Idyllic rural setting on the banks of the Still River in western Connecticut.

Haystack Mountain School of Crafts, Deer Isle, Maine 04627.

Courses—Three-week courses in stained glass and glassblowing, ceramics, graphics, weaving, woodworking, jewelry, photography.

Dates—Mid-June through the month of September.

Ages—18 years and older (doesn't encourage families).

Surroundings—Wooded coastline overlooking Penobscot Bay.

Thousand Islands Museum Crafts School, 314 John Street, Clayton, New York 13624.

Courses—Two-week courses in pottery, weaving, lapidary, carving, painting, stitchery, sketching, Early American decoration, design.

Dates—Late in June continuing through the month of August.

Ages—13 and older (families welcome).

Surroundings—Thousand Islands area of northern New York.

Phoenix Workshops, c/o Gerry Williams, Goffstown, New Hampshire 03045.

Courses—Four-day workshops and two- and three-week courses in painting, pottery, photography, metalworking, fiber design, kiln making, theater.

Dates—Late June through the month of August.

Ages—18 years and older (families welcome).

Surroundings—Woodlands near Concord and Manchester.

White Mountains Festival of the Arts, White Mountains Center for the Arts, Box 145, Jefferson, New Hampshire 03583.

Courses—One-day to one-month workshops in dance, sculpture, choral singing, music appreciation. Some dance classes for school-age children.

Dates—Early July through late August.

Ages—Families welcome.

Surroundings — A picturesque mountain setting in New Hampshire's Presidential Range.

Down-on-the-Farm Crafts Center, c/o The Simons, Banner Road, Moodus, Connecticut 06469.

Courses — Weekend workshops and one- and two-week courses in ceramics, pottery, jewelry, leatherworking, textiles. Some crafts classes available for children.

continued on page 209



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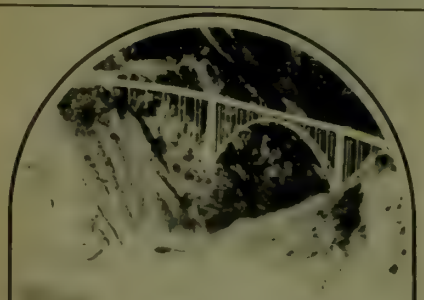
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TRAVEL WEST

Barbara Humeston, Associate Travel Editor
An Insider's Guide to Family Vacations for Readers Who Live in Metropolitan Areas of the Far West

Kite festivals: high-flying fun

Spring and kite flying just naturally go together. But did you know you can enjoy this high-flying, low-cost family fun spring, summer, and fall at kite festivals in the West? Chances are, there's an aerial fling or two scheduled nearby, and others you can turn into weekend family outings.

Kite festivals are spectacular visual smorgasbords: Multicolored kites of all shapes and sizes weave, dip, flutter, and hang in the sky. Though every festival differs somewhat, you'll probably get a chance to compare kites and equipment, talk with experts about styles and designs, meet other fliers, even compete for prizes.

Father's Day fling

One popular kite meet is the Annual Father's Day Kite Festival at San Francisco's Golden Gate Park Polo Field on June 19. Spectators are welcome, and anyone can participate (free).

Bring along a picnic lunch to munch while contestants vie for prizes. Owner of the largest kite in flight wins $1,000. Prizes also go to the most beautiful, highest, funniest, fastest, smallest, and best free-style kites, as well as to the kite flier wearing the best costume. Competition ends with a kite fight (contestants using glass-coated lines try to cut each other's kites loose), with more prize money for the winner.

There also will be kite-making demonstrations, hot-air ballooning, exhibits of unusual and exotic kites, strolling musicians and stage music, clowns, even a child care center—all free.



Everyone gets in on the fun at kite meets.

Early birds get complimentary kites.

As a fascinating adjunct to the Festival, an Indoor Kite Flying Championship gets under way June 17 in the lobby of San Francisco's Hyatt Regency Hotel. Anyone can enter, and there's a $350 prize for the kite that stays in flight the longest. Competitors from all over the country will be on hand for this event.

You can get more details from Ron Young, 507 Howard Street, San Francisco, California 94105 (415/495-0100).

Time-honored meet

By far the country's longest running kite meet, and one of the biggest in the U.S., takes place in Long Beach, California. It's the three-day 51st International Festival of Kites on April 22 through 24 (free).

Kite contests for adults and kids get under way on the beach at the foot of Junipero Street April 23. Prizes will be given and, among other events, there's a team kite fight.

Marie Sharpe, Special Activities Supervisor, Long Beach Recreation Department, 155 Queens Way Landing, Long Beach, California 90802, can provide all the details.

More aerial fun

Many other good kiting events are scheduled throughout the West this year. In fact, May 8 is being celebrated as National Kite Day, with kiting activities all over the country. International kite-flying championships will be held in Japan on May 14.

Though dates for most fall kite activities hadn't been set when we went to press, here's a sampling of what's scheduled for spring and summer. To get information about other festivals

Travel Planning Guide

See page G6 for a listing of free travel information and literature you can order.

and meets, contact your community's park and recreation department, YMCA, or a local kite store. The American Kitefliers Association (AKA), a nationwide organization whose members are genuine kite enthusiasts, publishes a quarterly magazine ($1.50 per issue) that includes a calendar of kiting events across the country. Contact the AKA, 7106 Campfield Road, Baltimore, Maryland 21207.

April 2—Super Kite Saturday, Torrance, California. Contact the Torrance Park and Recreation Department, 3031 Torana Boulevard, Torrance, California 90503.

April 3—Great Pacific Rim Kite Festival, Vanier Park, Vancouver, Canada. Contact Marcia Madill, No. 201, 131 Water Street, Vancouver, Canada.

April 3—2nd Annual Sunshine Kite Festival at Redondo Beach Pier, Redondo Beach, California. Contact Joe Randall, Sunshine Kite Company, 233-B Fisherman's Wharf, Redondo Beach, California 90277.

April 10—High as a Kite Fly-in, Stanley Park, Vancouver, Canada. Contact Marcia Madill (address above).

May 8—Kite Olympics at Golden Gate Park, San Francisco, California. Contact Come Fly a Kite, 900 North Point, San Francisco, California 94109.

May 15—Southern California Team Kite Fight at Redondo Beach Pier, Redondo Beach, California. Contact Joe Randall at the Sunshine Kite Company (address above).

May 21—Two Feet in the Sky Kite Fly, Venice City Beach, Venice, California. Contact Gloria Lugo, 13763 Fiji Way, Marina Del Ray, California 90291.

May 28—2nd Annual Kite Meet, Juneau, Alaska. Contact the City Department of Parks and Recreation, Juneau, Alaska 99801.

June 11 and 12—3rd Annual Ghirardelli Kite Festival at Marina Green, San Francisco, California. Contact Shelley Hall, 900 North Point, San Francisco, California 94109.

June 12—2nd Annual International Kite Fight, Redondo Beach Pier, Redondo Beach, California. Contact Joe Randall at the Sunshine Kite Company (address above).

July 4—Berkeley Marina Kite Fly, Berkeley, California. Contact the City of Berkeley Marina, 201 University

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There's El Mercado, a completely restored Mexican Market, full of the colorful people, produce and products that give San Antonio much of its charm.

And tucked in the corner of Brackenridge Park there's San Antonio's Zoo. It has the largest collection of rare and exotic birds in North America. As well as real lions, tigers and bears. Many of them will roar at you from their natural cages.

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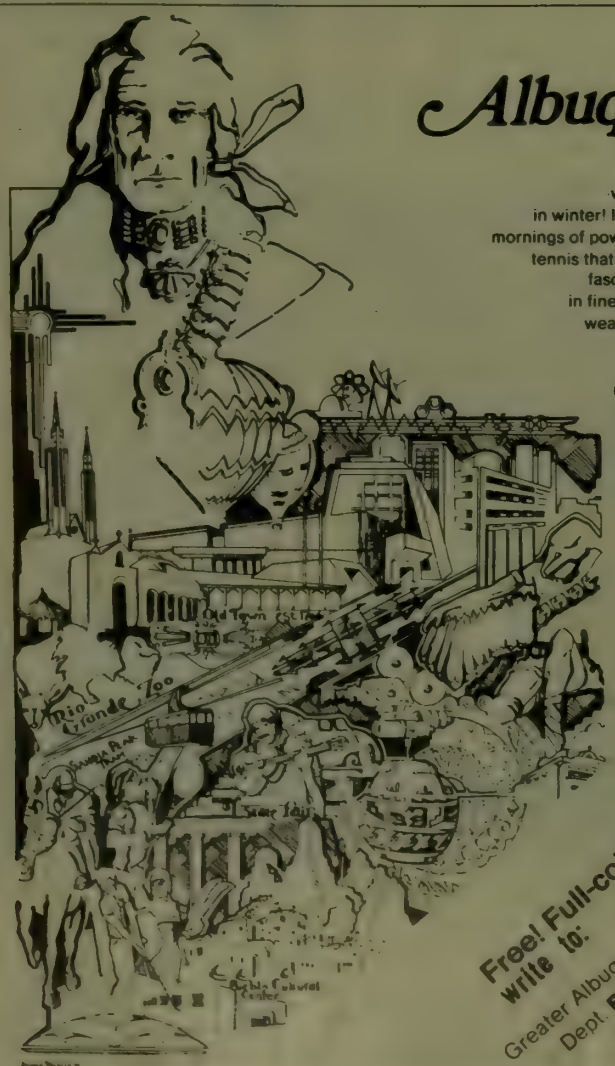
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Travel West

Avenue, Berkeley, California 94710.

July 16—Vancouver Sea Festival Kite-in, Vancouver, Canada. Contact Marcia Madill (address on the preceding page).

July 23—Summer Kite Festival at Venice City Beach, Venice, California. Contact Gloria Lugo (address on the preceding page).

July 30—5th Annual Seafair Kite Flying Festival at Volunteer Park, Seattle, Washington. Contact the Capitol Hill Chamber of Commerce, c/o Rick Russell, 513 11th Avenue East, Seattle, Washington 98102.

August 7—Redondo Beach Summer Kite Festival at Redondo Beach Pier, Redondo Beach, California. Contact Joe Randall at the Sunshine Kite Company (address on the preceding page).

August 13—Mission Bay Fly-in on Ski Beach, East Vacation Island, Mission Bay, California. Contact the San Diego Park and Recreation Department, City Administration Building, Community Concourse, 2nd and C Streets, San Diego, California 92101.

October 22—Autumn Kite Festival at Venice City Beach, Venice, California. Contact Gloria Lugo (address on the preceding page).

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Vacationing where the Columbia begins

For a richly varied coastal vacation in the Pacific Northwest, the area of Oregon and Washington around the mouth of the Columbia River is hard to beat. Along with traditional sand-and-surf pursuits, the area offers excellent seafood dining, small-town exploring, shopping, and the greatest concentration of historical sight-seeing north of San Francisco Bay.

On Oregon's side

Atop Coxcomb Hill in Astoria, Oregon, you'll find a frieze detailing the region's history wound like a ribbon around 125-foot-tall Astoria Column. It's a strenuous climb to the tower that tops the Column, but the reward is a sweeping view of both banks of the River and the Pacific beyond.

The Columbia has been a major commercial artery for well over a century and a half, and its colorful and frequently tragic history is displayed



Astoria Column provides a panoramic view.

in the Columbia River Maritime Museum in Astoria. The Museum has a fine collection of ship models and an instrumented "bridge" where children can play captain (open daily; 50 cents for adults, 25 cents for children). On the waterfront two blocks away, the Museum's 69-year-old retired lightship, *Columbia*, is open for tours (adults 35 cents, 20 cents for kids).

Five miles to the southwest is Fort Clatsop National Memorial, the campsite of the Lewis and Clark Expedition, which arrived in 1805. The log cabins and stockade are authentic replicas.

If you're camping on the Oregon side of the Columbia or want to spend a day at the beach, Fort Stevens State Park is the place. The huge Park offers more than 600 campsites ($5 for hookups), miles of sandy beach, three lakes for water sports, and a children's play area. Surf fishing, clamming, and crabbing are popular activities (no license required). The skeletal remains of the iron bark *Peter Iredale* lie firmly embedded in the sand. Also within the Park are old concrete gun emplacements of Battery Russell, an abandoned coastal defense fort.

In Washington

Not too many years ago, trim little ferries chugged from Astoria across the Columbia to the Washington shore; now you drive the four miles over a lofty span 200 feet above the main shipping channel ($1.50). Fort Columbia, another of the area's 19th-century coastal defenses, lies just beyond. Several old gun emplacements and barracks still stand. Fort Canby, 12 miles

➡

continued

Travel West

farther west, includes a dramatic, new Lewis and Clark interpretive center.

This extreme southwestern corner of Washington is known for its cranberries, oysters, and salmon. You can view cranberry bogs from the highway; fresh oysters (as well as clams and salmon) are featured on virtually every restaurant menu. Charter boats for salmon fishing operate chiefly from the little harbor town of Ilwaco (about $22 per day, including all your gear and bait).

Twenty-eight miles of unbroken sandspit stretch north from the Columbia. Tiny towns scattered along its length—Seaview, Long Beach, Klipsan Beach, Ocean Park, Nahcotta, Oysterville—are excellent places to shop for decorator items and souvenirs. Dozens of modest motels and tourist courts (many under $20 double) are within walking distance of the beach.

Fort Canby State Park has 60 campsites ($3.50). The Park offers excellent views of ship traffic crossing the Columbia Bar, plus oceanfront walks to Cape Disappointment and North Head lighthouses. Some three dozen private campgrounds have hundreds of spaces available ($2 to $4 per night).

For more information write: Victor Fryer, Travel Information, Oregon State Department of Transportation, 101 Transportation Building, Salem, Oregon 97310; or Travel Development Division, Department of Commerce and Economic Development, Room 101, General Administration Building, Olympia, Washington 98504. ■

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Shake Sloe Gin and lemon juice with ice. Strain into tall glass. Fill with club soda.

Tootsy Roll
1½ oz. Creme de Cacao.
6 oz. orange juice.
Serve in tall glass over ice.

Sloe Poke
1½ oz. Sloe Gin.
Pour into tall glass with ice. Fill with bitter lemon. Garnish with orange slice and cherry.

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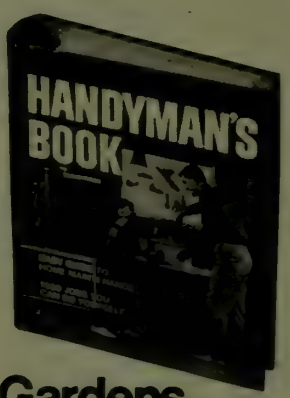
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KITCHENS

A pattern-happy kitchen



Photograph: Hopkins. Source: Maxine Schweiker

Why let a small kitchen cramp your style? You can be as bold as you like, provided you play your patterns right, and here's the proof.

Plaids and polka dots mix with resounding success

One reason this pattern play works is that the two patterns are similar in scale and color, and that has a harmonizing effect.

Then, too, everything in the kitchen is planned to give the spunky patterns center stage. The warm wood tones in the cabinets and exposed-beam ceiling, for example, provide a noncompetitive background. To avoid a crowded look, the mini oak table and airy bentwood chairs hug the wall. Curtainless windows, unobtrusive hardware, and a simple light fixture further the open look. Green plants, a ceiling-hung pride of pots and pans, and a wall-hung accessory grouping add personality without gobbling up too much space.

Patterns and styles are used in the right proportions

In a small kitchen, it is especially important for pattern sizes to be compatible so the total look won't be overwhelming. Here, for example, the bold plaid of the carpet demands maxi polka dots for the wallpaper. Tiny dots would have looked frivolous.

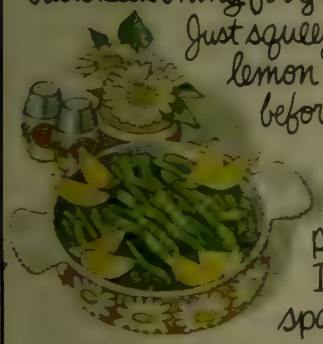
To give the kitchen a cozy feeling, the homeowners took the colorful carpet a step further, extending it over the ends of the base cabinets. ■

"You did something special to the beans, didn't you?"

Something special recipes.

The easiest.

Use fresh lemon as a wonderful basic seasoning for green beans.



Just squeeze on juice from lemon wedges right before serving. Even right at the table. Salt and pepper to taste. It's so fresh it sparkles.

The next easiest.

Lovely, light lemon butter. Just melt 1/4 cup butter or margarine. Add grated peel and juice of 1/2 Sunkist lemon; heat. Pour over cooked green beans.



Something quick and cold.

A hearty, fresh salad. Combine 1/2 cup bottled Italian dressing; grated peel and juice of 1/2 Sunkist lemon; 1 can (16 oz.) green beans, drained; 1 can (15 oz.) red kidney beans, drained; and 1 small onion, sliced. Chill. Enjoy.



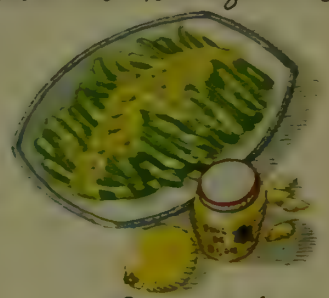
Something snappy.

Fry 3 slices bacon till crisp; remove and crumble. To drippings add juice of 1/2 Sunkist lemon, 1 tbsp. sugar and 2 tsp. instant minced onion; heat. Pour over cooked green beans. Garnish with bacon and lemon cartwheels. You'll love the mix of flavors.



Something sassy.

A lively, little sauce. Combine 1/4 cup softened butter or margarine, juice of 1/2 Sunkist lemon, 2 tbsp. chopped almonds and 1 tbsp. Dijon-style mustard. Spoon over fresh or frozen cooked green beans. You've got a hit.



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Legal terms you should know

No matter how uncomplicated your life, sooner or later you're bound to run into situations involving some basic legal terminology. Understanding the concepts behind these terms could help you avoid problems, whether you're buying something in the marketplace, signing a contract, or facing a possible court case.

Here are some of the more common terms you may encounter. The definitions are meant to provide only general information, not legal advice (seek that from a competent lawyer when the need arises):

Due process of law. The guarantee by our constitution that you shall not be deprived of life, liberty, or property without due process. Two of the basic requirements of due process are that you receive sufficient notice of actions that may be taken and that you be given a fair opportunity to be heard.

"Caveat emptor" (Let the buyer beware). This old doctrine holds that the buyer has no recourse if he has examined, or had an opportunity to examine, the merchandise and found no defects. The doctrine is on its way out; recent statutes and court decisions impose a greater obligation on merchants to sell goods that are up to snuff.

Disclaimer. A statment or a clause in a contract that declares that one of the contracting parties will not be responsible for a failure to perform because of certain conditions. An example: In a travel brochure, the fine print may read, "The tour operator acts only as an agent for the passenger and therefore accepts no responsibility for any delays, missed connections, loss, damage, or injury to person or property . . ." While such disclaimers are generally legal, courts are beginning to limit some of them in cases where the contracting parties had unequal bargaining power. Disclaimers also are coming under fire when they try to absolve one of the parties from his own negligence.

Recision. The right to cancel a contract—now much easier to do. Under the federal Consumer Credit Protection Act, for example, you have a three-day cooling-off period to rescind a credit transaction involving a lien on your home. And Federal Trade Commission rules now give you three days to cancel a contract you've made with a door-to-door-salesman for any amount more than $25.

Voidable contract. A contract that is valid until it is set aside by the court because of fraud, misrepresentation, duress, mistake, or incapacity (like being a minor). Only the injured party has this option. He can, if he wishes, hold the other party to the contract.

Class action. A lawsuit in which several people having a similar interest—taxpayers, consumers, stockholders, and so forth—take legal action for the group or "class" against a company, agency, or individual infringing on the group's rights.

Ignorance of the law is no excuse. That's only partly true, at least in civil cases. If you give up money or property through a mistake, the courts may help you recover. However, the plea of ignorance of the law won't get far in criminal cases.

Injunction. A court order either prohibiting something from being done or ordering that it be done. Examples: You secure an injunction restraining the erection of a factory that will pollute the neighborhood; or, you get an injunction to force the performance of a contract for the sale of real estate.

Statute of Limitations. The time limit set by law for starting a suit. The purpose: To protect against actions brought after the evidence has been lost or witnesses are gone. The limit varies from state to state and according to the type of suit. In some states, for example, a negligence action must be started in two years, while certain contract cases have a six-year limit. With a minor, the statutory period begins to run only when he reaches his majority.

Negligence. The failure to do something that an ordinarily careful person would do—or the doing of something an ordinarily careful person would not do under similar circumstances.

Nominal damages. A small sum awarded in a lawsuit to one whose legal rights have been violated but who has suffered no actual loss or damage.

Punitive damages. The damages awarded in excess of those needed to compensate the wronged person—as punishment for malicious and willful wrongdoing.

Contingency fee. The fee paid a lawyer based on an agreed-upon percentage of the amount awarded in a lawsuit. If the case is lost, the lawyer usually receives no fee.

Power of Attorney. A written authorization by which you empower someone to act for you. The authorization may be limited to some specific type of transaction, like access to your safe deposit box, or it may grant widely ranging powers. It ceases when you die or formally terminate the arrangement, or when its specific purpose has been accomplished.

Option. An agreement to hold an offer open until a specified time. If agreed upon, the price paid for an option can be applied to the purchase—or kept if there's no sale.

Statute of frauds. A law requiring that certain types of contracts, particularly real estate, be in writing to be binding and enforceable. The purpose of the law: to prevent fraud by perjured testimony.

Promissory note. A firm written promise to pay a stated sum of money to a specified person, or to the bearer, at a definite time or on demand.

Surety. One who promises, usually in writing, to make good for another on the performances of a contract or the payment of a debt.

Bailee's lien. The legal right of someone with whom you've left personal property for storage, repair, or the like (the bailee) to hold the property until his services are paid for. ■



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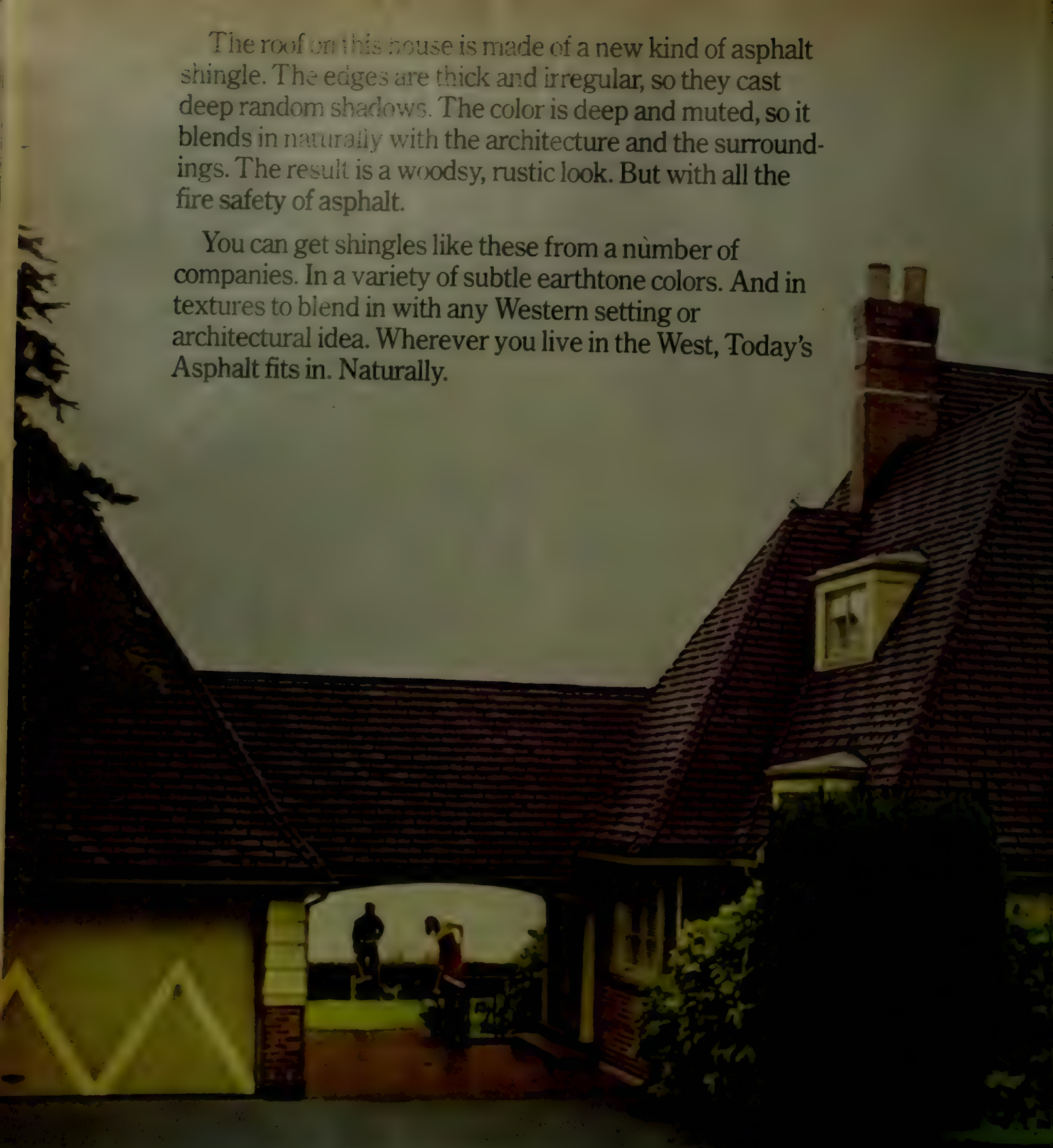
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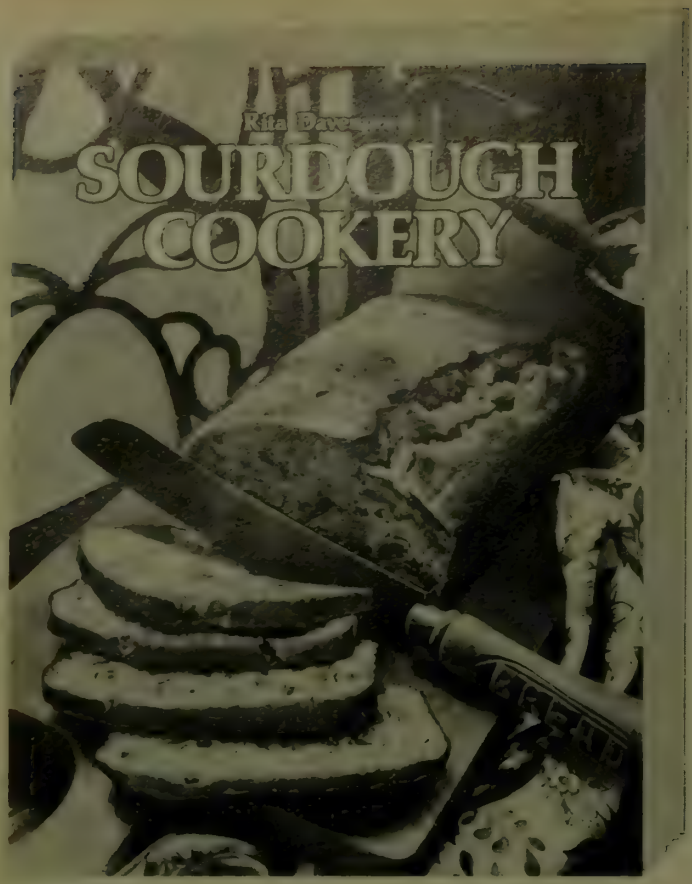


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Mocha Cake Roll

Next time you want to impress a crowd with an elegant dessert, roll out this mocha-flavored cake. It's surprisingly easy to make. The trick is to roll the warm cake in a powdered sugar-coated towel. When the cake is cool, unroll it and spread it with filling. It almost rerolls itself!



Photograph: Dieter

MOCHA CAKE ROLL

If using coffee crystals, press them through a sieve or crush them with a mortar and pestle—

- **4 egg yolks**
- **½ cup sugar**
- **1 teaspoon vanilla**
- **4 egg whites**
- **½ cup sugar**
- **½ cup all-purpose flour**
- **1 teaspoon baking powder**
- **3 tablespoons unsweetened cocoa powder**
- **2 tablespoons instant coffee powder *or* crystals**
- **¼ teaspoon salt**
- **Powdered sugar**

• • •

- **1 recipe Coffee Filling**
- **2 1¼-ounce chocolate-coated English toffee bars, crushed (¾ cup)**

In small mixer bowl, beat egg yolks till thick and lemon-colored, 5 minutes; gradually add the first ½ cup sugar, beating till light. Stir in vanilla. In large mixer bowl, beat egg whites to soft peaks; gradually add the remaining sugar, beating to stiff peaks. Fold yolk mixture into whites. Stir together flour, baking powder, cocoa, coffee powder, and salt. Fold into egg mixture. Spread in greased and floured 15x10x1-inch jelly-roll pan. Bake in 375° oven 12 to 13 minutes or till done. Immediately turn out onto towel sprinkled with powdered sugar. Roll up from narrow side. Cool. Unroll; spread on Coffee Filling. Sprinkle with candy. Reroll. Chill. Garnish with whipped cream and additional crushed toffee bar, if desired. Makes 10 servings.

COFFEE FILLING

- **½ cup sugar**
- **¼ cup all-purpose flour**
- **2 teaspoons instant coffee powder *or* crystals**
- **1¼ cups milk**
- **1 beaten egg**
- **1 tablespoon butter or margarine**
- **1 teaspoon vanilla**

Stir together sugar, flour, coffee powder, and *½ teaspoon salt;* add milk. Cook and stir till bubbly. Gradually stir *half* the hot mixture into egg. Return all to saucepan. Cook and stir 1 to 2 minutes more. Stir in butter or margarine and vanilla. Cover; cool. Makes 1¾ cups filling. ■



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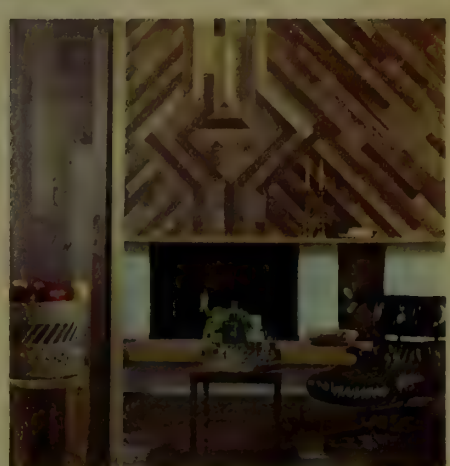
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with curved back and armrest supports, but today the term is reserved for the kind of chair pictured here.

The stenciled floral design on the top rail was adapted from early Hitchcock chairs which were produced at the same time as the Boston rocker.

Vertical spindles form the chair's contoured back and armrest supports. The smoothly rounded seat and turned legs are made of solid hardwood. *Manufacturer: Ethan Allen.*



The Bentwood Rocker. Delicately curved bentwood rockers, like all of Thonet's bentwood furniture designs, have a light and airy look.

The bentwood steaming process, developed in the 1830s, eliminated much costly handwork so that the chairs could be mass-produced.

The cane seat and back are held in place by single pieces of wood rather than by several glued-together pieces. The result is a continuous flow of curves that forms a tough yet graceful shape. The rocker you see here is a copy of Thonet's famous design. *Manufacturer: Otto Gerdau.* ■

DECORATING

Rocking Chair Classics

Like popcorn and baseball, rocking chairs are an American invention. That's not surprising, since most of us feel that rocking could easily become a favorite pastime.

It all started with Benjamin Franklin, who conceived the idea of attaching a curved slat to the feet of a chair so it would rock back and forth. Although rockers have been around only since the late 1700s, they've brought us so much enjoyment that it's hard to imagine how people ever did without them. Here are two popular styles.

The Boston Rocker. Sloping lines and comfortable curves make the Boston rocker one of the most popular chairs ever made. Originally, the term "Boston rocker" applied to *all* chairs

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Send for free brochure. Write or phone: **Toshiba Microwave Oven Operations,** Dept. B, 19515 S. Vermont Ave., Torrance, CA 90502, Tel. (213) 770-3300. Or see Toshiba Microwave Ovens at your nearest dealer.

TOSHIBA
Better cooking for all the world

Dormer decorating

What can you do about those little nooks and crannies that crop up in dormer bedrooms? A lot, and here are two choice examples. The brother and sister bedrooms shown below have nearly identical floor plans—including difficult-to-decorate corner windows. The treatments are totally different, yet equally effective in terms of appearance and wise use of limited space.



Left: A set of inexpensive, paint-it-yourself furniture nestles into this dormer area as if it were tailor-made for the spot. Instead of being papered like the rest of the room, the walls of the recessed area were painted white. This creates the feeling of a room within a room, and sets off the dormer as a cozy self-contained corner for study and dressing.

Right: Another way to treat a dormer is to integrate it visually with the rest of the room. Here the chopped-up look was all but eliminated by covering all walls with the same bold plaid wallpaper and painting the trim a dark color. Simple louvered shutters at the window and unobtrusive wall-mounted shelves abet the unifying effect. ■



Photographs: Semarco, Inc. Source: Estelle Bond Guralnick

The margarine highest in polyunsaturates doesn't contain a drop of corn oil.

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Saffola® Enjoy it to your heart's content.

A WELL-ROUNDED ADDITION

The beauty of this add-on family room is that it doesn't look added on to this stately Tudor house. And, surprisingly, this adaptable addition would blend as smoothly with a ranch house.



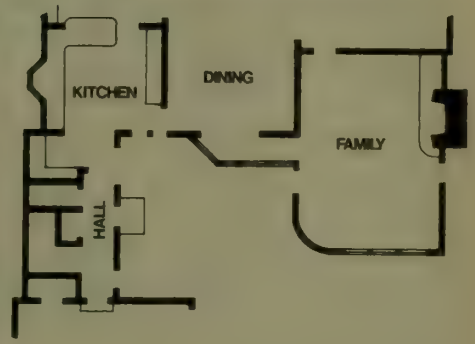


Here brick is used for the exterior of the addition. If mated to another house, the addition could wear stucco or vertical planking with equal style. Note how the gracefully curving wall helps the addition curl around to meet the house ever so subtly. Topside, the second-level bedroom makes a rooftop deck a must. And the curved railing is as much a design element as it is a safety feature.

Inside, the look is definitely traditional, but with two unconventional features: extra high brick walls and a wood-grid ceiling. The 13-foot room height creates a feeling of spaciousness despite the deep ceiling. Recessed in the overhead grids is an array of directional light fixtures that can be used for reading or accent lighting. Handcrafted walnut paneling dresses the fireplace in style, and the built-in shelf/storage units carry the same wood tones along the other three walls.



Photographs: John Rogers
Architect: Jerrald R. Vincent, AIA. Source: Barbara Sims



The new family room comes complete with its own passageway to funnel traffic to and from the kitchen without upsetting dining room activities. The 12-foot-long connector plays another important role, too: it doubles nicely as a mini garden room where houseplants thrive in front of floor-to-ceiling sections of glass. The brick floor not only is impervious to plant moisture but also blends neatly with the oak flooring next to it. ■



Troubleshooting your sewing machine

Whether your sewing machine is top of the line or old reliable, it's worth keeping in A-1 working order. Here are a few tips for trouble-free sewing.

● **Knowing your machine.** Read up on the do's and don'ts of your model in the manual that came with it. Get to know what's what and how to troubleshoot when a problem arises. You may even be surprised to learn all that your machine can do! If you've lost the manual along the way, check in the Yellow Pages for the name of a local dealer. Chances are he'll have manuals for recent models in his shop. If not, he can probably order one for you. Or you can write directly to the manufacturer of your machine for a replacement manual. It may cost a few dollars, but it's worth it.

● **Removing dust and lint.** Every time you sew, bits of lint and fiber accumulate around the bobbin case, feed dogs, and moving parts. Before beginning a sewing project, make it a habit to remove the machine's throat plate and brush away this built-up lint.

● **Oiling the machine.** A periodic oiling keeps the machine running freely and reduces friction and wear. If your machine gets heavy use every day, oil it daily. But if you're a weekend seamstress, an oiling every other week will suffice. (Note: Remove all dust and lint *before* oiling the machine.) Never drench your machine with oil. Use a drop or two at each point indicated in your manual. Then run the machine slowly for several minutes so the oil can work into the moving parts. Remove excess oil from the thread-handling parts with cheesecloth or any lint-free fabric scrap.

Some machines have gears that are lubricated instead of oiled. Motors equipped for "gear drive" should be lubricated once a year. But motors with grease tubes require lubrication every six months. On other machines the motor is sealed and needs no lubrication. Look at your owner's manual for answers: whether to oil or lubricate, where to apply the lubricant, and how often. Always use high-quality oil or lubricant made specifically for sewing machines.

● **Your needle.** If you begin to hear a thumping noise as you stitch and notice tiny burrs (ridges or rough areas) along the fabric's stitching line, your needle is probably dull or bent. Replace it with a new one. Be sure to place it correctly in its clamp and set it at the proper height. Inserting the needle incorrectly can cause it to break while you're sewing if it is too delicate for the fabric. When buying a new needle, check the information on the package to make sure the needle is appropriate for the material you're using on the project.

● **Your thread.** To avoid having the thread break at every other stitch, be sure your machine is threaded correctly. The machine's tension (the tightness balance between the spool and bobbin threads) can't be set too tight for the fabric and thread type. If the thread still breaks, check the point of your needle plate for rough spots. And check the needle plate for nicks that can break threads.

● **Jammed thread.** If the spool and bobbin threads jam on the back of your fabric as you begin stitching, hold both threads against the needle plate securely with your fingers for the first few stitches.

● **Thread tension.** Correct thread tension can mean the difference between professional and amateur results. Learn how to adjust your machine correctly. Before starting any new project, test the tension and stitch length by practicing on a double thickness of fabric. The tension is right when both top and bottom threads are drawn equally into the fabric. Unbalanced needle and bobbin tension is a common cause of skipped and puckered stitching.

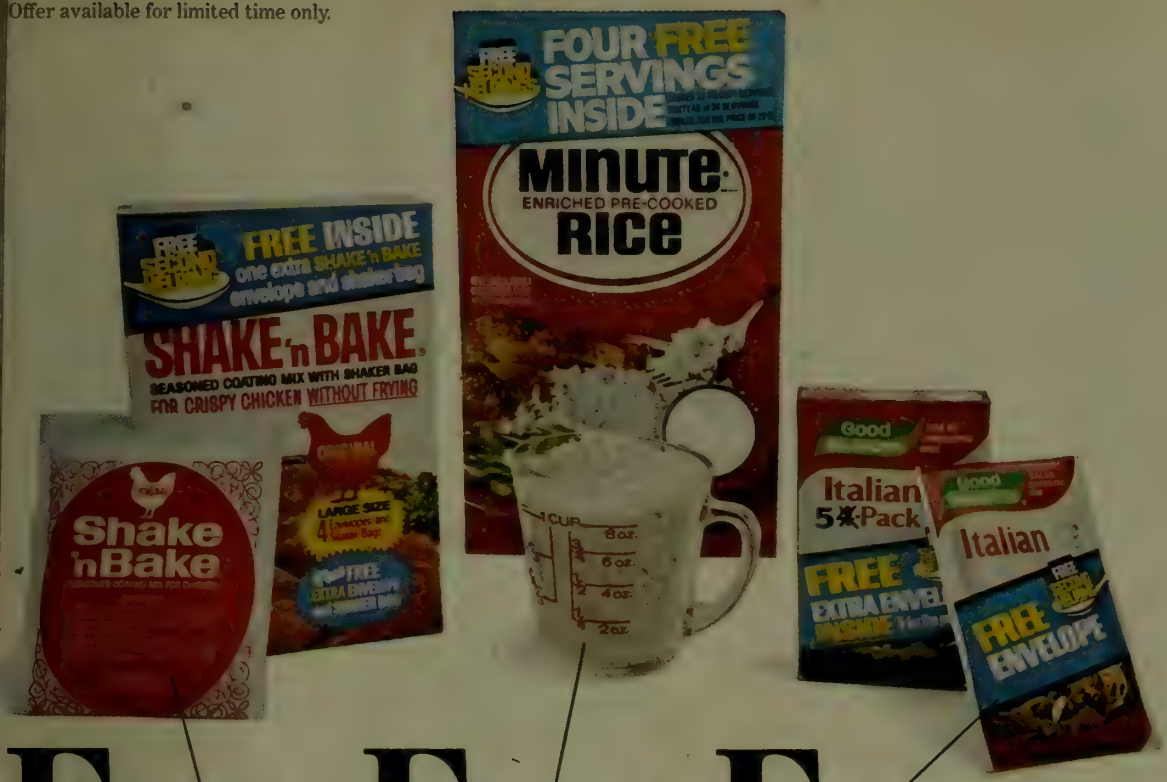
If you begin to notice tiny loops between stitches, the tension is awry. Dial the tension knob to different settings and experiment by sewing on a fabric scrap until the loops have disappeared. If the fabric still puckers, there may be too many stitches per inch; try lengthening your stitches.

● **Caught threads.** If your seams catch in your machine, check the throat plate. You may be using the zigzag plate by mistake. It has a larger opening, and the size difference can cause the fabric to catch in the machine during straight sewing.

● **Special attachments.** All types of sewing machines, straight or zigzag, come with an assortment of stitching gadgets and attachments. They are all described in the machine's instruction manual. Learn their uses—and practice until you've mastered each technique that's useful to you. ■

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Dinner Italianissimo

Prepare 1 envelope GOOD SEASONS® Italian Salad Dressing Mix as directed on envelope. Dip 2½ pounds frying chicken pieces in ½ cup of the dressing; then coat with 1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Chicken —Original Flavor, adding ½ cup grated Parmesan cheese to the mix. Bake as directed on package.

Meanwhile, combine 1⅓ cups water, 1 finely diced carrot, ⅓ cup finely diced green pepper, 1 small onion, grated, and ½ teaspoon salt in a saucepan. Bring to a boil. Stir in 1⅓ cups MINUTE RICE.® Remove from heat; cover and let stand 5 minutes. Stir in ¼ cup of the salad dressing. Add remaining dressing to a mixed green salad. Serve fresh fruit for dessert with your favorite beverage. (Makes 4 servings.)



GF
GENERAL FOODS

Read this and cry.



Froilan lives in the highlands of Guatemala in a one-room hut with dirt floors and no sanitary facilities. Labor there is so cheap that, for men like Froilan's father, hard work and long hours still mean a life of poverty. But now life is changing for Froilan.



Her name? We don't know. We found her wandering the streets of a large city in South America. Her mother is a beggar. What will become of this little girl? No one knows. In her country, she's just one of thousands doomed to poverty.

The world is full of children like these who desperately need someone to care, like the family who sponsors Froilan.

It costs them $15 a month, and it gives Froilan so very much. Now he eats regularly. He gets medical care. He goes to school. Froilan writes to his sponsors and they write to him. They share something very special.

Since 1938 the Christian Children's Fund has helped hundreds of thousands of children. But so many more need your help. Become a sponsor. You needn't send any money now—you can "meet" the child assigned to your care first. Just fill out and mail the coupon. You'll receive the child's photograph, background information, and detailed instructions on how to write to the child. If you wish to sponsor the child, simply send in your first monthly check or money order for $15 within 10 days. If not, return the photo and other materials so we may ask someone else to help.

Take this opportunity to "meet" a child who needs your help. Somewhere in the world, there's a suffering child who will share something very special with you. Love.

For the love of a hungry child.

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Member of International Union for Child Welfare, Geneva. Gifts are tax deductible. Canadians: Write 1407 Yonge, Toronto, 7. Statement of income and expenses available on request.

OBHG-40

Christian Children's Fund, Inc.

Rescuing un-frozen food

Your freezer malfunctions, or there's a storm and the power goes off, or someone accidentally leaves the door to your freezer ajar—any of these situations can imperil your frozen food. Here are some guidelines to help you save your frozen assets.

Keeping it cold

- If there's a power failure, keep the freezer door closed. This will retain as much cold air as possible inside. Foods in a full freezer will stay solid up to 48 hours. If the power is not restored after 36 hours, move the food to a commercial locker.
- If there is no commercial locker in your area, keep your foods frozen with dry ice. Make sure the dry ice is in two- to three-inch slices and keep it covered in cardboard or wooden boxes. To avoid burns, never handle the dry ice without tongs or gloves and don't bring the ice into direct contact with any of the frozen foods.

When to refreeze

- Never refreeze thawed meat, fish, poultry, or seafood without cooking it first. If the foods are still cool, they can be safely cooked, but if they are warm, they should be discarded.
- Fruits and vegetables that are only slightly thawed but still icy can be safely refrozen. Since they will lose quality rapidly, plan to use them as soon as possible.
- Thawed baked goods such as breads, cookies, rolls, and unfrosted cakes can be refrozen.
- Foods such as frozen uncooked casseroles or pies that have thawed should be used at once or baked and refrozen.
- Here are a few ways to rescue thawed ground meat. (1) Use the thawed meat to prepare a basic meatball recipe. Then freeze the cooked meatballs to use in recipes such as spaghetti with meatballs, Swedish meatballs, or meatball sandwiches. (2) Prepare and bake a favorite meat loaf. Then slice it into individual portions and freeze it to use later in sandwiches. (3) Brown the ground meat and freeze it to use in chili, soups, stews, barbecue-sauced sandwiches, or tacos. ■



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Close your eyes and imagine the flavor of a chocolate almond bar. Now sip new Hiram Walker Swiss Chocolate Almond. You'll find the similarity uncanny. (Not to mention very delicious!)

You see, Hiram Walker Swiss Chocolate Almond is the first cordial ever to blend the flavor of rich Swiss chocolate with the taste of choice almonds!

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No matter how you drink it, we think you'll agree. It's the best thing to happen to chocolate since almonds!

Send for a free illustrated recipe booklet with more than 100 mouth-watering food and drink ideas. Write: Hiram Walker Cordials, P.O. Box 14100, Detroit, Michigan 48214. Swiss Chocolate Almond, 54 Proof, Hiram Walker & Sons, Inc., Peoria, Illinois

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Indian Summer Macrame One of the most magnificent macrame wall hangings for you, our friends! Adds a dazzling effect to any wall. Complete kit contains jute, dowel rods, tubing, beads, wood turnings, "T" pins, rubber bands, diagrams, and complete easy-to-follow instructions. Finished piece is 22" x 37". Order yours today and make your wall the envy of your neighbors!



Lighthouse Everyone will *rave* at the beautiful colors in this new latch hook design. Its dramatic size (26" x 40") makes it the perfect decorator piece for any wall—and perfect for a plush throw rug, too! It's remarkably easy-to-do because of the simple latch hook technique. Finished wall hanging/rug is washable. Kit contains 4 mesh polyester canvas complete yarn requirement information and step-by-step instructions. Orlon acrylic yarn for completing the kit and quality crafted latch hook are available below. Praises in abundance will be yours with the addition of this piece to your home! Act now!

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FOOD

Spinach Spoon Bread

Want to serve vegetables your family will love but won't recognize? Bake spinach and onion inside this delicious hot-from-the-oven corn bread and watch them spoon in and fill their plates.



Photograph: Dieter

SPINACH SPOON BREAD

- **1 9- or 10-ounce package frozen onions in cream sauce**
- **1 10-ounce package frozen chopped spinach**
- **2 slightly beaten eggs**
- **1 cup dairy sour cream**
- **½ cup butter or margarine, melted**
- **¼ teaspoon salt**
- **1 8½-ounce package corn muffin mix**

• • •

- **½ cup (2 ounces) shredded process cheese**

Prepare onions in cream sauce according to package directions; set aside. Cook spinach according to package directions; drain well. In large mixing bowl, combine cooked onions in cream sauce, spinach, eggs, sour cream, butter or margarine, and salt; stir in corn muffin mix. Pour mixture into greased 1½-quart casserole. Bake in 350° oven for 30 to 35 minutes or till wooden pick inserted in center comes out clean. Sprinkle top of corn bread with shredded Swiss cheese; bake about 2 minutes more or till cheese is melted. Serve spoon bread warm. Makes 8 servings. ■

continued from page 208

Arts and crafts family vacations

Dates—Late May through early September.

Ages—13 years and older (families welcome).

Surroundings—Rural vacation setting in the Connecticut River Valley.

Getting To Know A School—The best way to really get acquainted is to drop in while classes are in session. Most schools welcome day visitors. If a visit isn't practical, phone the school for answers to your questions. You also can ask for the names of people from your area who have been there, so you can check out the school with them.

Augusta Heritage Arts Workshop, 135 Buffalo Street, Elkins, West Virginia 26241.

Courses—Two- to five-week courses in Appalachian cultural history, stained glass, folk music, wood carving, spinning, dyeing, weaving, pottery, quilting, glassblowing, basketry, musical instrument construction, folklore.

Dates—July through mid-August.

Ages—14 years and older (families welcome).

Surroundings—Mountain wilderness on the edge of the Monongahela National Forest.

Crafts Center, Cedar Lakes Conference Center, Ripley, West Virginia 25271.

Courses—Weekend workshops and one-week courses in watercolors, basketry, batik, spinning, soft sculpture, woodworking.

Dates—February through the month of November.

Ages—15 years and older (doesn't encourage families with very young children).

Surroundings—The Appalachian foothills in the Ohio River Valley.

SOUTH

Hambidge Center, P.O. Box 33, Rabun Gap, Georgia 30568.

Courses—Weekend workshops in nature study, wild edibles, and folk dance, and one- and two-week courses in pottery, weaving, dyeing, spinning, photography, sculpture, painting,

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VIRGINIA
ALEXANDRIA
CARMEL CHURCH
CHARLOTTESVILLE
FALLS CHURCH
FREDERICKSBURG
LYNCHBURG
MANASSAS
NEWPORT NEWS
NORFOLK (2)
PETERSBURG
RICHMOND (4)
ROANOKE
ROSSLYN
SKIPPERS
VIRGINIA BEACH
WILLIAMSBURG (2)
WASHINGTON
SEATTLE
WEST VIRGINIA
BECKLEY
CHARLESTON
MORGANTOWN
WHEELING
WISCONSIN
GREEN BAY (2)
LA CROSSE
MADISON
MILWAUKEE (3)
WYOMING
CASPER
CHEYENNE
EVANSTON
GILLETTE
JACKSON
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continued

Arts and crafts family vacations

drawing, creative writing, and poetry.

Dates—April through October.

Ages—18 years and older (doesn't encourage families).

Surroundings—Southern Blue Ridge Mountains south of Franklin, North Carolina.

Tuition Plus—Tuition is one expense you normally don't connect with a vacation. The cost can range from about $20 to $200 and up, depending on the school and the courses you select. But high tuition costs don't necessarily indicate quality programs. You may be paying for the school's name or reputation (even for poor business management). In addition to tuition, laboratory and materials fees are charged by some schools. Find out in advance how much you can expect to pay and for what.

Appalachian Crafts Summer Workshops, Southern Highland Handicraft Guild, P.O. Box 9145, Asheville, North Carolina 28805.

Courses—One-week courses in pottery, fiber and fabric design, print making, basketry, jewelry, native materials, quilting, weaving, puppetry. Arts and crafts for children 5 to 12.

Dates—August 7 through 12.

Ages—18 years and older, except for puppetry and arts and crafts for children (families welcome).

Surroundings—Frostburg State College campus, Frostburg, Maryland, in the picturesque Appalachian Mountains west of Cumberland.

The John C. Campbell Folk School, Brasstown, North Carolina 28902.

Courses—One- and two-week courses in weaving, spinning, vegetable dyeing, pottery, enameling, woodworking, ironworking, folk dancing, recorder, wood carving.

Dates—Late April through the month of November.

Ages—18 years and older (families welcome).

Surroundings—Idyllic Appalachian Mountain retreat in western North Carolina.

Penland School of Crafts, Penland, North Carolina 28765.

Courses—Two- and three-week courses in weaving, ceramics, metalsmithing, photography, sculpture, enameling, graphics, lapidary, woodworking.

Date—June through the middle of September.

Ages—18 years and older (doesn't encourage families).

Surroundings—Scenic Blue Ridge Mountain territory in northwestern North Carolina.

Arrowmont School of Crafts, P.O. Box 567, Gatlinburg, Tennessee 37738.

Courses—One- and two-week courses in ceramics, weaving, stitchery, photography, enameling, woodworking, metalsmithing, dyeing.

Dates—June 13 through August 19.

Ages—18 years and older (no accommodations for families).

Surroundings—Tennessee's Great Smoky Mountain country.

Ozark Arts and Crafts Fair, War Eagle Mills Farm, Route 1, Hindsville, Arkansas 72738.

Courses—Two-week courses in weaving, pottery, painting, wood carving, basketry.

Dates—June 13 through 24.

Ages—13 years and older (families welcome).

Surroundings—Rural valley in Arkansas' Ozark mountain country.

What's In The Package?—Schools may package everything (tuition, lodging, food, and so forth) together at one price, or they may break down the expenses. When accommodations are provided on the grounds, they're usually comfortable and adequate, though nothing posh (unless you're vacationing at a full-fledged resort), and your privacy may be limited. Meals, when included, probably will be served cafeteria- or family-style with generous portions of wholesome dishes. At some schools, tasty from-scratch home cooking is a specialty.

Craftsmen at Callaway Gardens, Callaway Gardens, Pine Mountain, Georgia 31822.

Courses—Lessons from resident crafts people can be arranged; crafts twice a week for adults, teens, and

continued



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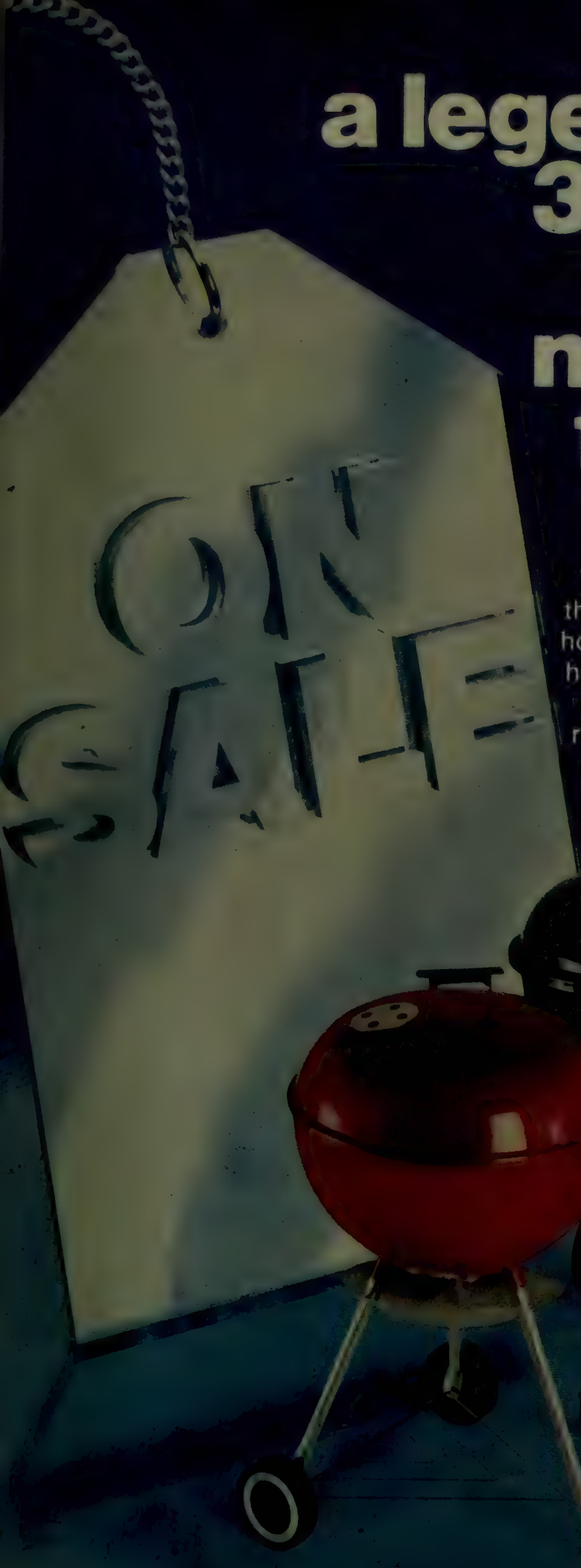
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The famous Weber Barbeque Kettle. This is the one that cooks any type of meat—not just hot dogs, steaks and hamburgers, but roasts, hams, turkeys—even fish. This is the one that cooks all by itself (like an oven) with no rotisserie and hardly any attention from you. This is the one that's built so well and that lasts so long it's even handed down in families.

During the month of April, you can get a Weber Kettle on sale. In charcoal, gas or electric models and in a wide choice of sizes and colors.

With the entire summer ahead, now's the time to buy. But hurry! Though a Weber Kettle lasts for years and years, the sale will be over in a matter of days.

weber

the best there is is now on sale

Weber-Stephen Products Co. Arlington Heights, Illinois 60004

continued

Arts and crafts family vacations

children (school age and preschool) as part of summer recreation program.

Dates—Lessons late November through mid-February.

Ages—Families welcome.

Surroundings—West Georgia resort at the foot of Pine Mountain 75 miles south of Atlanta.

MIDWEST

The Clearing, Ellison Bay, Wisconsin 54210.

Courses—One-week courses in chamber music, recorder, painting, stained glass, weaving, jewelry, creative writing, languages, photography, wood carving, nature study.

Dates—Mid-May through the middle of October.

Ages—18 years and older (doesn't encourage families).

Surroundings—Wisconsin's Door Peninsula on Lake Michigan.

Savings-Tuned Options—Camping can be a real money saver. Though some schools don't permit camping on the grounds, there are usually campsites in the vicinity. You also may save money by investigating other private accommodations nearby, rather than lodging on the grounds. Some schools will help you line up a suitable place to stay in the area.

Folklore Village Farm, Route 3, Dodgeville, Wisconsin 53533.

Courses—One- to five-day courses in candlemaking, folk dancing, rosemaling, quilting, weaving, dyeing, ceramics, puppetry, recorder, creative drama.

Dates—Scheduled in conjunction with festivals throughout the year.

Ages—13 years and older (families welcome).

Surroundings—Rural setting in southern Wisconsin.

Grand Marais Art Colony, Grand Marais, Minnesota 55604.

Courses—One- and two-week courses in painting, drawing, sculpture, ceramics. Saturday classes for children 5 and older.

Dates—July through mid-August.

Ages—12 years and older, except Saturday classes (families welcome).

Surroundings—Rugged beauty of Lake Superior's North Shore.

Summer Arts Study Center, University of Minnesota, 1128 La Salle Avenue, Minneapolis, Minnesota 55403.

Courses—One- and two-week courses in drawing, painting, photography, silk-screening, sculpture, pottery, fabric design, jewelry making, folklore, classical guitar, brass chamber music, theater arts, poetry.

Dates—Mid-June through early August.

Ages—18 years and older (families welcome).

Surroundings—Northern Minnesota resort area (Quadna Mountain Lodge, Hill City, Minnesota).

Sugar Hills Crafts Program, Sugar Hills Resort, P.O. Box 369, Grand Rapids, Minnesota 55744.

Courses—Lessons from resident crafts people can be arranged (school-age children through adults); free demonstrations.

Dates—June through August.

Ages—Families welcome.

Surroundings—Lakeside fly-in resort in Minnesota's north woods.

WEST

Sun Valley Center for Arts and Humanities, P.O. Box 656, Sun Valley, Idaho 83353.

Courses—Weekend workshops to four-week courses in ceramics, photography, fiber arts, dance, theater, creative writing. Classes and workshops especially for teens and children 5 and older. Play school for infants through 6-year-olds available through Sun Valley Resort.

Dates—Mid-June through August.

Ages—Families welcome.

Surroundings—Idaho's Sun Valley resort area.

Check Up On Advance Deposits—Most schools require an advance deposit before accepting your registration. Find out how this prepayment will be applied to your expenses. Is a refund available if you must cancel out?

Snowbird Summer Arts Institute, Conferences and Institutes, Division of Continuing Education, 1152 Annex, University of Utah, Salt Lake City, Utah 84112.

Courses—Weekend workshops and one- to six-week courses in drawing, painting, art history, clay, fiber, basketry, photography, silk-screening, voice, jazz, strings, chamber music, orchestra.

Dates—July and August.

Ages—14 years and older (families welcome).

Surroundings—Mountain resort setting outside Salt Lake City.

Talk Special Rates—Check into the possibility of special rates. Some schools give discounts to families and senior citizens, or reduced rates when you sign up early. A number also offer scholarships.

Summer Vail Workshops, Colorado Mountain College, Arts and Critical Studies Center, P.O. Box 1114, Vail, Colorado 81657.

Courses—Three-day workshops to six-week courses in photography, painting, weaving, metalsmithing, ceramics. Art classes, nature study, sports for school-age children and adults.

Dates—June through August.

Ages—5 years and older (families welcome).

Surroundings—Alpine resort in Rocky Mountain vacationland.

College Credit, Too?—Many schools offer courses for college credit. If this interests you, make arrangements with the school in advance. There's also a chance that part of your expenses can be claimed as a legitimate tax deduction.

Steamboat Arts Festival (of the Senses), c/o John Stein, P.O. Box 1600, Steamboat Springs, Colorado 80477.

Courses—Instruction and demonstrations in pottery, jewelry, stained glass, culinary arts, macrame, watercolors, blacksmithing, forging. Some courses open to children.

Dates—September 3 through 11.

Ages—Families welcome.

Surroundings—Old West mountain resort area in the Rockies at the edge of Routt National Forest.

Colorado Mountain College, P.O. Box 914, Breckenridge, Colorado 80424.

Courses—Weekend workshops in

continued

Kenmore gets 'em up!

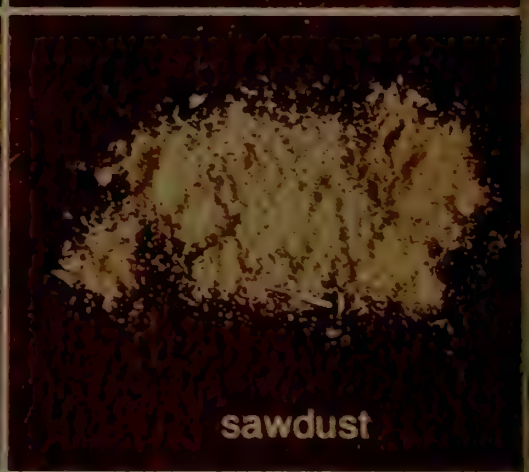


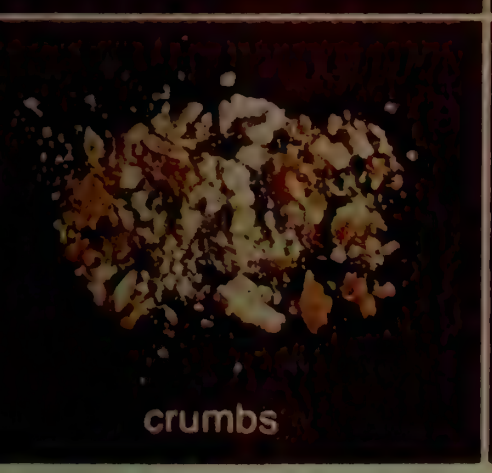














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We spilled all eight kinds of dirt in the picture on the surface of a plush rug.

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Both have a beater brush for getting at deep-down dirt. Both clean right up to the edge of the rug.

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continued

Arts and crafts family vacations

photography or clay; six-week courses in more than two dozen arts and crafts. Fine arts program for children 6 and older.

Dates—June 27 through August 12.

Ages—6 years and older (families welcome).

Surroundings—Rocky Mountain resort area.

Early Birds Get Accepted—Arts and crafts vacations are becoming more and more popular, and schools fill up fast after their programs are announced in late winter or spring. It's important to get your name in early!

Menucha, Creative Arts Community, Inc., P.O. Box 8887, Portland, Oregon 97208.

Courses—One- and two-week courses in drawing, painting, metal sculpture, wood and stone sculpture, calligraphy, creative writing, theater arts, dance, pottery, weaving, jewelry, metalsmithing, photography.

Dates—August 7 through 20.

Ages—14 years and older.

Surroundings—Woodlands near the Columbia River east of Portland.

Ghost Ranch Conference Center, Abiquiu, New Mexico 87510.

Courses—One- and two-week courses in writing, archaeology, ceramics, stained glass; two-week crafts festival; one-week creative arts workshop.

Dates—June through October.

Ages—4 years and older (families welcome).

Surroundings—New Mexico's quiet high country about 65 miles northwest of Santa Fe.

CENTRUM at Fort Worden, Port Townsend, Washington 98368.

Courses—One- to four-week courses in painting, music, writing, theater, dance, folk arts.

Dates—Mid-June through August.

Ages—13 years and older (families welcome).

Surroundings—Scenic vacationland along Puget Sound.

More Creative Ideas—For information about other creative retreats, write to the appropriate state department of tourism (c/o the state capitol if you don't know the full address). You also can contact arts and crafts guilds or similar organizations in your area. Your local art center may be able to help, as well as arts and crafts instructors or professional artists or crafts people. If you'd rather not travel to enjoy arts and crafts, these sources probably can provide information about opportunities for part-time study nearby, too.

What's more, there are hundreds of arts and crafts fairs all over the country. Besides absorbing the "artsy-craftsy" atmosphere at these rousing, homespun events, you can shop for craft bargains, watch demonstrations, and relish lively music and tempting food. ■



Energy bills seem sky-high?

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Computer-Controlled "Springtime" Machine that heats and cools



The "Brain" that saves energy. The *YorkGuard* Computer is located inside the above unit. It means the ultimate in Solid State reliability and operating efficiency in any climate.

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BORG WARNER



Straight talk about front-end alignment

Even though you can't do the work yourself, the low price of a front-end alignment adjustment makes it one of the best automotive service bargains today. When parts aren't needed (which is usually the case) the work can cost as little as $15 to $25. And that's a small price to pay for increased safety for your family—and less wear and tear on suspension parts, steering components, and tires.

What does alignment do?

Correct alignment settings help your car's suspension, steering, and tires work in harmony to do the job that your car's maker intended for the front end: safe and predictable handling, precise steering control, and maximum tire life. When the front end of a mechanically sound car is properly aligned, the car should handle as it did when it was new—even if it is several years old.

The reason for frequent alignment service is simple. To keep your car's front end working within tolerances, it's important to take up the slack in the suspension and steering caused by normal wear. Keep in mind, too, that failing to keep your car's front end aligned can cause rapid tire wear, steering and handling problems, and—in extreme cases—suspension failure.

When is the right time for alignment service?

Assuming you haven't been involved in an accident or haven't damaged your car's suspension in any way (such as hitting a chuckhole at high speed), it's a good idea to have your car's alignment checked at least once every year. Some front-end specialists recommend checking alignment twice each year, in the spring and fall.

Springtime alignment prepares your car for rigorous summer driving conditions like long vacation trips, hot and rough roads, and heavier-than-usual loads. Fall alignment restores settings that may have changed during summer use and prepares your car for winter driving when exact steering response can make the difference between a safe maneuver and a spinout.

How to detect bad alignment

Unfortunately, there are no warning lights on your car's dash to tell you about improper front-end alignment. And none of the parts (except tires) are so visible that you can inspect them for looseness or wear. But there are several symptoms of misalignment that are easy for you to detect.

You'll usually know when your car is suffering from misalignment, because it will feel and handle differently. For example:

- Your car wanders all over the road, has poor directional stability, or pulls to one side. As you drive, you have to make constant, minute steering corrections.
- When you hit the brakes, your car pulls to one side. And the harder you brake, the more the car pulls.
- You've been involved in an accident (especially one that's caused front-end damage). Or you might have hit a big road obstacle like a chuckhole or a curb. In either case, bent or broken suspension parts should be replaced—and the front end aligned.

The one visual check you can make is of the tires. Look for excessive wear on one edge or uneven and spotty wear points on the tread.

But don't judge your car's alignment solely by the wear shown on the front tires; minor (or newly developing) alignment problems often won't show up as unusual tire wear. Or your car might have tire or suspension problems that cause some of the same wear patterns as misalignment. If you car's alignment checks out okay, look for any of these things: out-of-balance or out-of-round tires, bent or dented wheels, grabbing or dragging brakes, bad shocks, worn or loose wheel bearings, or a damaged axle.

Who does alignment service?

Front-end alignment is not something even the advanced driveway mechanic should tackle. The settings are critical, often need to be made in an order specified by the car's manufacturer, and require special tools.

The best place to have the work done is at an alignment specialist, or a new-car dealer or service station that has the right equipment. Check the Yellow Pages for listings under "Wheel Alignment, Frame, and Axle Servicing" or "Automobile Repairing and Service."

Prior to checking the alignment, a good shop should offer to give your car a complete front-end inspection. Be sure to get one; it can point out serious problems in shock absorbers, springs, wheel bearings, tires, and other steering or suspension parts. ■

Drawings: Carlson & Partners

"Before I put my Olds wagon in this garage, I put this garage in my Olds wagon."

When I drove my new Custom Cruiser home, I picked up this specially-designed lightweight garage on the way. Which should give you an idea how Olds builds its full-sized wagon. Practical dimensions outside, plenty of room inside for the 1009 pounds of materials needed for my new garage.

I can flip the tailgate down for loading, or sideways like a door, with the window up or down. Even the hinges are concealed for easier loading. I ordered the new rear-facing



third seat because you can open it with one hand without climbing in; and I ordered the roof rack with adjustable crossbars.

Yet this is more than just a roomy station wagon. It's an Oldsmobile.



It doesn't ride like a wagon. It's smooth, quiet, and a luxury to drive. Standard equipment includes Turbo Hydra-matic transmission, power brakes and steering, steel-belted radials. And it includes a 350 V-8 that can still give good gas mileage. (EPA estimates: 19 mpg in the highway test; 14 mpg, city. Your mileage depends on how you drive, your car's equipment, and its condition. In California, EPA estimates are lower.)

And this is one wagon that's built for comfort. There's cut-pile carpeting that runs the length of the loading space and up the sides. There are two lockable storage areas, one underneath the load floor and one in the left side. There's a center armrest up front; you can even have velour upholstery, if you like. And the electric rear window is standard.

Oldsmobile took a big load



off my back when they built the Custom Cruiser. It's not just a spacious wagon. It's a car that looks good in any garage.

They really built one for me!



Garage is 10' x 20', with added triangular wings: total, 225 sq. ft. For complete building plans and list of materials, write Department W-1, Oldsmobile Div., Lansing, MI 48921.

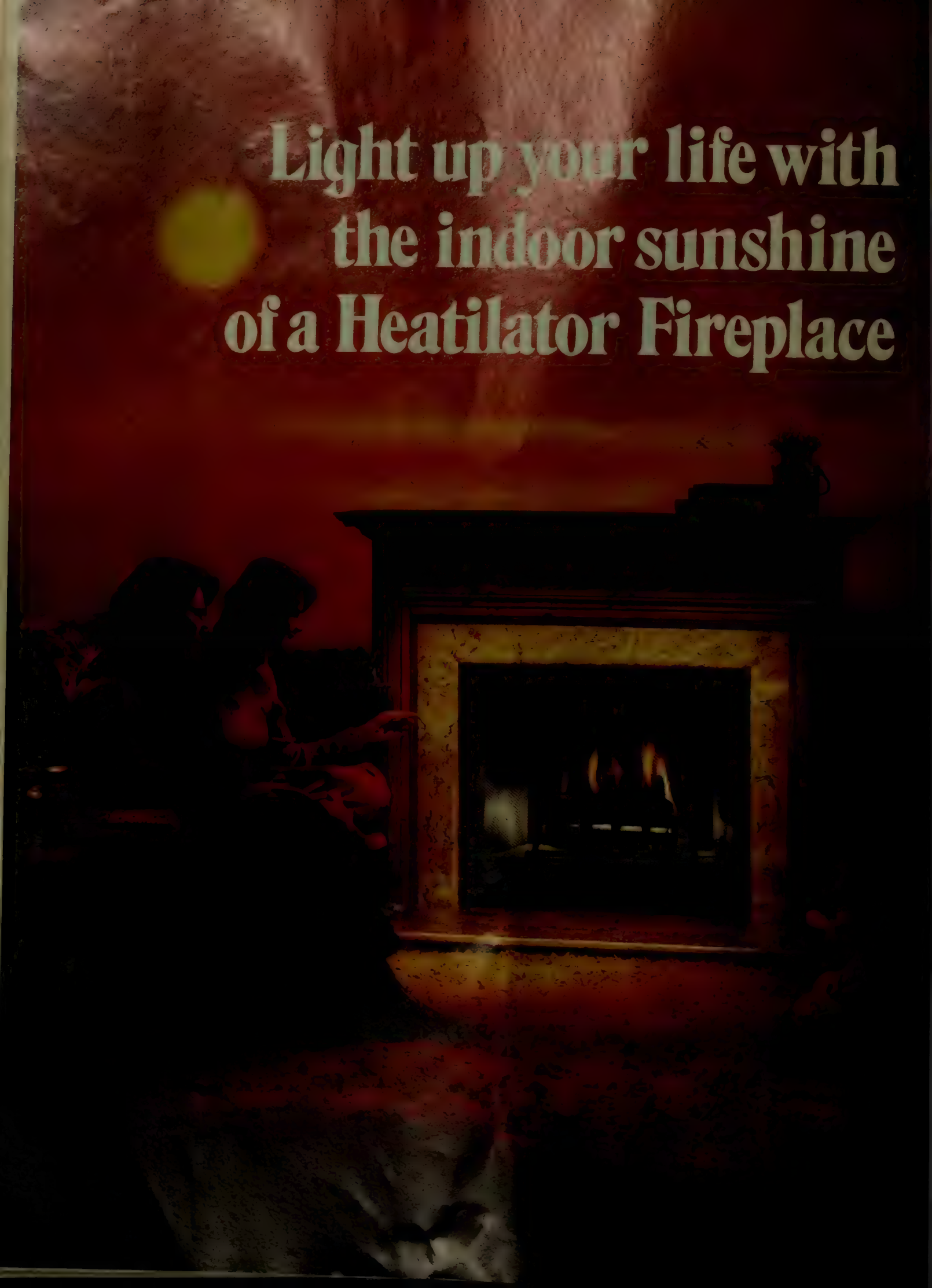
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Like indoor sunshine, a Heatilator Fireplace brightens your room, brightens your day brightens your life. The cozy glow of the fire draws your family together, to relax and enjoy the end of the day.

We installed our Heatilator Fireplace as a weekend project for about one-half the cost of a masonry unit.

Our Heatilator Fireplace cost so much less than a masonry fireplace. It's designed so that anyone can easily assemble it for sure, safe use.

We picked the fireplace that was guaranteed smoke-free—and it really is.

We've discovered that the "smoke-free" guarantee for the Heatilator Fireplace means exactly what it says. And, after we bought the fireplace we found that we could rely on our dealer to help us solve any problems. He even has a hot-line number direct to the factory to get any answers he might not have.

We enjoy it more because we did it ourselves.

Although you can have someone else install it, the Heatilator Fireplace is designed to be a quality do-it-yourself project. We found an extra measure of pleasure doing it ourselves.

When we were done—the room was us—we'd designed it to our taste.

Flexibility in room design is one of the greatest features that a Heatilator Fireplace has to offer. We decorated around it exactly the way we always wanted it and knew that the room was ours...totally!

Why miss out on indoor sunshine at your house any longer? See your Heatilator Fireplace dealer or write: Heatilator Fireplace, A Division of Vega Industries, Inc., 5047 W. Saunders Street, Mt. Pleasant, Iowa 52641 or call 800-553-8905*

*Iowa residents call collect: 319-385-8880.

Free Fireplace Fun Kit



With the purchase of any woodburning Heatilator Fireplace you get this special fireplace accessory kit. A $38.35 value Includes popcorn popper, scissor tongs, wooden bellows, fireplace matches, Kolor coals, Kindl-Caps, and log tote. Offer good from March 1 through April 30th. All claims must be postmarked no later than May 15, 1977

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FEATURES Jo Moore Stewart

MOVING? Here's how to PACK UP

If you are planning to move and your employer isn't paying your moving expenses, you can save yourself a considerable amount of money by doing your own packing rather than paying the mover to do it for you. In fact, whether you are moving locally or cross-country you can save between $200 and $500 on the average family truckload of 7,500 to 8,000 pounds.

But isn't do-it-yourself packing an overwhelming job? Not necessarily. Simply follow these basic guidelines and your money-saving move won't strain your patience or your back.

How much time do you need?

You always think you have plenty of time to pack but you never do. Although professional movers may be able to pack for an average move on the day before they load, you should allow several weeks or more for the job. Estimate the number of cartons you think you'll need and then double it—and be prepared to triple it. Before you begin packing, weed out those things you don't want to take along. Then get rid of this excess by holding a neighborhood garage sale or donating the items to a charitable resale organization like Goodwill or the Salvation Army.

Pack the easiest, non-breakable items first. Then if you fall behind, pay the movers to pack only the delicate items.

Where do you find packing cartons?

Although in many cases you'll probably need to rent or buy special larger containers for your mattresses and mirrors from the moving company, free containers to hold almost everything are yours for the asking if you know where to ask. Since merchants seldom keep the cartons they receive from wholesalers, you can get boxes of all shapes and sizes. Be sure to select heavy-duty cartons that can be completely closed.

A good rule of thumb for do-it-yourself moving is to stick to smaller cartons that will be easier to lift. If professionals will be doing the hauling, use larger cartons. Professionals have the equipment and experience to handle large, heavy items. Also, the loading and unloading will go much faster if the movers don't have to deal with a lot of small cartons.

Book and liquor cartons are ideal for your books, dishes, and glassware. The cartons are always well constructed, yet they're never so large that they can't be lifted when full. The compartmented cartons in which large bottles of liquor are shipped are great for packing your own bottles, glasses, and small knickknacks, singly or in paper-padded stacks.

Ask your local linen-shop owner for some of the outsize cartons in which pillows are delivered to him. This size is ideal for packing lampshades as well as pillows and cushions. (Always pack lampshades alone or with other lampshades.) However, use smaller and stronger cartons for heavy lamp bases.

Both linen and clothing shops have the large but shallow cartons you'll need to pack framed pictures and small mirrors.

Ask a toy or variety store owner for cardboard tubes in which to roll up wall hangings and posters.

For free wardrobe cartons, check men's stores. They often have cartons with hanging rods already inserted that are ideal for packing shirts, skirts, jackets, and suits. (Tape each hanger against the bar to prevent hangers and clothes from bouncing off during trip.) For lighter garments—children's clothing, dresses, and robes—you can devise a wardrobe by securing a dowel or an old broom handle to the top of any large storage carton obtained from a furniture or appliance dealer. Refrigerator cartons are perfect.

Any reasonably strong grocery carton will do for shoes and boots.

For long items like rakes, brooms, and mops, use curtain rod cartons.

What other supplies do you need?

Start collecting newspapers early. Crumpled-up newspapers make very effective shock absorbers. (Note: Ink from newspaper rubs off and can become embedded in fine china. Wash your hands frequently to avoid unnecessary smudging.)

For all-purpose wrapping and cushioning, use tissue paper, paper toweling, or newsprint (unprinted newspaper), which you can buy by the pound at do-it-yourself moving centers and moving companies, and from newsprint dealers.

Secure the cartons with wide tape rather than cord for better stacking. To lift a carton wrapped with tape, you will have to squat, which is what you should do to prevent backstrain.

Keep a roll of masking tape handy when you take down pictures or anything screwed to a wall, as well as when you remove bolts from a bed frame. Tape the hangers, screws, or bolts directly to the item in a spot where any scratches or tape marks will be out of sight.

Mark the sides of the cartons with a wide felt marker for easy distribution in your new home—DINING ROOM, KITCHEN, MASTER BEDROOM, etc. Print big and then with a finer pen itemize the contents. A notebook and pencil for listing the cartons as they are packed will help you keep track of them.

What shouldn't you pack?

Whenever possible it's wiser to transport your valuables yourself rather than leave them for movers. This applies to cash, personal pa-

continued



Electrasol.
An easy way to clean dry-hards.

Dry-hards are tough-to-clean dried-on foods... like spaghetti and sauce, meat loaf and gravy, scalloped potatoes and chocolate pudding... that dry and cake and stick. And stick.

Electrasol cleans dry-hards from plates, silverware, glasses and other tableware.

Electrasol, with its special formula, helps your automatic dishwasher give you clean, clear, bright dishes.



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MIRACLE-GRO produces greater yields—

23% MORE TOMATOES
25% MORE VEGETABLES

Compared with other popular types of plant foods*

IMPORTANT FACTS for home vegetable growers.

University tests proved MIRACLE-GRO produced greater yields of tomatoes and other vegetables compared to best known "timed release" plant food as well as other popular types of fertilizers. Tests conducted in good soils and poor soils.

MIRACLE-GRO works where other types fail.

At leading University, in soils of very low fertility—plants fed the MIRACLE-GRO way produced good tomatoes while most of the plants fed with other types of fertilizers (including best known "Timed Release" type) *failed to survive!*

*All tested plant foods used according to label directions.

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MIRACLE-GRO provides 7 vital growth elements in fast-acting "liquid form"—feeds plants through roots and leaves. University tests prove MIRACLE-GRO enters plant's "bloodstream" in 30 seconds. Starts working fast. EASY—apply anytime. **SAFE**—will not "burn" used as directed. Saves money.

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There's nothing funny about problem itching. You know that. We know, too. That's why we developed BiCOZENE.

BiCOZENE — say it "By-Co-Zeen" — is the greaseless creme formula that helps stop problem itching on contact. Helps stop the itch with more relief medication than the other leading creme.

For your free sample tube, send 25¢ to RELIEF — Dept. BHG4, 423 Atlantic Ave., Brooklyn, N.Y. 11217.



At your drugstore now

continued

Moving?

pers, special documents, stamp or coin collections, and furs.

In addition to valuables, anything that could leak, cause a fire, or explode shouldn't be packed. Remember to empty gasoline engines and camp-stove and lantern fuel tanks—even used propane torch tanks are a potential fire hazard. Aerosol cans of *all* kinds should be discarded.

Don't pack ammunition or cans of paint, alcohol, or cleaning fluid since they can easily explode, spill, or ignite. Throw out bottles of furniture polish, bleach, nail polish remover, and perfume that could leak and damage your possessions.

However, if you must pack a liquid such as medicine, fasten the lid or cap tightly and tape. Then place the container in a tightly sealed plastic bag.

What about appliances, etc.?

Check with your appliance dealer to find how to ready major appliances for a move. If your washing machine has a spring-mounted motor, secure it. To keep it from bumping around, wedge the space between the tub and the sidewalls with padded blocks or stuff the space tightly with heavy fabrics. Pack the loose pieces of your stove and secure the burners and elements with tape. Before moving your refrigerator and freezer, dry and air them completely. Remove shelves and trays. (If an odor develops, you can use a cupful of fresh coffee grounds, baking soda, or charcoal to absorb and reduce the odor.) You'll need to brace older models by wedging blocks of wood between the motor and sides. Whenever feasible, allot every electrical appliance a carton of its own or wrap the appliance in furniture pads.

Don't forget the valuable space inside your appliance. Use it for bulky, lightweight goods such as large stuffed toys and pillows.

When packing books, remember to pack them flat, so that the spines don't break. Don't jam them tightly and do use wadded newspaper to fill in the spaces. Remember that books can easily break fragile items packed

continued

©1976 Ralston Purina Co. Meow Mix® Cat Food

Purina®

TASTES SO GOOD CATS ASK FOR IT BY NAME®

MEOW MIX

A Nutritionally Complete Meal for Cats

A Tasty Combination of 3 Separate Flavors

Tuna Liver Chicken





CATS CALL IT MEOW FOR SHORT.

Some cats treat eating as if it were a necessary evil.

So, when a cat gets so worked up about a cat food that he not only makes it part of his diet, he makes it part of his language, that's saying a mouthful.

And that's what cats have done with Meow Mix® cat food.

Maybe it's because Meow Mix gives cats the three flavors they love (tuna, liver and chicken) at one time. So they get all the variety they could ask for.

Or because those flavors come in separate bite-size morsels that stay fresh all day long.

Whatever the reason, Meow Mix isn't just the only cat food cats ask for by name. It's the only one they ask for by nickname.

TASTES SO GOOD CATS ASK FOR IT BY NAME®



Elegance In A Limited Edition

Introduced for the first time in America, the Royal Brittania solid brass lamp, an exclusive design, fashioned by English master craftsmen. A nostalgic touch of soft warm light to enhance your home. Hand-made glass shades in four decorator colors — Cognac (as shown), Rouge, Green and White.

This classic oil lamp is also equipped for electric. Included is an easily-installed U/L approved adapter and cord. Made of high lustre brass which never needs polishing. Total height 20½ inches. Retailing in Europe for about $100 you have the opportunity to acquire your Royal Brittania lamp for $65 during the introductory period expiring June 30, 1977. If you are not completely satisfied your full purchase price will be refunded.

Due to limited availability we suggest you fill out coupon and mail it today. We know you'll be delighted with this lovely reminder of yesterday. Brasscraft Ltd.

Division of Dundick International, Inc.

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Please send me _____ Royal Brittania Lamps with shade colors _____

_____ I enclose my check (M.O.) for _____ lamps @ $65.00 each plus $2.00 for shipping and insurance. (Connecticut Residents add 7% sales tax.)

_____ Charge to my _____ American Express, _____ Bank AmeriCard or _____ Master Charge account.
Acct. No. _____ Interbank No. _____
Expiration Date _____
Name _____
Address _____
City _____ State _____ Zip Code _____

Allow 3-4 weeks for delivery. Dealer inquiries invited.

continued

Moving?

with them. It's best to pack similiar items together, rather than letting heavies and lightweights rub shoulders and cause unnecessary damage.

Clothing in drawers can be left in place. However, make sure the shifting of the clothing won't cause the drawers to open while being transported.

Avoid securing the drawers with cord, rope, or masking tape since you'll run the risk of harming the finish of the furniture.

To pack statuary and figurines, cushion these items with crumpled newsprint paper and snugly wrap them with corrugated materials.

Rugs and pads should always be rolled, right side in, and secured with heavy cord, a foot from each end and once in the middle.

When packing odd items—toys, tools, kitchen utensils, sports equipment—place the heaviest items at the bottom for better balance.

If you have a laundry hamper, fill it with unbreakable bathroom items (bath mat, soap dish, etc.) and fasten it with cord. Use whatever leftover luggage you have to pack clean sheets, blankets, towels, soap, and bathroom tissue for your new home so you won't have to read labels to find them.

Dismantle those odd-sized items that would be difficult to pack. For example, remove the weights and pendulum from a grandfather clock and then wrap the rest of the clock in furniture pads and place only those lightweight things on top of it.

Pack your records vertically and mark the carton fragile. Remove the needle from your record player, secure the arm and turntable, and pad the equipment.

Wrap all breakable dishes separately and pack them in heavy cardboard boxes, which should be taped securely on the bottom. Nest your cups and bowls, and stand plates, saucers, and platters on edge with padding under and between them. Stuff dish towels into any "air pockets," until the cartons are packed tightly. When packed in this manner, cartons stack easily. Wrap all your silver in fresh, clean tissue paper.

Any fragile things should first be wrapped carefully in newsprint that has been crushed and flattened out. (Note: Be sure to pack those fragile items with extra care since movers cannot be held responsible for any breakage due to your poor packing.)

Pack only those food items you are sure will travel well. Do not take anything that might be perishable or, in winter months, subject to freezing. Any open boxes of dried or powdered foods should be sealed with tape.

Containers of herbs and spices, etc. should be placed together in a small box. Cover the holes of shaker-type containers and seal them with tape. Since cans are heavy, don't put too many in one carton.

Don't forget to leave out a few large trash bags for the last-minute cleanup.

Moving is never easy, but if you follow these rules and use your common sense, you'll survive. And you'll have some extra cash to spend on your new home. ■

Roofscape® by Bird. It's more than a roof over your head.

Just about any roof will keep the rain out.

But, if you're looking for something that will add to the appearance and value of your home, take a look at Roofscape by Bird.

Random-edged and textured to cast deep shadow lines, it's a natural in both rugged and formal settings.

And it's just as durable as it is beautiful.

Our heavy-weight Architect® 70 shingles are made with two laminated layers of premium asphalt that can't rot, curl, or burn like wood. They'll protect your home and retain their beauty for years to come.

An Architect 70 Roofscape is more than a roof. It's a home fashion accessory. And we have others, in a complete line of premium asphalt roofing shingles. See them and get a free estimate by calling your Bird Roofscaper, listed in the Yellow Pages.

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Please send me your newly revised, idea-packed booklet, "What you should know about roofing and siding before you build or remodel." I enclose 50¢ in payment. I am planning to:

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Better Homes & Gardens
April, 1977

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Please include facts on: ☐ Solid vinyl siding ☐ Solid vinyl gutters ☐ Ornamental plastic shutters.

Growing up with America since 1795

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Protecting the Great American Dream.





7 hp 25" Rider

Easy-handling power. Has automotive-type differential, 3 forward speeds and reverse, a single clutch and brake pedal, floating front stabilizer, geared steering. Briggs & Stratton engine has recoil start, keyed safety switch ... 399.99

Rugged 8 hp Tractor

Power to cut big jobs down to size. Electric-start synchro-balanced engine, 4-speed transaxle drive, automotive-type clutch, disc brakes, pneumatic tires. Big 32" twin blade mowing unit has floating deck, 5 cutting heights 699.95

5 hp Rear-Engine Rid

Easy-riding mower has safety and stability bu in. 4-speed gear drive, recoil-start engine, safe key shut-off. Floating deck reduces scalpi follows ground contour, provides even air-fl for efficient grass discharge. 25" cut. ... 374.

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Lawn & Garden

There are over 5,000 True Value Hardware Stores in 50 stat



ORTHO Lawn Care

Orthene, new biodegradable systemic insecticide kills over 100 common garden pests. 1 pt. . 5.44
Spray-ette 4 accurately mixes and sprays concentrates 4.88



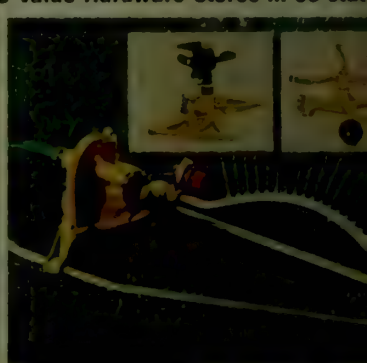
DISSTON Powerpack™

Cordless rechargeable power unit operates a family of shop and garden tools. Grass Shear, 1020 ..... 21.88
Shrub Trimmer, 1030 ..... 26.99
Extra Powerpack™, 1000 .... 11.77



TRU-TEST DELUXE Garden Hose

Lightweight, easy to handle vinyl hose, reinforced with nylon for high burst strength. Flexible in all temperatures. Solid brass couplings, ⅝" I.D. 60-ft. 6.99



NELSON Sprinklers

Dial-A-Rain® offers 4 watering p terns to cover up to 3,000 sq. uniformly, without waste .. 16.
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Reg. 3.49
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IMPROVED TEFLON II

COMET Bake-Rite by Mirro. 15½X 10½" pan, just right for cookies, brownies, biscuits. Even-heating aluminum, white Teflon II® inside.

Limit 1 per customer, offer expires April 30, 1977 at participating

True Value



Black & Decker • Edger

Big 8" blade trenches ¾" deep to edge lawn, garden, flower bed. Release knob converts unit for easy trimming. No-clog winged blade, powerful 6 amp motor 49.95



TRUE TEMPER

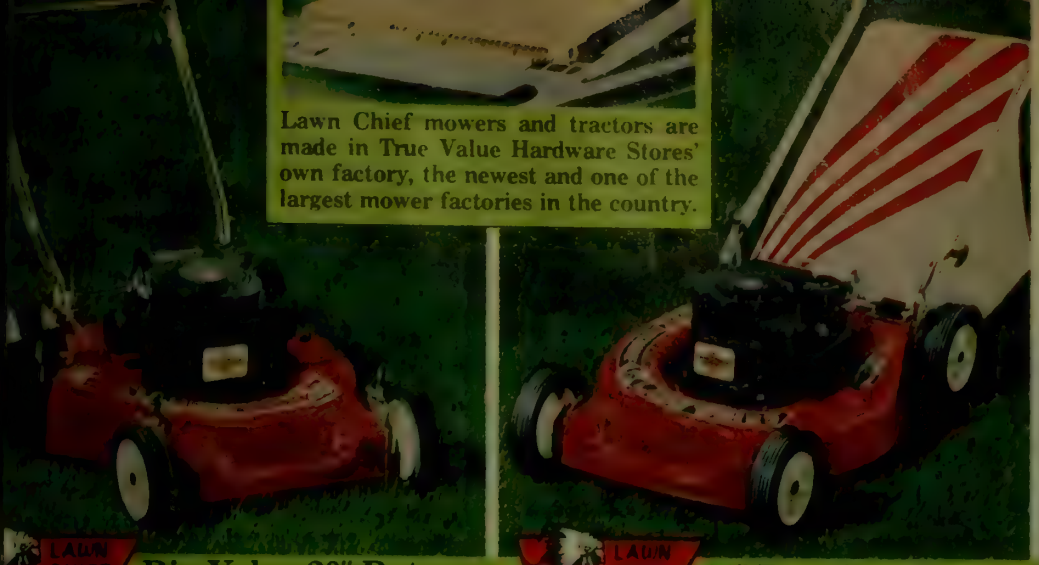
Lawn Tools

Special savings now on quality lawn and garden tools to enjoy for many seasons.

- C Spade Fork . 8.49
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True Value Hardware Stores vary in size and merchandising policies, some may not stock all ite



Lawn Chief mowers and tractors are made in True Value Hardware Stores' own factory, the newest and one of the largest mower factories in the country.

Big Value 20″ Rotary

best seller! Full-baffled steel deck, steel blade air-lift tips, anti-scalp disc. Powerful 3½ hp ne, easy-pull vertical starter, automatic ke. Roller bearing wheels. Folding handle. embled . . 109.99 18″ 3 hp model . 99.99

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Mows easy in tight spots, trims on both sides. 3½ hp engine has easy-lift vertical starter. Fingertip height adjusters, austempered steel blade, anti-scalp disc. Large capacity bag, 8″ roller bearing wheels. Assembled 159.99



JACOBSEN Self-Propelled

A Twin-Blade Mulcher turns clippings into lawn food! No raking! No bagging! Twist-Grip® control. Power Burst® gives reserve cutting power to prevent stalls. 20″ cut 289.95

B 21″ front-wheel drive mower has Pace Command® for separate walking and blade speeds. Turbo-Vent® deck creates free air flow 230.00



Headquarters

k under "Hardware" in the Yellow Pages.



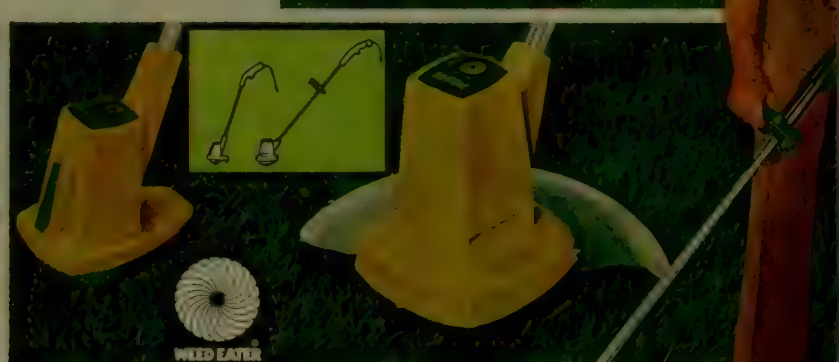
Turf Builder

dual-release lawn food builds ng grass roots for lush growth. f Builder plus 2 controls weeds. Dial-A-Matic spreader. See our prices on all Scotts products.



Portatiller

2 hp chain-drive tiller has plenty of power for small gardens and flower beds, yet it's light enough to carry. Tills to 18½″ wide, 5 depths. Handle folds for compact storage. . 139.99



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Clippie® mini-trimmer cuts 8″ path along walks, fences. Weighs just 2 lbs . 29.95

Needie® 4-in-1 tool trims, edges, mows and sweeps with treated fish line. Cuts wide 16″ path, safe to use 69.95



Sterling Border Fences

Colorful surroundings for garden, yard, play area. Welded steel wire permanently bonded in plastic. Won't fade, crack, peel even when rerolled to store. Each white or green. Color Guard, 14″X25′, flat or scroll top 4.58

50′ Tot 'n Lot, 36″ high 16.99 48″ 21.99

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Protect Garden

Tomato Gard promotes growth and prevents ground rot. 48″X30′ makes six 18″ enclosures 7.99

Rabbit Gard keeps pesty animals out. 28″ high, 50′ roll 10.99

CLIP 'N SAVE

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DU PONT SilverStone TEFLON



KITCHEN PRIDE

8″ Saute-Fry Pan of thick, even-heating aluminum with new SilverStone® inside. Durable no-stick, no-scour surface.

Limit 1 per customer, offer expires April 30, 1977 at participating

True Value HARDWARE STORES

bers who own their own stores, set their prices and reserve the right to limit quantities. Because participating vn. Prices may vary and are subject to change without notice. Prices expire April 30, 1977.

Classic Chairs

Many furniture styles are nothing more than fleeting fads, but not these chairs. Although introduced early in our history, they have survived the test of time and have earned the right to be called "classics." Their simple designs are integral to our furniture tradition.

Photographs: Bill Helms



1. The Windsor Chair

1. The Windsor Chair—Although it originated in England, the Windsor design became one of the most popular American chairs of the 18th century. The American Windsor has a shaped wooden seat, slanted legs, and a bent back held in place by slender spindles. Simple turnings, compact design, and a rustic look make Windsor chairs all-time favorites. *Pennsylvania House.*



2. The Bentwood Chair

2. The Bentwood Chair—Ever since 1840, when Michael Thonet developed the process of steaming beechwood to soften it, the bentwood chair has been a favorite in both contemporary and traditional interiors. While most wooden chair backs consist of three or more pieces glued or nailed together, the back pieces of a bentwood chair are formed with single pieces of wood. *Raymor-Thonet.*



3. The Ladder-back Chair

3. The Ladder-Back Chair—Wide horizontal ladder rails between the back uprights are the most outstanding feature of 17th-century ladder-back chairs. The chairs are designed and built on straight lines and have plain wood or rush seats. The legs end in a turned finial motif or a mushroom form. The design has scarcely varied over the years. *Nichols & Stone.*



4. The Hitchcock Chair

4. The Hitchcock Chair—This chair represents an important landmark in American furniture design because it was our first mass-produced chair. It originated in the 1820s when Lambert Hitchcock established his first chair factory. The Hitchcock chair has turned legs, horizontal back rails, and a rush or cane seat. Today the Hitchcock name is applied to any chair of this type with a stenciled or painted motif. *Hitchcock Chair Company.*

It took the Litton "touch" to make Microwave Program Cooking so advanced, yet so simple.





New Memorymatic™ microwave oven programs the results you want automatically.

You've waited for it, now you've got it.

Introducing new Memorymatic microwave program cooking.

So advanced, it's solid-state computer-like memory control precisely programs time and cooking speeds automatically. Yet so simple, it operates with the touch of a finger.

You simply program any cooking time you want. Program different cooking speeds for different foods. And program the oven to change both time and cooking speeds for you automatically as it cooks.

Memorymatic does everything you ask.

Quickly thaws, then roasts poultry and beef to a natural juiciness.

Or brings casseroles and stews to a boil, then slowly simmers until the goodness comes through.

Or reheats leftovers and pre-prepared foods to a flavorful freshness, then keeps foods warm. Any cooking combination you choose.

Gives you complete versatility.

Just program the oven to cook all your favorite foods the way they were meant to be cooked. Change speeds as you change foods: warm, defrost, simmer, roast, reheat, or any setting in between.

You get the control versatility of conventional cooking in a microwave oven. And the slow-cooked goodness you want at microwave speeds, automatically.

You'd expect it from Litton.

At Litton, innovation means better microwave cooking throughout our full line of time and energy-saving countertop microwave ovens, combination and double oven microwave ranges.

Get in touch with your Litton dealer for an energy-saving Memorymatic microwave program cooking demonstration. For his name and address, call us right now, toll-free **800-328-7777.**

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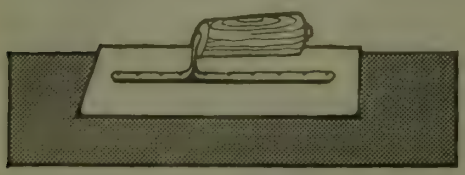
Good Housekeeping

Litton... changing the way America Cooks.

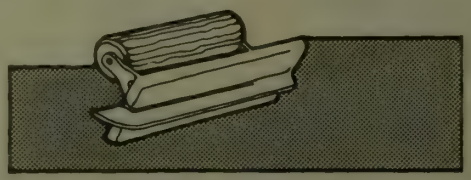
© 1977 Litton Systems, Inc.

TROWELS: Which ones for which jobs?

If you've wondered why your only trowel works great on some projects and poorly on others, you're probably trying to use it on some jobs it's not designed to handle. Even though many trowels may look interchangeable, the subtle variances in size, shape, weight, material, and contour make a dramatic difference in performance. Here's a checklist to tell you which trowel is right for the job you're tackling.



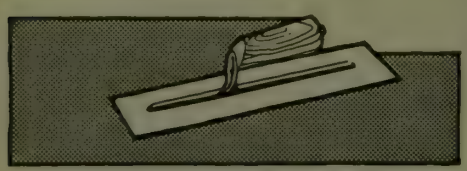
PLASTERER'S FINISHING TROWELS spread plaster onto a wall or ceiling. The blade, usually spring steel, is flat (or slightly convex), lightweight, and flexible. The popular size is 4½x11.



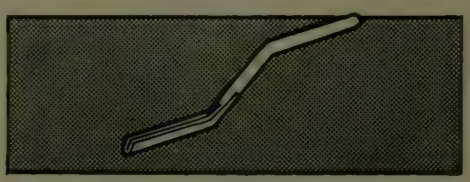
GROOVERS, sometimes called jointers, form joints in cement to control cracking. A groover measures roughly 6x3, and the cutting edge is generally from 3/16 to 1 inch deep.



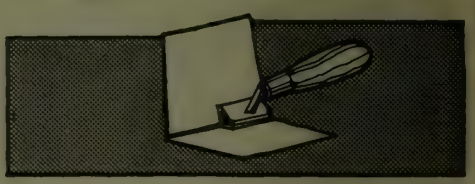
DRYWALL TAPING KNIVES are ideal for applying the first coat of compound to drywall joints. The flexible tempered-steel blades are sold in 8-, 10-, and 12-inch lengths.



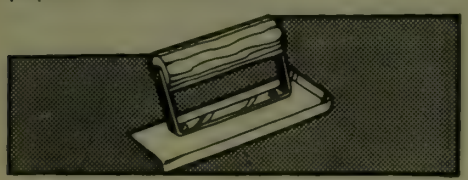
CEMENT FINISHING TROWELS, used in the last step of the cement finishing operation, look much like plasterer's trowels, but are narrower and longer. The popular size is 4x14.



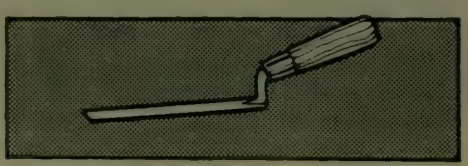
BRICK JOINTERS, also called strikers, usually have a convex face that strikes (shapes) mortar joints. Each end is a different size, usually ½ and ⅝ inch or ¾ and ⅞ inch.



DRYWALL CORNER TROWELS are made especially for applying tape and finishing inside corners. The flexible one-piece stainless-steel blade produces a perfect 90-degree corner.



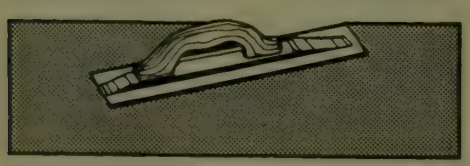
EDGERS are used to produce a radius at the edge of a slab. They come in a variety of sizes and radii, with the ends either curved or straight. The most popular model measures 3x6.



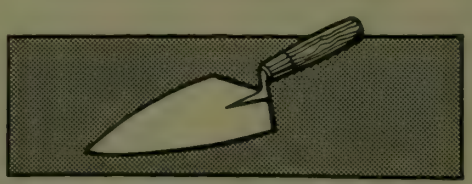
TUCK POINTERS, also known as joint fillers, repair voids in old brick walls by forcing new mortar between the bricks. The length is usually 6¾ inches, and the width ranges between ¼ and 1 inch.



NOTCHED TROWELS are used mainly to spread adhesive—at controlled depths—for tile and carpeting. The tempered-steel blade comes in a variety of notch depths, sizes, and styles.



FLOATS prepare the surface of cement for finished troweling. The blade is made of aluminum, magnesium, wood, or rubber; the most popular models are wood (usually 5x12) or magnesium (3⅛x16). Larger versions, called bull floats, can be fitted with handles and used to float big slabs.



BRICK TROWELS are used to pick up, place, and trim mortar for brick, concrete block, and stone walls. The trowel's tempered-steel blade is usually about 11 inches long and 5 to 5½ inches wide at its broadest point (heel). A smaller version, called a pointing trowel, is good for patching work.

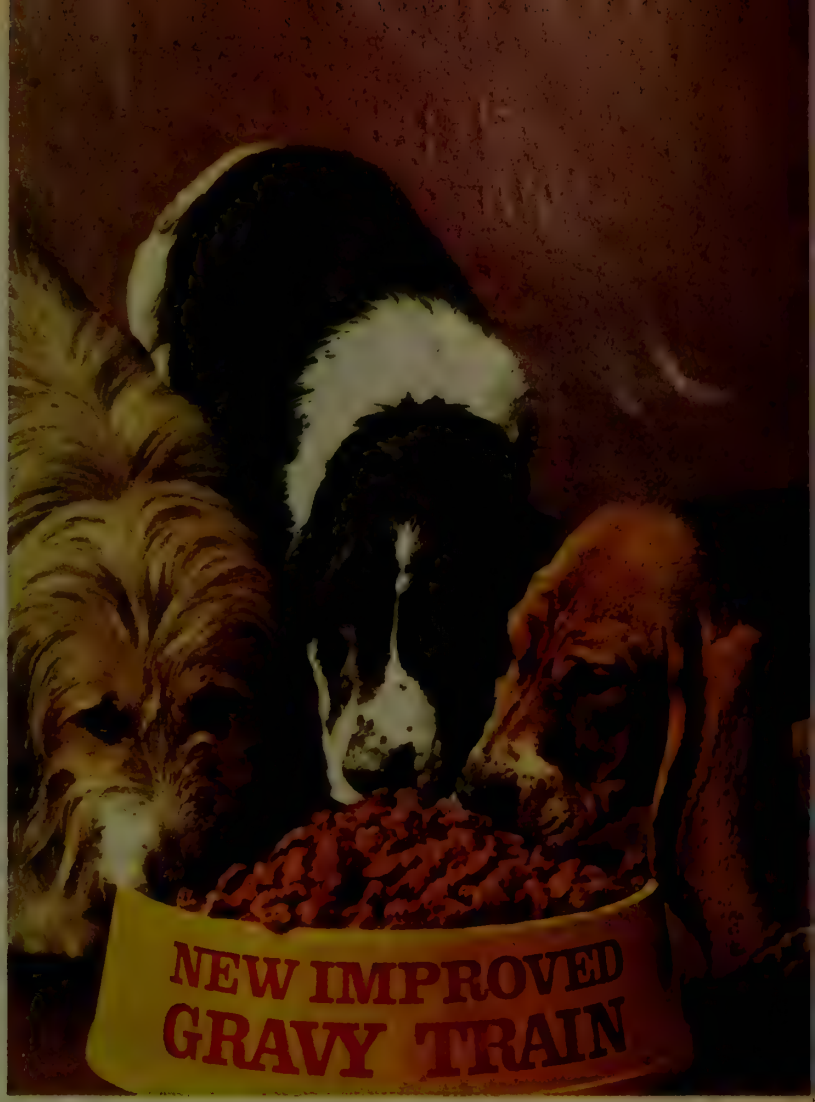


DRYWALL TROWELS have a slightly concave bow in the blade. These tools are used mainly to apply the first coat of compound on top of the tape. The concave bow allows the proper buildup in the middle of the joint where compound tends to shrink the most. The most popular blade size is 11x4½.

With trowels, as with most other products, you get what you pay for. Unless you plan to use a trowel only once, it's worth your money to buy top-caliber merchandise. The quality of blade finishes and mounting techniques can vary greatly and may be difficult to judge. But your local hardware retailer should be able to help you evaluate the differences and choose the best tool for the money.

To receive a copy of "Troweling Tips and Techniques," a good primer on using trowels for cement, masonry, and drywall work, send 50 cents to Marshalltown Trowel Company, P.O. Box 738, Marshalltown, Iowa 50158.





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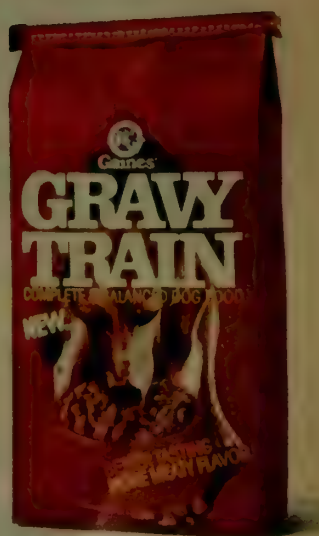
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BH

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HE COOKS—TOM'S TACOS
Page 76 (right): Glass casserole—Gense Import Ltd., 252 Livingston St., Northwale, N.J. 07647. Plate "Vanilla"—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010.

HOW TO SHAPE UP THE SPACE AT YOUR PLACE
Page 126: Sofa and pillows—Irving Longinotti, 7318 Melrose Ave., Los Angeles, Calif. 90046. Chair and coffee table—Welter Holden, 8739 Melrose Ave., Los Angeles, Calif. 90069. Area rug—Stark Carpet Corp., 979 3rd Ave., N.Y., N.Y. 10022.
Page 128: Franklin stove—Portland Stove Foundry, 57 Kennebec St., Portland, Me. 04104. Chairs and ottoman—The Upper Story, 1045 Massachusetts Ave., Cambridge, Mass. 02138. Area rug—Decor International, 171 Newbury St., Cambridge, Mass. 02116. Red table—Beylerian Limited, 305 E. 63rd St., N.Y., N.Y. 10021.
Page 129: Sofa, chair, and ottoman fabric—J. W. Thorpe and Co., Inc., 425 E. 53rd St., N.Y., N.Y. 10022. Floor lamp—Jules Seltzer & Associates, 8833 Beverly Blvd., Los Angeles, Calif. 90069. Flooring—Alison T. Seymour Inc., 5423 W. Marginal Way, Seattle, Wash. 98106.
Page 130: Love seats, Parsons cube, dining table, and chairs—Contemporary Interiors, 116 Harvard St., Brookline, Mass. 02146. Window shades—Design Research, Inc., 57 Brattle St., Cambridge, Mass. 02138. Carpet—Lees Carpets, Valley Forge Corporate Center, King of Prussia, Pa. 19406.
Page 131: Sofa, table, desk chair, area rug, and lamp—Scan 'Contemporary Furnishings, The Mall, Columbia, Md. 21041. Fabric wall panel—Fabrications, 146 E. 56th St., N.Y., N.Y. 10022.

KITCHENS THAT BRING THE WHOLE HOUSE TOGETHER
Page 132: Counter range—Jenn-Aire, 3035 Shadeland, Indianapolis, Ind. 46226. Dishwasher—KitchenAid, Penn Ave., Troy, O. 45374. Counter tops—Formica, 120 E. 4th St., Cincinnati, O. 45202. Rough-sawn cedar stain (semi-transparent #710)—Olympic Stain, Div. of Comer Co., Inc., 1148 N.W. Learyway, Seattle, Wash. 98107.
Page 133: Couch—Southern Co., Conduck Inc., Conover, N.C. 28613.
Page 134: Track lighting—Lightolier, Inc., 346 Claremont, Jersey City, N.J. 07305. Barbecue grill—Jenn-Aire (address above). Tile—Hispanic Design, 6125 N. Cicero, Chicago, Ill. 60646. Sink—Elkay, 2700 S. 17th, Broadview, Ill. 60155.
Page 135 (left): Restaurant stove—Vulcan Corp., 6 E. 4th, Cincinnati, O. 45202. (Top right): Refrigerator—Sub Zero Freezer Co., Inc., P.O. Box 4230, Madison, Wis. 53711. Dishwasher—General Electric Co., Appliance Park, Louisville, Ky. 40201. Trash compactor—KitchenAid (address above). (Bottom right): Television—Admiral Corp., 3800 W. Cortland, Chicago, Ill. 60647.

FISH FROM SEA TO SEA
Page 137: Plate—The Kenton Collection, Inc., Pleasantville, N.Y. 10570. Casserole—Gense Import, 252 Livingston St., Northwale, N.J. 07647.
Page 139: Server—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549.
Page 140: Platter—Cordon Bleu, Inc., 225 5th Ave., N.Y., N.Y. 10010.

PRIZE TESTED RECIPES
Page 145: Dinner plates and soup bowl "Toffee"—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Oval platter—Lenox, Inc., Prince & Meade Sts., Trenton, N.J. 08605.
Page 146 (left): Plate, cup and saucer "April Tulip"—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830. (Center right): Baking dish—Anchor Hocking Corp., 5th & Pierce Sts., Lancaster, O. 43130. Pewter serving spoon—International Silver Co., 500 S. Broad St., Meriden, Conn. 06450.

MILK REFRESHERS
Page 172 (left): Mug with plastic base—Pyrex, Corning Glass Works, Corning, N.Y. 14830. (Right): Lenox "Turkey Eagle"—Lenox, Inc., Prince & Meade Sts., Trenton, N.J. 08605.

ADAPTABLE ASPARAGUS
Page 174: Square and round casserole—Corning Glass Works, Corning, N.Y. 14830. Rectangular dish—Marsh Industries, 1224 E. 28th St., Los Angeles, Calif. 90011.



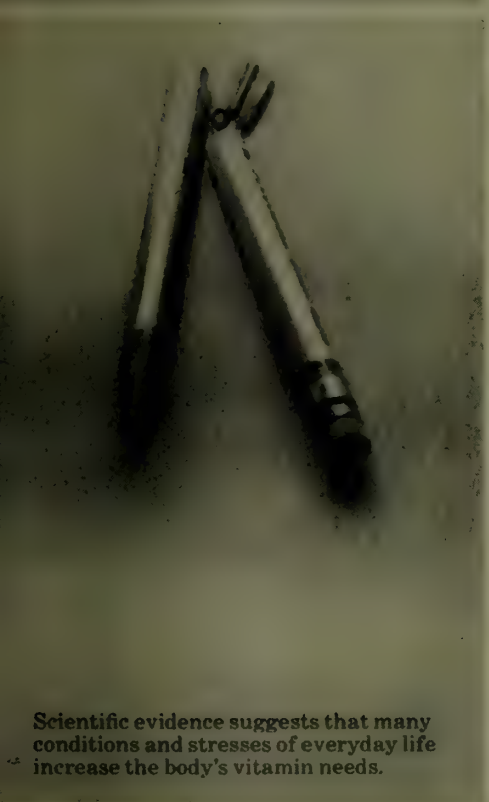
Recent studies have shown that blood levels of vitamin C were as much as 30 percent lower in smokers than in non-smokers.



Alcohol may interfere with the body's utilization of vitamins B_1, B_6 and folic acid. Also, heavy drinkers frequently eat poorly.



If you're dieting or skipping meals, you may be eliminating foods that contain many vitamins including A, C, E and B-complex.



Scientific evidence suggests that many conditions and stresses of everyday life increase the body's vitamin needs.



With finicky eaters, the sick, the snacker and children, much of the meal and its vitamins often end up in the garbage.



If you take birth control pills, you may need folic acid and two to ten times the normal amount of vitamin B_6. Ask your physician.

Six ways you may be robbing your body of vitamins.

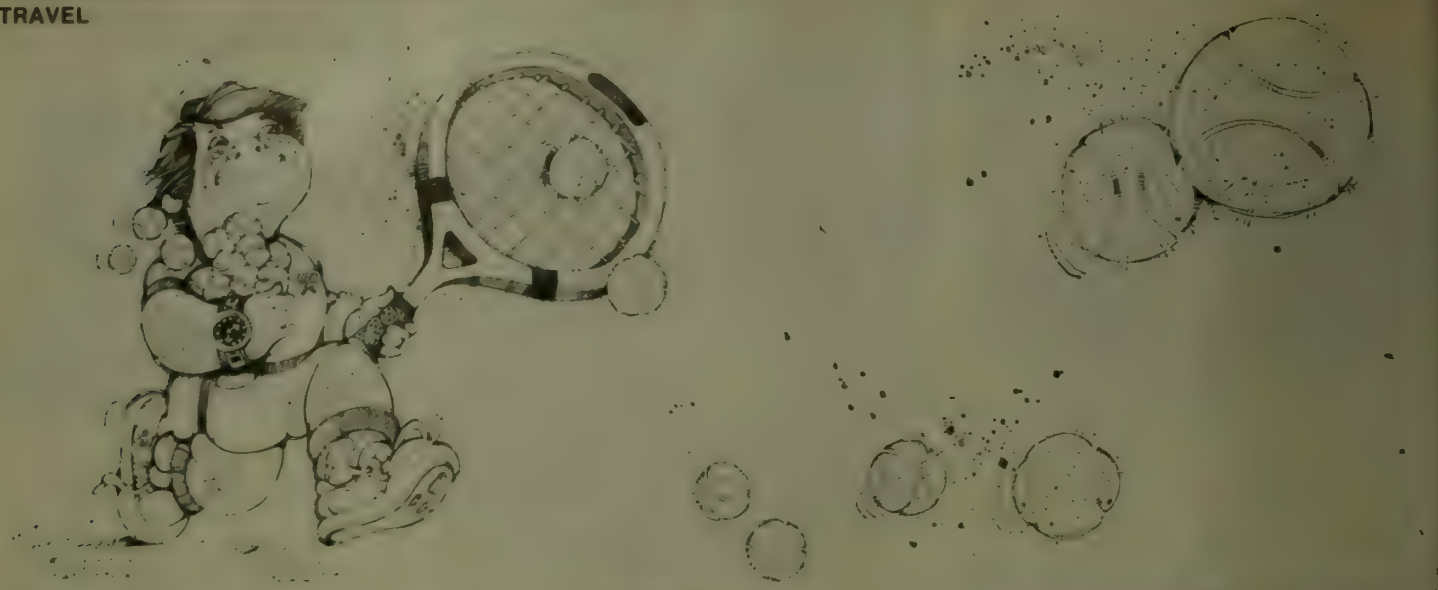
Vitamins are essential to life and good health. So you should try to eat balanced, nutritious meals. When you're shopping, read the labels, because today many vitamin-fortified foods are available.

One sure way to get enough. Buy supplements—and make sure you take them daily. After all, vitamins are really low-cost insurance.

For a free booklet: "Are you robbing your body of vitamins?", write Vitamin Information Service, Department B-47, Hoffmann-La Roche Inc., P.O. Box 288, Nutley, New Jersey 07110.

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SPORTS CAMPS FOR KIDS

There's nothing new about kids going to camp. For generations, youngsters have been getting away from it all for a few days or a few weeks to enjoy fresh air and outdoor activities with other young people their age. But sports "clinics" (they're usually called camps) for youngsters are another kind of camp experience, with a completely different objective.

What is a sports camp?

Sports camps have one primary aim—to improve a kid's skills in a particular sport. There are camps for nearly every sport. Tennis, football, basketball, baseball, wrestling, track, golf, and gymnastics are the most common. But instruction in different sports generally isn't mixed at the same camp.

The idea is for the child to improve his or her performance and to learn as much as possible about one sport in a short time. Correspondingly, youngsters usually stay at one of these sports camps for only a week—though some camps run longer. The atmosphere is enthusiastic and totally dedicated to learning.

Most sports camps are staffed by high school and college coaches. These instructors are qualified to teach youngsters the important points of a game, and they take their work seriously. Some camps carry the names of professional athletes. Those pros may put in an appearance, but they aren't usually on the scene supervising the instruction.

Though sports camps often accept youngsters between the ages of eight and 18, older kids seem to appreciate the specialized nature of the camps most. Sports camps for adults also have been growing rapidly, especially in tennis and golf; some places even accept whole families. Most camps offer live-in facilities, but if your home is near a camp your youngster probably can sign up as a day student.

There are separate camps for boys and girls in most sports, with coeducational camps in non-contact games like tennis and golf.

Would your youngster like a sports camp?

If your child is keenly interested in a particular sport, he is almost certain to enjoy meeting others with similar interest and motivation. It's a plus if the camp is operated on a college or university campus. Sampling campus life is in itself a good educational experience.

Sports camps usually expect youngsters to work hard, perhaps harder than ever before, in an atmosphere that can be very competitive. Make sure your youngster has a thorough physical examination before he attends.

This doesn't mean sports camps are deliberately harsh. Standard procedure is to divide youngsters into groups by age, skill, or size (whichever is appropriate) so a child won't be overwhelmed by the instruction or overmatched in play. Also, since coaches running the camps aren't expected to win championships, they tend to be more relaxed and friendly than they might be on their home turf. Even so, a child with no more than a casual interest in a sport may consider a sports camp overzealous.

What do the kids do?

Typically, youngsters concentrate on learning and practicing a game—almost to the exclusion of everything else except eating and sleeping.

The following daily schedule of a well-regarded tennis camp is fairly typical:

Breakfast	7:20 to 8:15 a.m.
Instruction	9:00 to 10:30 a.m.
Break	10:30 to 10:45 a.m.
Instruction	10:45 to 11:45 a.m.
Lunch	12:15 to 1:00 p.m.
Instruction	1:30 to 2:45 p.m.
Break	2:45 to 3:00 p.m.
Instruction	3:00 to 4:00 p.m.
Dinner	5:45 to 6:30 p.m.
Practice	7:30 to 9:30 p.m.

At camps for younger kids, low-key entertainment like movies sometimes replaces evening practice sessions; tournaments are sometimes scheduled for older youngsters.

Do youngsters really learn?

The answer to that question is an unqualified "yes." But, naturally,

continued

Drawing: Hellman Design Assoc.



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continued

Sports camps

how much a youngster learns depends on his personal motivation and the quality of the instruction he receives at the camp you select. There are at least two reasons sports camps are apparently so successful in teaching kids about a sport.

First, the most common fault of almost all young athletes (in virtually every sport) is a weakness in executing the fundamentals of a game. The fundamentals must be mastered before a youngster can play any game well, and sports camps stress these basic skills. Of course, since a youngster's stay at a sports camp is relatively short, there's not enough time to teach everything.

At a tennis camp, for example, the emphasis might be on learning exactly what's required to hit a good backhand stroke, or how to get the most "zing" on a serve. Both are relatively limited goals that can usually be mastered in a short time span. Naturally, other basic aspects of the game could be covered as well, with the youngster (aided by a competent camp instructor) deciding what's the most important for him.

Some kids can improve their game in several basic areas, depending upon the level of skill they bring to camp. What's significant is that sports camps can improve those areas of a person's game that are most in need of help.

Second, sports camps utilize a psychological technique called "total immersion." They rigorously teach a single sport all day long, every day of the week. In this atmosphere where everything focuses on one sport, youngsters become highly receptive to instruction; they learn tips and techniques about a game much faster than they might anywhere else. Everything at a sports camp reinforces that learning—dedicated instructors, good facilities, eager kids, emphasis on the "right" way to do things.

How much does it cost?

In some areas of the country, sports camps have been teaching youngsters the finer points of different games for decades. The majority of these sports camps are private, sometimes even luxurious. Prices for their services can run as much as $300 or more a week per youngster, including board and room, though rates of $150 to $250 generally are more common.

Yet sports camps now operate at many colleges and universities to fill dormitories during the summer—and to employ off-season coaches. A good, first-rate sports camp on a college or university campus could charge $100 a week or less, including board and room.

Want more information?

If your youngster is now active in a sport, check with his coach (or physical education instructor) in his school. The coach should be well-informed about sports camps in your area (and may even teach at one). The athletic department at your local high school also may be able to help. The athletic director, or varsity coaches in the particular sport you have in mind, usually can provide information—even recommend a camp.

Nearby colleges and universities are still other sources. One even may be operating a summer sports camp. If so, they'd be happy to send you a brochure describing it.

You also can get the names of sports camps from newspaper or magazine ads. Be sure to check with someone whose child has attended any camp that interests you. Or you can write to the Advisory Council for Camps (c/o Francine Wells Foley), 400 Madison Avenue, New York, New York 10017.

The following publications (you may be able to find them in your local library) contain information on all sorts of camps, including some sports camps for kids.

- *Parents Guide to Accredited Camps* (Northeast, Midwest, Southern, and Western editions), American Camping Association, Bradford Woods, Martinsville, Indiana 46151 ($2.40 each).
- *The Guide to Summer Camps and Summer Schools*, Porter Sargent Publisher, Inc., 11 Beacon Street, Boston, Massachusetts 02108 ($8 hardcover, $5 paperback). ■

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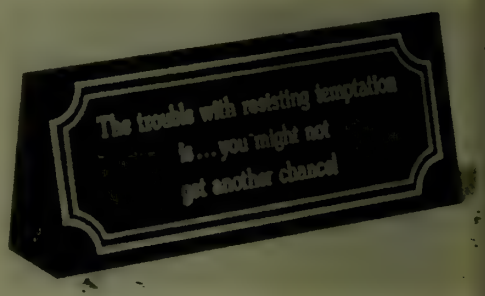
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by Ann Lively



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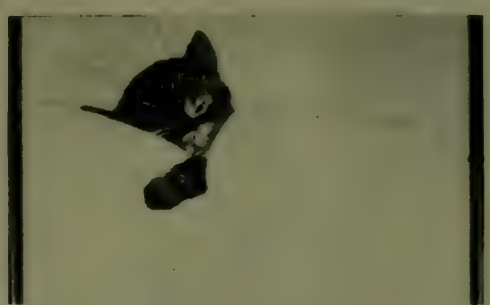
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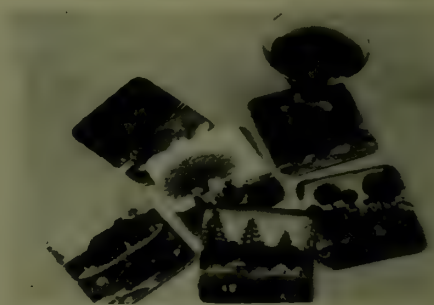
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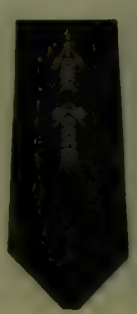
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Yes, here is a dream come true . . . everything you've ever hoped for or wished for in a tree. Here is a miracle of nature that hoists itself higher than even the most treasured weeping willow . . . that reaches out wider than even the most graceful English maple . . . that lofts its symmetrical branches over your grounds and gardens with a splendor, and beauty that few trees can match!

SPECTACULAR BEAUTY ALL 4 SEASONS OF THE YEAR!

Yes, here is one of those rare gifts of nature that not only thrusts itself to towering heights in record time . . . that not only drapes itself in lush green foliage from Easter time to way past Labor Day . . . but for a real "magazine cover effect" lavishes its branches with delicate clusters of beautiful, flowers starting in spring . . . and then in fall and early winter for a real show-stopper transforms its colors to a golden pyramid and in the dead of winter its graceful branches make a startling contrast against a snow-covered landscape! Meaning: you get a spectacular show of changing beauty ALL 4 SEASONS OF THE YEAR!

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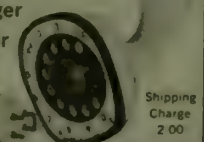


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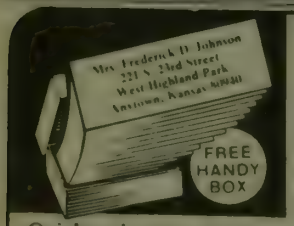
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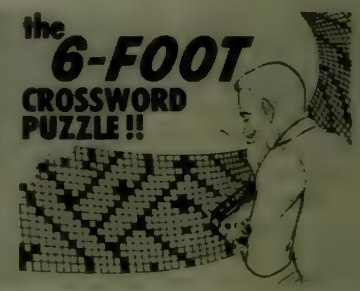


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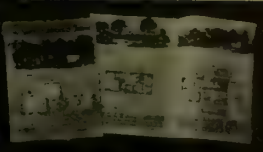
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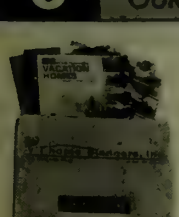




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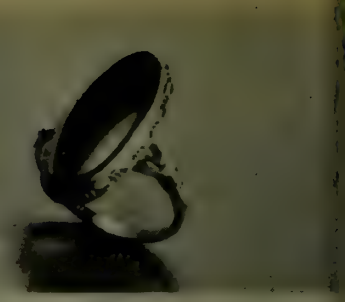
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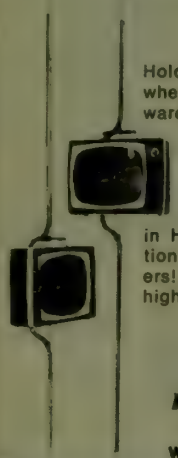
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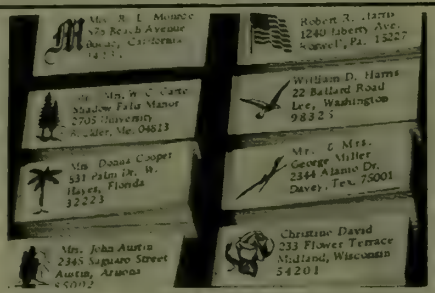
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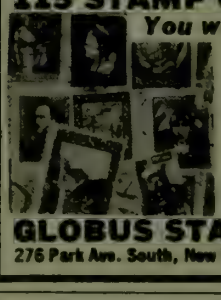
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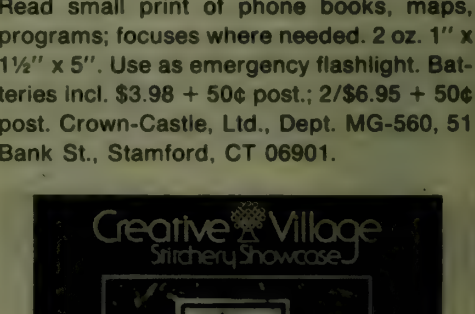
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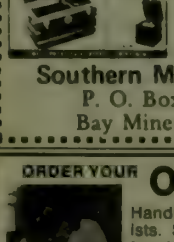
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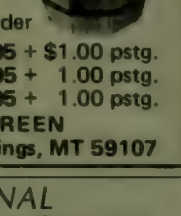


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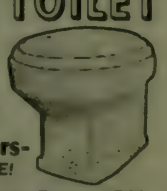
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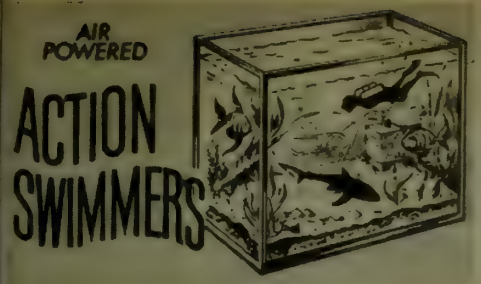
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Patio Mold — 12" wide x 2" deep

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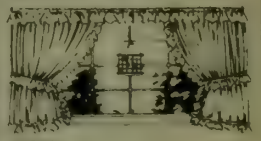
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NO-IRON MUSLIN
SUPERIOR QUALITY—VALUE PRICED!



To one pair of curtains add 1 insert valance for double windows all on one rod.



TIERS	
24", 30", 36" lg.	7.50 pr.
WITH TIEBACKS	
45", 54", 63" lg	11.00 pr.
72", 81", 90" lg.	13.50 pr.
INSERT VAL 54" w.	2.50 ea.
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Charming reproduction from Provincetown, Cape Cod. Extra-full 3" ruffles, extra-wide 80" to pair with attached top valance. 50% polyester - 50% cotton muslin in **Natural or White.** Machine wash/dry. **Satisfaction unconditionally guaranteed.** Add $2.00 post./hdlg. Send check, M.O., Master Charge or Bank Americard. N.Y. Res. add tax. **Free Color Catalog.**

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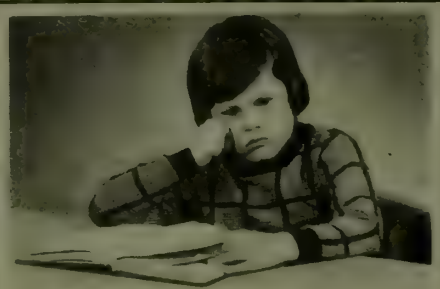
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Convert your drawer space into a silver chest instantly! Pad is lined with Pacific Silvercloth with fold over flap to keep out dust. Prevents tarnish and scratching—silver is always clean and ready to use. Standard size holds 108 pieces. Jumbo holds 120 pieces.

Standard (11¾" x 15" x 2¼") **$10.99**
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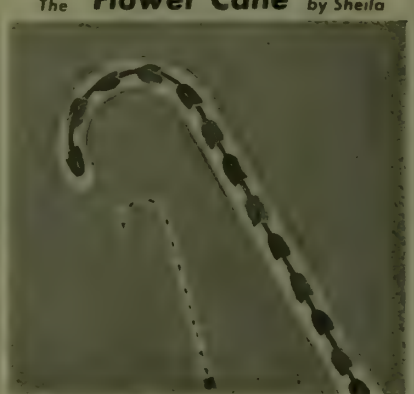
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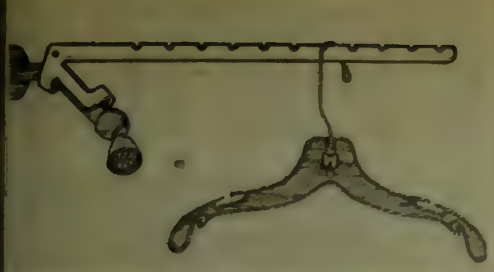
Adjustable plant pole

Four 8" arms swivel and adjust up or down for desired level. Spring-loaded pole fits ceiling heights up to 9'4", easily assembled & installed in minutes. $8.99; set of 2 extra arms, $1.29 + $1 post. Holiday Gifts, Dept. 404-7L, Wheat Ridge, CO 80036.



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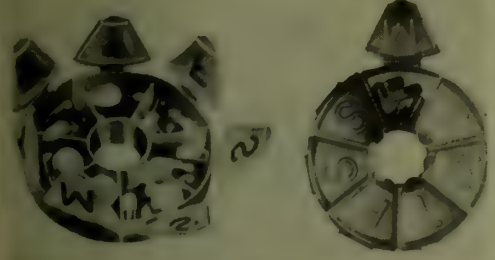
Mason jar shakers

Beautifully reproduced Mason jar Salt & Pepper Shakers. Authentic down to real wire bails that secure the lids. 3¾" tall, $1.98 pr.; 2 pr./$3.49 + 25¢ post. per pair. (PA res. add 6% tax.) American Consumer, Dept. MJ-35, Caroline Rd., Philadelphia, PA 19176.



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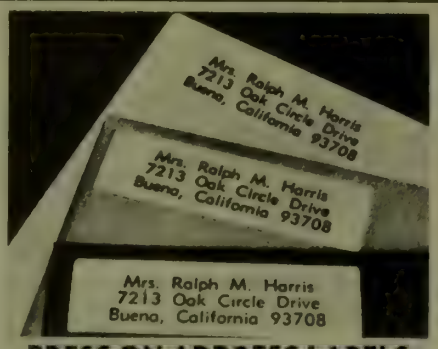
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RNP

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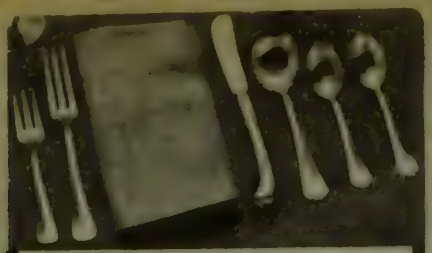
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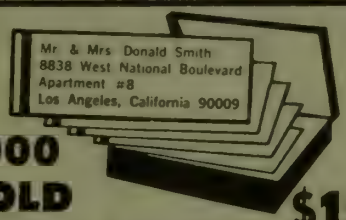
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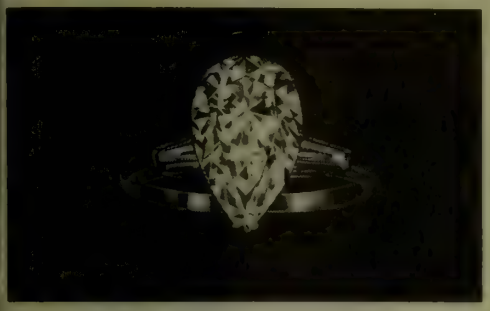
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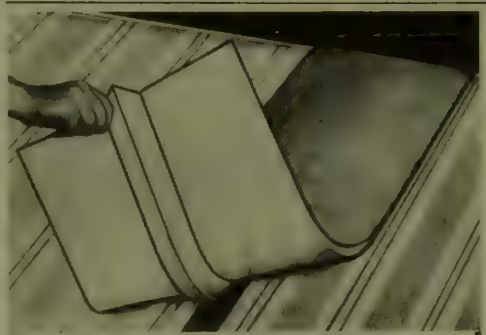
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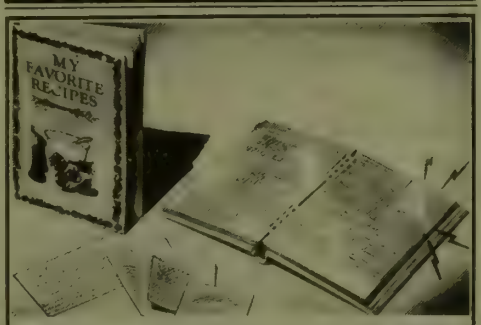


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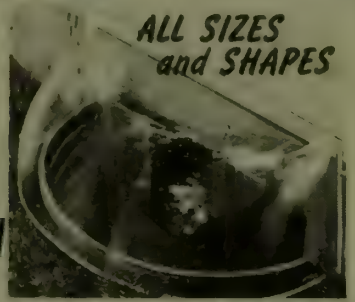
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Genuine Red and White coral becomes Rarer every day as it is in very limited supply. The gentle natural colors are just simply beautiful, and add warmth to any wardrobe. You'll find these retailing at $50-$75 each, but being the largest supplier we are very proud to offer these totally handmade 18" coral necklaces at only **$12.50** each. (Limit five necklaces per person specify Red or White). Please add $1.25 per necklace ordered for postage, packing and insurance.

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HOLIDAY GIFTS
Dept. 404-7D, Wheat Ridge, Colorado 80036



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This course will teach you how to play "pop" piano—which means anything that can be played with "chording" in the left hand. That would include most all popular music, folk songs, western songs, many gospel songs, and some light classical music. The visualized chord system has the advantage over traditional method books in that you can see clearly which keys to play, which fingers to use, and so forth. You'll learn to form 12 major chords; change major chords to minor chords; read the tune of a song; and create a chording base with your left hand and much more. **$3.95** plus 75¢ pp. & hdlg.

Money back guarantee.

J.W. HOLST, INC., Dept. BP-47
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SANDERS, Dept. J-46, Box 92102, Houston, Tx 77206.



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DOUGLAS COOK, Dept. BH-1 Las Vegas, NV. 89119



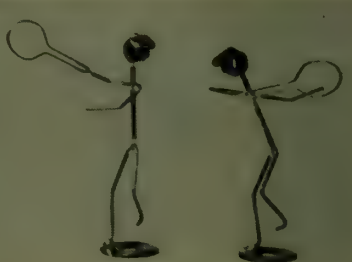
The greatest of bed mates

Downright luxury if you read or write in bed. Pockets for books, magazines, tissues. Sturdy cotton canvas, bold 2" navy initials. 16" x 9". #2275, $8.98; 2/$17.50 + 75¢ post. Print Initials. Lillian Vernon, Dept. H4E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



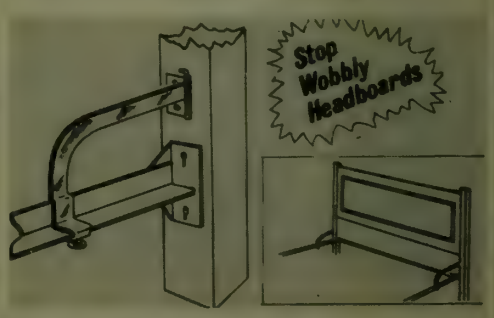
Commuter coffee cup

Don't waste time stopping to enjoy coffee; mug has a spillproof cover with an opening for sipping. Fits into an outer cup that adheres to the dashboard. 3¾" high. $3.25 ppd.; 2/$6 ppd. Bruce Bolind, BH-4 Bolind Bldg., Boulder, CO 80302.



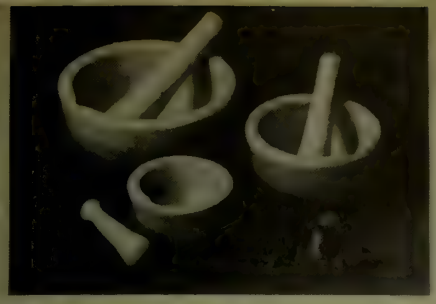
"Love" at first sight

This tennis duo will cause you to fall in "love"! Can be used as gifts or tennis awards; or a unique collectible. Of wire, nuts and washers, 5" high. Order style Q-59, $3.95 postpaid. Spear Engineering, Dept. 3013, Box 7025, Colorado Springs, CO 80933.



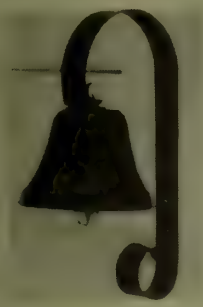
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Mount on inside of door; flexible scroll rings bell when opened. Scares intruder; warns you. Black iron 6½"H, $2.50 ea., $4.25 pr. + 75¢ post. ea. Americana Catalog free with ord. or 50¢. Sturbridge Yankee Workshop, 469 Brimfield Tpke., Sturbridge, MA 01566.



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Dept. BHG-477, Lafayette Hill, Pa. 19444

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4781 Necklace $4.98, 4782 Earrings $3.98
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Add 50¢ post. & hdlg., NY res. add taxes

LILLIAN VERNON Dept. H43 510 S. Fulton Ave. Mt. Vernon, NY 10550

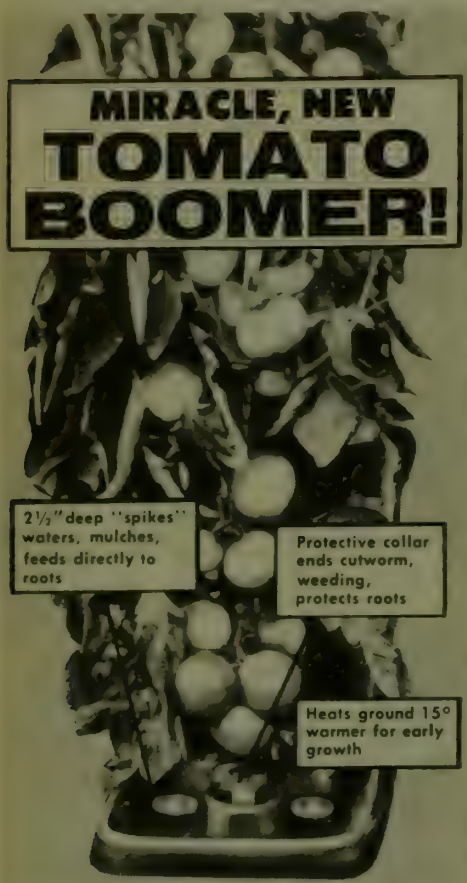
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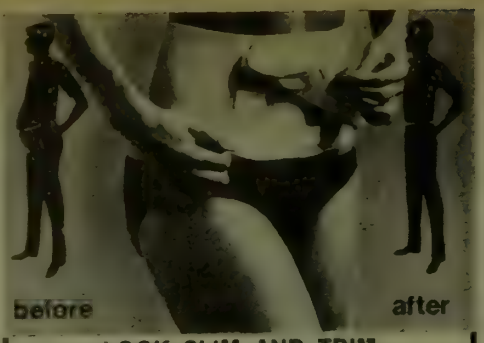
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Please rush TOMATO BOOMER AUTOMATOR. Satisfaction guaranteed or purchase price refunded. I enclose $_____

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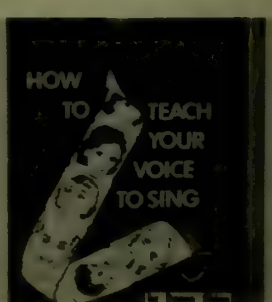
A golfing trio—fore!

Makes excellent golfing awards for duffers and pros alike. Golfers of nuts, wire, and washers too! Approx. 5", $3.95 postpaid. Specify style and type wanted. Style: Q-10. Spear Engineering, Dept. 3012, Box 7025, Colorado Springs, CO 80933.



Copenhagen blue porcelain plates

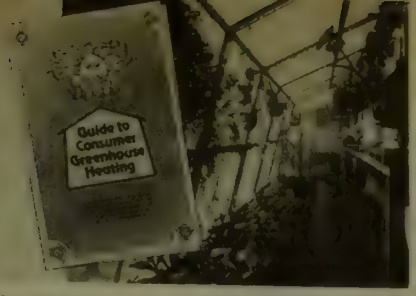
With Currier & Ives lithographs. "Homestead in Winter" shown. Also, "Farmer's House," "Home in Wilderness." 8⅛" dia.; hanging loops. $3 + 50¢ post; 4/$9.98 + $1 post. (PA res. 6% tax) American Consumer, Dept. UH-141, Caroline Rd., Philadelphia, PA 19176.



Teach your voice to sing

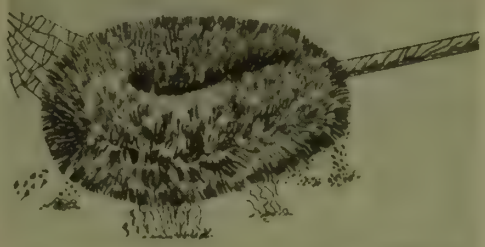
If you can speak, you can sing! New book will show you how to "educate" your voice so it will sound like you want it to sound . . . beautiful! $3.95 + 65¢ post. J. W. Holst, Inc. Dept. BV-47, 1864 E. U.S.-23, East Tawas, Mich. 48730.

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Old-time player piano



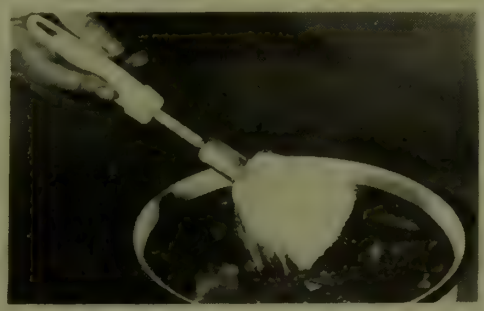
Bring back memories of yesteryear with miniature wooden music box that cranks out nostalgic tune "The Entertainer." Sliding panel doors, rotating musical cylinders & matching bench. 4" x 5", $9.99 + $1 post. Holiday Gifts, Dept. 404-7M, Wheat Ridge, CO 80036.

1,000 all different stamps



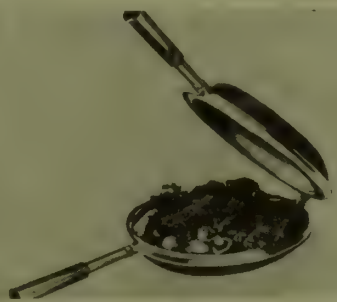
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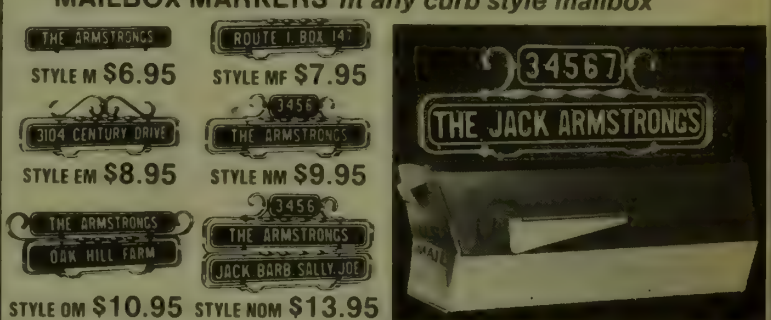
Spear **DAY-n-NIGHT** MARKERS

LAMP POST & WALL MARKERS *for home or office*



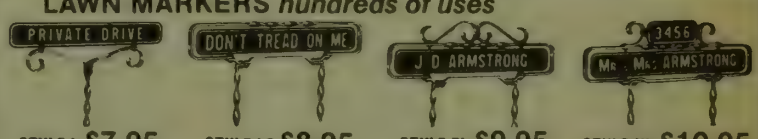
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The Man Next Door®

Spring cleaning revealed a couple of Christmas presents Christine had hidden so well she couldn't find them to give to the children last December. Now the question is whether to bestow them with apologies or save them for next Christmas, which would put her ahead on the shopping. Unless, of course, she hides them too cleverly once again.

The old line is that all cats are gray at night. And all baseball teams are world champions in April.

In the spring, a young man's fancy —judging by my son, anyway— turns to thoughts of financing a new first baseman's mitt.

Chris observes that plants are like children in that each is an individual. Some need a lot of attention and encouragement, while others seem to thrive on being let alone.

Sometimes I think that people who are concerned about the kind of folks who might move into their neighborhood would be better off worrying about the kind of folks they're rearing in their own homes.

Dad Hillis is philosophical about the doctor's suggestion that he quit smoking his pipe. "I figure," he says, "that I've already burned holes in my quota of sweaters."

As garage sales make their progress through the neighborhood, Christine figures that our floor lamp has circulated around the block three times in the last two years.

We occasionally get a little snow in April. People who would have cussed it in February are just kind of amused, figuring that nature is entitled to fool around sometimes.

Rosemary's education is, of course, worth every penny, but I can't help reflecting that we bought our first house for what a year of college costs these days.



"We didn't have any of the red wine the recipe called for, so I used strawberry pop instead."

Some marriages we see around us are fairly fragile, but Chris and I are confident that ours can survive another season of teaming up for tennis doubles.

Uncle Dodd says he can understand all this talk about people his age living on fixed incomes when his is in such urgent need of fixing.

When my wife calls my classic car a heap of junk, I reply that I don't refer to her treasured heirlooms as used furniture.

Though I know it's progress, I can't help feeling a certain nostalgic sadness when I note that the city has taken the vacant lot where we kids used to play and converted it into a playground.



Firmly as I believe in the nuclear family, there are times when everybody is sprawling, sitting, chattering, or playing guitars in the living room that I wish the nucleus would sort of spread out a little.

I'm always slightly amused when a clerk in a store says something like, "Of course it's not an antique, but it's a collectible."

Just when collectible became a noun I'm not sure, but my amusement is not grammatical. It can be attributed to the fact that I can't think of anything that's not a collectible these days. A collectible is anything people collect, and it's hard to imagine anything they don't.

To the collecting classics, such as stamps, coins, books, and art, have been added such esoterica as barbed wire and ball-point pens. There are even serious collectors of beer cans. (Unfortunately, the hobby is not yet widespread enough to make any major dent in roadside litter.)

Personally, I think it's great that people find so much pleasure in collecting, no matter what their choice may be. The important thing is that when they get together to show and swap and talk about their treasures, they seem to have fun.

Even though I seem to be immune to collecting, I am surrounded by collectors. Christine was a collector when I married her, although she denies that she began with fraternity pins in college. Over the years, she has collected antiques and spoons, thimbles and china figurines. Judy has collected everything from stray cats to dolls of all nations.

Burt, Jr., has his baseball cards, model airplanes, and rocks of unexplained value.

This would appear to leave me as the only non-collector in the family, but it could be looked at another way: Maybe I'm the most avid collector of all. Look at all the collectors I have collected under one roof.

Burton Hillis

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FOOD

HOW TO MAKE THE LAYERED FRUIT DESSERT ON OUR COVER



Food Stylist: Coena Coffee. Photograph: Maselli

LAYERED FRUIT DESSERT

Bake pastry a day ahead—

3 sticks piecrust mix
1 16-ounce can peach slices
1 tablespoon sugar
1 tablespoon cornstarch
2 tablespoons brandy
1 3¾- or 3⅝-ounce package *instant* vanilla pudding mix
1 cup milk
1 tablespoon lemon juice
½ of 4½-ounce carton frozen whipped dessert topping, thawed
1 8¼-ounce can crushed pineapple, drained
1 21-ounce can cherry pie filling
¼ teaspoon ground cinnamon

Prepare piecrust mix according to package directions. Form pastry into a ball. Divide into four portions. On lightly floured surface roll each portion of dough to a 9½-inch circle. Invert an 8-inch round cake pan atop pastry; trace lightly with tip of paring knife. Remove pan and cut a scalloped edge outside circle. Prick well with a fork. Place the pastry circles on two ungreased baking sheets. Bake in a 375° oven for 12 minutes or till lightly browned. Cool on baking sheets.

Drain peaches, reserving ⅓ cup syrup. Set aside a few peach slices for garnish. Cut remaining slices in half lengthwise. In saucepan combine sugar and cornstarch. Add reserved peach syrup. Cook and stir till bubbly. Cook 1 minute. Remove from heat. Stir in brandy and halved peach slices. Cover with clear plastic wrap; cool.

Prepare pudding mix according to package directions *except* use 1 cup milk. Stir lemon juice into prepared pudding. Fold in dessert topping and pineapple; set aside. Combine cherries and cinnamon; set aside.

To assemble: Place one pastry circle on serving plate. Spoon thickened peach mixture to within 1 inch of pastry edge. Cover with second pastry circle. Spoon on *half* of the pudding. Top with third pastry circle. Reserve ¼ cup of the cherry mixture; spoon remainder onto pastry stack. Place fourth pastry circle atop. Spread with remaining pudding and garnish with reserved cherries and peaches. Cover with large inverted bowl. Chill 4 hours. Cut with serrated knife. Makes 8 to 10 servings. ■

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Is something wrong with your sense of taste or smell?



One of the things most of us notice when fighting a head cold is that foods—even our favorites—don't taste or smell as good as usual. Fortunately, in most cases the ability to savor and sniff returns within a few days. In the interim, some people even find a silver lining by quitting smoking or starting a new diet. But for hundreds of thousands of Americans who suffer a chronically diminished sense of taste or smell the problem is much more serious. It can play havoc with the career of a grocer, wine taster, restaurateur, or chemist; and the person who prepares family meals is acutely handicapped, too.

Not being able to taste or smell properly causes many people to lose interest in food and, as a result, lose weight; some even become malnourished. There are other dangers, too: unknowing exposure to spoiled foods and poisons, and inability to detect smells such as leaking gas or smoke from a fire. And missing out on the convivial aspects of eating can even upset family relationships and friendships. Not surprisingly, some victims of taste or smell deficiencies become depressed.

What are the taste and smell disorders?

Taste and smell abnormalities often occur together. Common expressions such as "That smells so good I can practically taste it!" confirm that, indeed, the two senses reinforce each other. Often patients complain of loss of taste when in fact they've really lost the sense of smell. The two senses are, however, distinct, and disorders of taste or smell can occur independently.

A person's sense of taste or smell can be completely absent, diminished, distorted, or perverted. Total loss of taste is referred to as *ageusia;* a diminished sense of taste is called *hypogeusia;* a distorted sense of taste is called *dysgeusia;* and a perverted sense is called *cacogeusia.* The corresponding terms for the sense of smell are *anosmia, hyposmia, dysosmia,* and *cacosmia.* To a person suffering from cacogeusia something pleasant might taste foul or obnoxious. And to a person with cacosmia, perfume might smell like sewage.

While the loss of the ability to taste or smell is unpleasant, the distortion or perversion of the senses can be downright frightening.

Who develops these disorders?

While some persons are born without the ability to taste or smell, most suffer the handicap after illness or injury. Anyone can be afflicted.

Of the two senses, smell is most likely to be diminished or lost. Physicians say the common cold, head trauma, and specific viral infections are the most frequent causes of smell disorders. When a cold or respiratory infection is the cause, the ability to smell usually returns quickly. But when the loss is caused by minor head trauma, it may take years for the sense of smell to return. Physical deformities in the nose and excessive use of medication can also cause a loss of smell.

The loss of taste is most often caused by ear trauma or surgery on the middle ear because the nerves that carry taste sensations to the brain travel near the eardrum. Some diseases interfere with the chemical reactions of the taste buds and may cause partial or total loss of taste. In fact, studies are under way at four major medical centers to determine the incidence of taste loss in cancer patients, and to study the relationship between cancer and taste loss.

Taste and smell problems along with severe, frequent headaches and vision problems could indicate a brain tumor. The disorders also are associated with nasal polyps and heavy smoking. Taste and smell problems have been reported after strokes and severe burns, and may accompany neurologic and muscular disorders, diphtheria, encephalitis, hypothyroidism, pregnancy, menstrual irregularities, and menopause. Some drugs and chemicals can interfere with taste and smell.

Most people who have taste or smell losses are otherwise healthy.

continued

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continued

Sense of taste or smell

How are disturbances in taste and smell determined?

Information about the taste of whatever enters the mouth comes from hundreds of taste buds on the tongue, palate, and throat. Most people lose the ability to taste bitter substances first. Salt and sour taste losses are next. Last to be affected is the ability to taste sweets.

The number of taste buds decreases with age thus accounting for a common complaint among the elderly that things just don't taste as good as they used to. Some people —for example, those who can drink the dregs of the coffeepot or who require excessive amounts of salt— may be unaware that they have a taste impairment. And, some people are reluctant to admit a taste or smell disorder for fear of being told the problem is psychological.

To measure the patient's ability to taste, the doctor may place concentrations of sweet, sour, salty, and bitter substances on the patient's tongue in a predetermined sequence. The doctor also may ask the patient to sip the substances. In a typical series of three substances, one is a chemical; the others are water. The patient is asked to pick out the chemical, identify the taste sensation, and describe its intensity.

Usually persons whose ability to produce saliva is impaired also suffer disordered taste. The presence of certain proteins in saliva is thought to be related to the ability to taste. Georgetown University endocrinologist Dr. Robert I. Henkin and his associates have discovered that low levels of a zinc-containing saliva protein (gustin) are found in patients with pronounced taste disorders. When the protein levels are restored to normal, the ability to taste is also restored.

Far more is known about the sense of taste than the sense of smell. The presence of a nasal mucous layer appears to play as critical a role for smell as saliva does for taste. Persons who develop profound nasal dryness lose their sense of smell. "Sniff" techniques are used to measure the patient's ability to detect and recognize vapors.

Is treatment available?

When the underlying cause can be detected and treated, disorders of taste and smell can sometimes be corrected. Although causes often are hard to pin down, a number of new drug treatments have helped persons who have suffered taste and smell impairments for years.

Recent studies have been carried out to judge the effectiveness of certain trace minerals and vitamins in restoring the sense of taste. A person with a proven zinc deficiency may be able to regain taste by taking the trace mineral in capsule form. For most persons, however, the "standard" American diet provides enough zinc. Authorities agree that it's not possible to prevent a taste disorder simply by taking extra vitamins or zinc.

Even with no treatment, some people improve spontaneously, seemingly overnight, but more often the process is gradual.

Help yourself

If you suffer from taste or smell disturbances, by all means consult your family doctor. He may refer you to a doctor who specializes in diseases of the nervous system (a neurologist), or in ear, nose, and throat conditions (an otolaryngologist), or in glands (an endocrinologist). Your physician will monitor your diet to make sure that you do not suffer vitamin and mineral deficiencies, because of your reduced intake of food. Persons with impairments usually find that bland foods such as rice, milk, noodles, and some fresh fruits are the most palatable.

If you live alone, guard against food poisoning by labeling perishable food with the date of purchase and by cooking foods thoroughly.

If you suffer a smell disorder, a smoke detector that sounds an alarm is a wise investment.

For more information about research efforts, write: The Taste and Smell Foundation, 918 16th Street, N.W., Washington, D.C. 20006. ■

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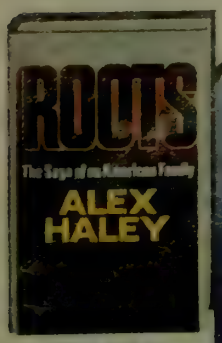


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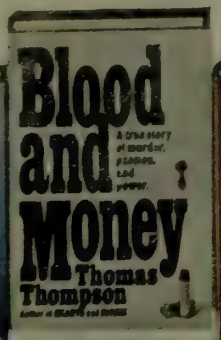
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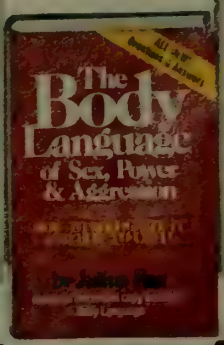
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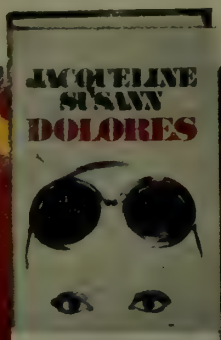
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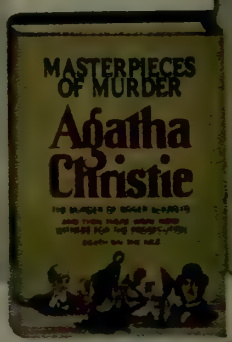
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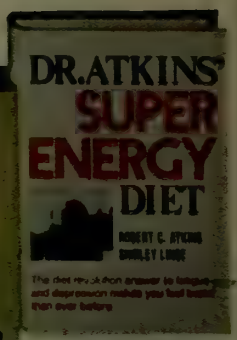
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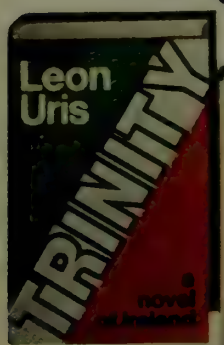
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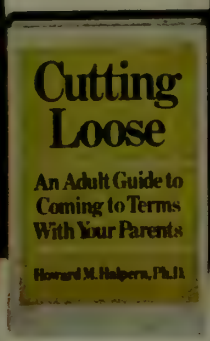
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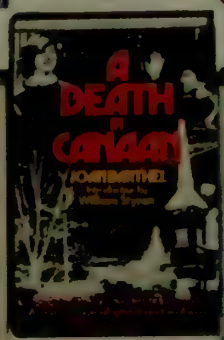
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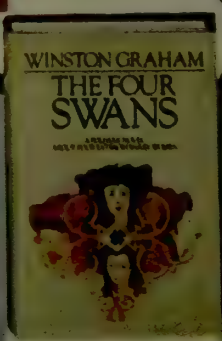
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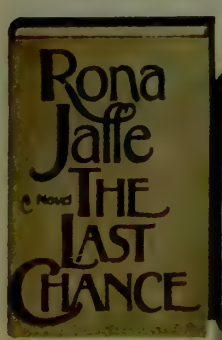
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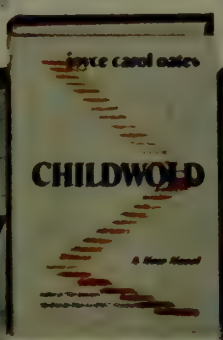
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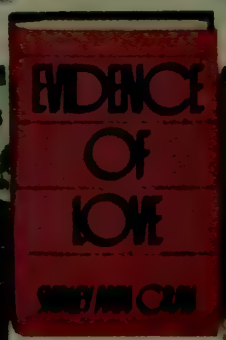
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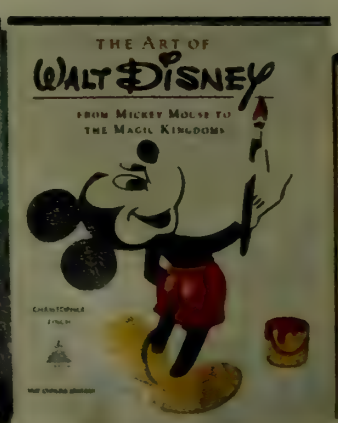
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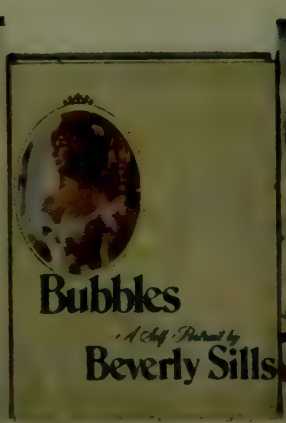
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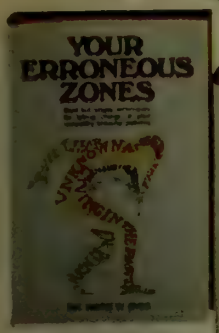


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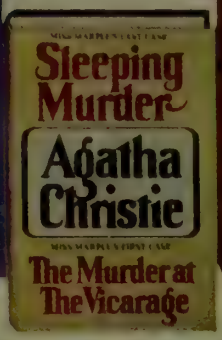
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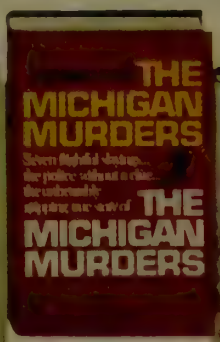
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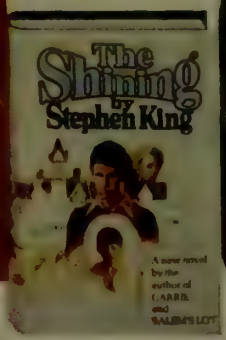
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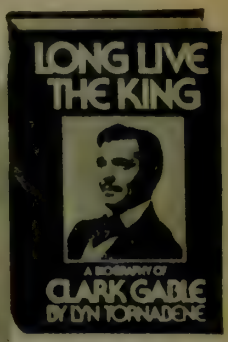
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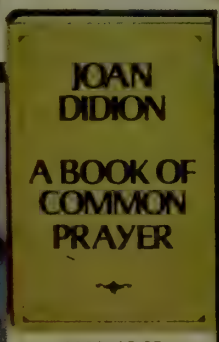
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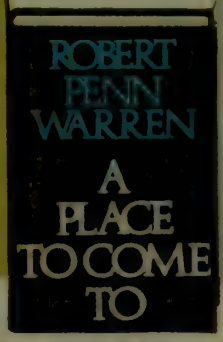
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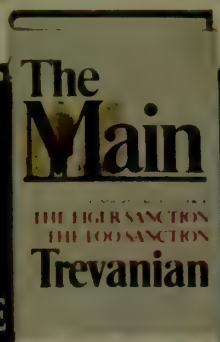
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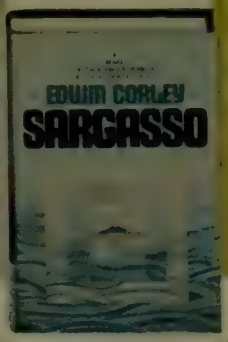
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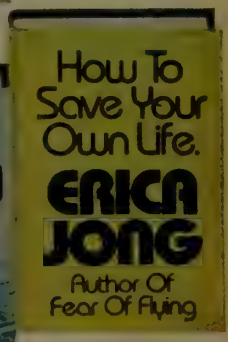
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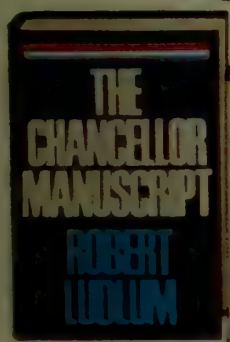
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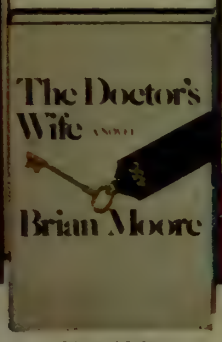
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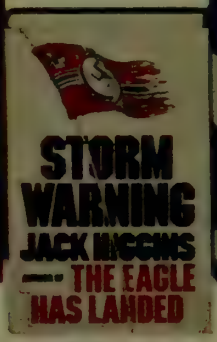
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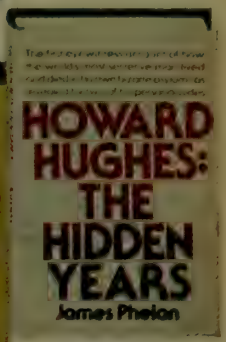
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1977 SENSIBLE GROWTH AWARD WINNERS

Each year the National Association of Home Builders and Better Homes and Gardens cosponsor a Sensible Growth Design and Planning Awards program. Listed below are this year's winning communities, deemed outstanding in neighborhood planning, concern for the environment, architecture, and overall excellence.

If you live near any of these communities, you'll find a visit there worthwhile. You'll see firsthand how well-designed new neighborhoods can offer a great way of life.

Grand awards

UNIVERSITY PARK
Lansing Village, New York
Developer: The Questor Group
Architect/Planner: Donald Sandy, Jr. A.I.A.

HEATHER RIDGE
Baltimore, Maryland
Developer: Herbert J. Siegel/Chesapeake Financial Corp.
Architect/Planner: Nelson-Salabes

VILLAGE GROVE
Corona, California
Developer: Corona Land Company
Planners: Floyd Zielke, McCutchan and Associates

BEACON WOODS
New Port Richey, Florida
Developer: Beacon Construction Company
Architect/Planner: Eugene R. Smith & Associates

THE VILLAGE OF WOODBRIDGE
Irvine, California
Developer: The Irvine Company
Planner: Sasaki, Walker Associates

Merit awards

BARLEY MILL COURTS
Wilmington, Delaware
Developer: Disabatino and Pala Enterprises
Planner: Edward H. Richardson Associates

EMBARCADERO COVE
Stockton, California
Developer: Patman Company
Architect/Planner: Donald Sandy, Jr. A.I.A.

FAIRWEST
Arcadia, California
Developer: Jay Gotfredson
Architect/Planner: Louis E. Rodwell & Associates

THE COVE
Newport Beach, California
Developer: Irvine Pacific Development Company
Architect/Planner: Richardson/Nagy/Martin

THE TOWNHOME VILLAGE AT CEDAR HILLS
Portland, Oregon
Developer: The Robert Randall Company
Architect/Planner: Ronald G. Naff

BROADMOOR PARK/SADDLE HILL RANCH
Tustin, California
Developer: Broadmoor Homes, Inc. and Akins Development Company
Planner: J. L. Webb
Architect: Morris-Lohrback, A.I.A.

THE POINT
Annapolis, Maryland
Developer: Annapolis Waterfront Company
Architect/Planner: Berkus Group

STONEY BROOK
Denver, Colorado
Developer: Dusco, Inc.
Planner: David Clinger
Architect: Ramon Martinez

TWIN LAKES AT WILDWOOD
Fairfield, Ohio
Developer: Towne Properties, Inc.
Planner: Walter J. Richardson
Architect: Steinkamp & Nordloh

BEACHWALK
Huntington Beach, California
Developer: A. J. Hall Corporation
Architect/Planner: Richardson/Nagy/Martin

SELBY RANCH
Sacramento, California
Developer: Robert C. Powell Developments
Architect: Donald Sandy, Jr., A.I.A.

WONDERLAND HILL
Boulder, Colorado
Developer: Wonderland Hill Development Company
Architect/Planner: Downing/Leach & Associates

MONTGOMERY VILLAGE
Gaithersburg, Maryland
Developer: Kettler Brothers, Inc.
Architect/Planner: Kettler Brothers

BECKETT RIDGE
West Chester, Ohio
Developer: Beckett Ridge Joint Venture
Planner: Maitland/Strauss
Architect: Schwab and Twitty

BOCA WEST
Boca Raton, Florida
Developer: Arvida Corporation
Planner: Harland Bartholomew & Associates
Architect: Schwab and Twitty ■

"Almost 50% of America's children don't get enough Vitamin C."



"That's why I'm glad my children love the taste of TANG."
BRAND

"I couldn't believe it when I read it.

"But according to the U.S. government, almost 50% of all the children in this country fail to get their recommended daily allowance of Vitamin C.

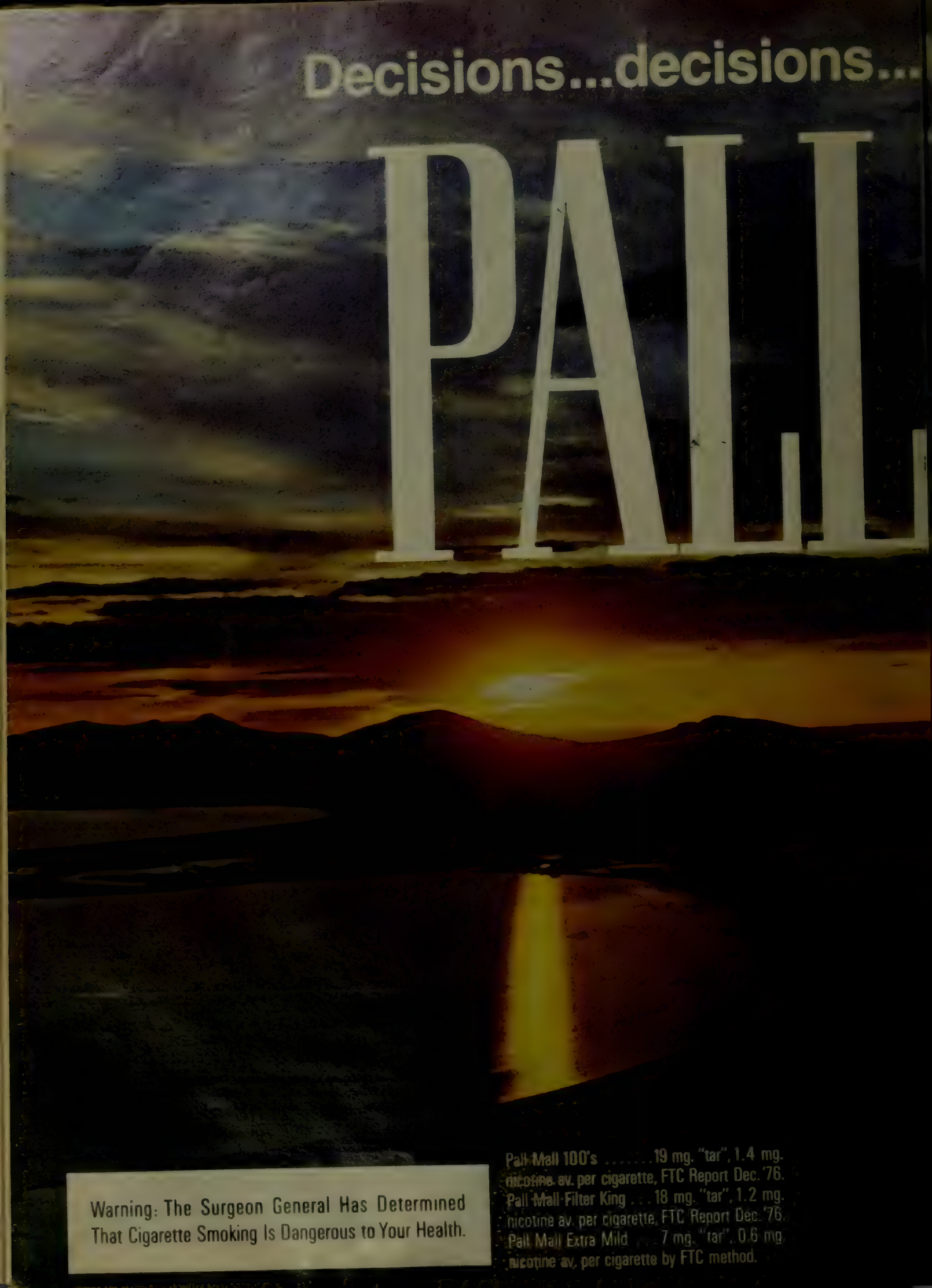
"I'm glad my children don't have that problem. They love the taste of Tang. And each glass of Tang Instant Breakfast Drink contains a full day's supply of Vitamin C.

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TANG. Now also available in convenient 9 quart canisters.



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Pall Mall Filter King . . . 18 mg. "tar", 1.2 mg. nicotine av. per cigarette, FTC Report Dec. '76.
Pall Mall Extra Mild . . . 7 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

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America's best-tasting king-size cigarette... made to taste even milder with a filter.

Only 7 mg. tar.
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PALL MALL EXTRA MILD
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TIPS TOOLS & TECHNIQUES

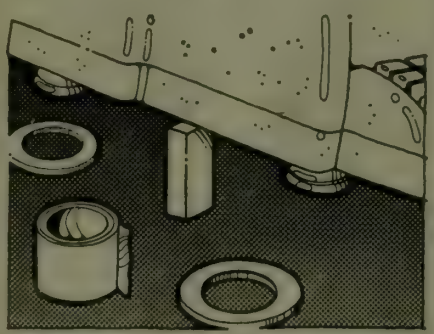
PROBLEM

Even though your typewriter has rubber feet, it still creeps across your desk top.

SOLUTION

Make hardboard cutouts to anchor two of the feet. (Cut the holes slightly larger than the feet.) Then cover one side of each piece with double-faced tape and stick the pieces to the desk.

W. W., Sacramento, Calif.



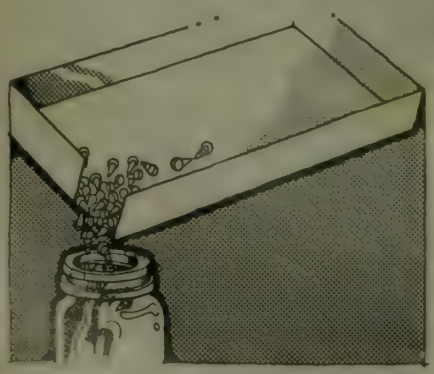
PROBLEM

After you've poured a jarful of screws onto your workbench, it takes you longer to refill the jar than to find what you needed.

SOLUTION

Cut a notch in the top of an old shoe box as shown, then empty the jar contents into the box top. When you're through sorting, just tilt the box top to refill the jar.

R. S., Clearwater, Fla.



This feature is written by you. It's a wide-ranging collection of shop hints, installations tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

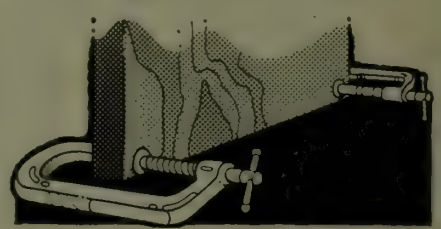
PROBLEM

You need to steady a board on edge to do some nailing, but you don't have a vise.

SOLUTION

Screw a couple of "C" clamps to the board, allowing them to lie flat as shown.

R. R., San Bernardino, Calif.



PROBLEM

It's tough to hold tiny nails and brads while you're starting them with a hammer.

SOLUTION

Use a long cotter key to grip the nail until it's started.

D. Y., Watertown, Wis.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques. Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

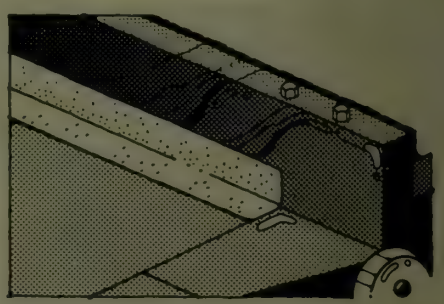
PROBLEM

When you're cutting veneer or laminated plastic on your table saw, sometimes the material slides under the rip fence.

SOLUTION

After locking the fence, stick masking tape along the fence and table as shown. If the fence is resting on open extension rails (no table underneath), tape an aluminum angle to the fence.

J. S., St. Louis Park, Minn.



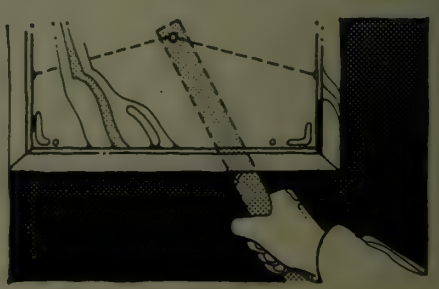
PROBLEM

You're hanging several pictures on a wall and are having trouble positioning the hangers so all the pictures line up.

SOLUTION

Drive a nail partially through a wooden slat, and hang the picture wire on the nailhead. Then position the picture by holding the slat as shown. When the picture is lined up, remove it and press the nail against the wall to mark the spot for the hanger.

G. H., Austin, Minn.





Presenting Sears Open Hearth Country Home. Come inside and save.

Generations ago, Country American craftsmen designed furniture rich in both charm and durability. Today Sears recalls this design in the Open Hearth collection of Country American furniture, carpeting and accessories.

In the next twelve pages, we've gathered the collection together in an Open Hearth Country Home. And nearly everything is on sale. So come inside and save.

Sears

© Sears Roebuck and Co 1977



Come inside and save $3.00 sq. yd. on Soft Shadows III carpeting. Now just $8.99.

Also save $20 to $120 on many living room pieces.

Sears creates a comfortable Country American setting in the Open Hearth living room. And most everything is on sale now.

Soft Shadows III carpeting is 100% nylon pile. That's the most durable carpet fiber there is. And it's available in fifteen colors (you'll see more of Soft Shadows III in the next few Open Hearth pages).

Also save $100 on the three-cushioned living room sofa. It's accented with pine and pine veneers and covered in a wide selection of colors and fabrics. Then it's treated with Scotchgard® Brand fabric protector.

So let us entertain you with savings throughout the Open Hearth living room, available now at most Sears large stores.



Save on Open Hearth living room furniture:

Floral sofa	reg. $499.95	Sale $399.00
Floral chair	reg. $329.95	Sale $269.00
Floral ottoman	reg. $139.95	Sale $ 99.00
Sofa sleeper (not shown)	reg. $619.95	Sale $479.00
Recliner	reg. $269.95	Sale $229.00
Drawer end table	reg. $149.95	Sale $129.00
Cocktail table	reg. $149.95	Sale $129.00
Roll-top desk	reg. $399.95	Sale $339.00
Grandmother clock	reg. $599.95	Sale $449.00

Save on Open Hearth carpeting:

Soft Shadows III (per sq. yd.) reg. $11.99 Sale $ 8.99

Save on Open Hearth accessories:

Field of daisies painting	reg. $39.99	Sale $34.99
Countryside painting	reg. $39.99	Sale $34.99
Rustique draperies (50"Wx84")	reg. $19.99	Sale $14.99
Scenic sheer panels (40"Wx81")	reg. $ 4.49	Sale $ 3.36

(Other paintings plus other drapery and sheer sizes also on sale.)

All prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home. Only at Sears


SALE
April 24
through
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Come inside and save $150 on Sears Open Hearth Bedroom. Now just $749.

In keeping with well-designed Country American furnishings, Sears presents the Open Hearth bedroom. It's furniture built for durability with tongue-in-groove and mortise-and-tenon construction. Plus 26-step finishing, from staining through hand rubbing for a smooth and glossy finish.

The bedroom sale price includes the cannonball bed (full/queen size), a triple dresser with deck mirror and the large chest. It's available now at most Sears larger stores. Sears Best

Save on Open Hearth bedroom furniture:

Sale set includes cannonball bed (full/queen size), 60" triple dresser with deck mirror and large chest ____ reg. $899.95 Sale $749.00
Nightstand ____ reg. $139.95 Sale $129.00
Rocking chair ____ reg. $149.95 Sale $129.00

Save on Open Hearth accessories:

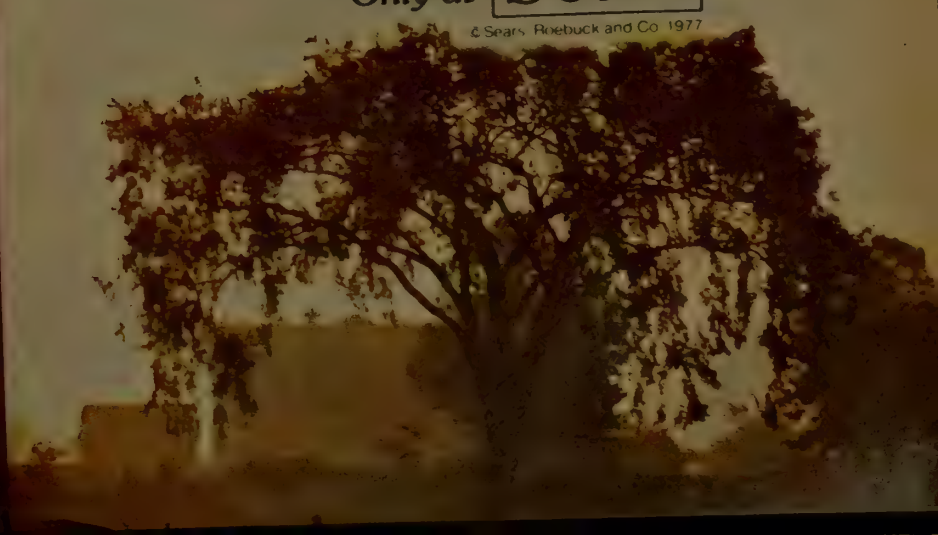
Mirror sconce ____ reg. $16.00 Sale $12.99
Lancaster Patch draperies (50"x84") ____ reg. $18.99 Sale $14.99
Lancaster Patch comforter (full size) ____ reg. $32.99 Sale $29.99
Lancaster Patch pillow sham (standard size, each) ____ reg. $ 7.49 Sale $ 5.99
Lancaster Patch sheet (twin) ____ reg. $ 4.99 Sale $ 3.99
Lancaster Patch sheet (full) ____ reg. $ 5.99 Sale $ 4.79
Lancaster Calico dust ruffle (full size) ____ reg. $14.99 Sale $12.99

(Other sizes of Lancaster Patch and Lancaster Calico merchandise are also on sale.)

All prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home Only at **Sears**

© Sears, Roebuck and Co. 1977





Come inside and save $200 on Sears Open Hearth dining room. Now just $899.

Every meal is a special meal in Sears Open Hearth dining room. And the special low price includes the oval table with two leaves, four side chairs, and the buffet with hutch top.

Craftsmen create each fine piece from northern pine and guide it through 26 finishing steps to highlight the wood grain and protect the surface. The outcome? A dining set built for durability.

Come see the dining room at most Sears larger stores. And find savings as special as your Open Hearth meals.

Sears ★ Best

Save on Open Hearth dining room furniture:

Sale set includes oval table with two leaves, four side chairs, large buffet with hutch top	reg. $1099.95	Sale $899.00
Arm chair (not shown)	reg. $ 100.00	Sale $ 90.00
Dry sink	reg. $ 299.95	Sale $269.00

Save on Open Hearth carpeting:

Soft Shadows III (per sq. yd.)	reg. $11.99	Sale $ 8.99

Save on Open Hearth accessories:

Wall shelf	reg. $22.00	Sale $17.99
Wall sconce	reg. $16.00	Sale $12.99
Mums painting	reg. $29.99	Sale $24.99
Gramercy draperies (50"x84")	reg. $19.99	Sale $14.99
Rustique sheer panels (40"x84")	reg. $ 4.98	Sale $ 3.98

(Other paintings plus other drapery and sheer sizes also on sale.)

All prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home Only at **Sears**

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SALE
April 24
through
May 21, 1977



Come inside and save $50 on Sears Open Hearth family room sofa. Now just $379.

The Open Hearth family room sofa is built to stand up to the active family's lifestyle. That means a thick-cushioned, pine-accented sofa covered in Herculon® olefin for time resistant wear (available in five colors).

Many other family room pieces are also sale priced. They, too, are built for durability with tongue-in-groove construction. Plus laminated table tops for easy upkeep. Come see the livable, durable family rooms available now at most Sears larger stores.

Sears ✱ Best

Save on Open Hearth family room furniture:

Sofa	reg. $429.95	Sale $379.00
Matching chair	reg. $239.95	Sale $209.00
Cocktail table	reg. $ 89.95	Sale $ 89.00
End table	reg. $ 89.95	Sale $ 79.00
Game table & four chairs	reg. $599.95	Sale $535.00
Bar and two bar stools	reg. $429.95	Sale $387.00
Door bookcase	reg. $229.95	Sale $209.00
Open bookcase	reg. $199.95	Sale $179.00
Mates desk	reg. $239.95	Sale $219.00

Save on Open Hearth accessories:

Ulticraft tile (per tile)	reg. $ 1.39	Sale $ 1.09
Schooner plaque	reg. $49.99	Sale $39.99
Accent lamp	reg. $49.99	Sale $39.99
Table lamp	reg. $69.99	Sale $59.99

All prices higher in Alaska and Hawaii.



Save $30 on the mates bed. Now just $189.

Save $20 on many other pieces.
Sears has created a very special room to delight your children with its design and you with its durability. And almost every piece is on sale now.

The mates bed is as tough and sturdy as your kids. And its two roomy drawers will please you both with extra storage.

Or choose from many other teen bedroom pieces, on sale now at most Sears larger stores.

Save on Open Hearth teen bedroom furniture:

Mates bed & 2 drawers	reg. $219.95	Sale $189.00
Four-drawer chest	reg. $139.95	Sale $119.00
Student desk	reg. $139.95	Sale $119.00
Desk hutch top	reg. $139.95	Sale $119.00
Single dresser	reg. $139.95	Sale $119.00

Save on Open Hearth accessories:

Accent lamp	reg. $49.99	Sale $39.99
Rustique bedspread (twin size)	reg. $29.99	Sale $23.99
Rustique drapery (50"x84")	reg. $19.99	Sale $14.99

(Other bedspread and drapery sizes also on sale.)

All prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home. Only at **Sears**

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Come inside and save on Sears Cape Cod curtain. Now as low as $2.99.

Sears translates sunny country mornings into a sunny country window in the Inheritance Cape Cod curtain. Five sizes are now on sale. Sizes that come in up to eighteen attractive colors to brighten most any decor.

The Inheritance Priscilla is also on sale in six sizes and colors. Both the curtain and the Priscilla are available now at most Sears larger stores or in the catalog.

Save on Open Hearth accessories:

Inheritance curtain (84"x24") reg. $3.98 Sale $2.99
Tablecloth (52"x70") reg. $9.99 Sale $7.99
(Other curtain and tablecloth sizes also on sale.)

Save on Open Hearth kitchen furniture:

Round table and four chairs reg. $529.95 Sale $449.00

All prices higher in Alaska and Hawaii.



Save 20% on Sears Colormate bath towels. Now just $3.19.

Sears plump, thirsty Colormate towels are luxurious cotton velour on one side and thick cotton terry on the other. And they come in up to fifteen colors plus many coordinating stripes and patterns.

Colormate accessories—bath rugs to shower curtains to other towel sizes—are also on sale for 10-25% off at most Sears larger stores.

Save on Open Hearth accessories:

Colormate towel (bath size)____reg. $3.99 Sale $3.19

Double shower draperies (69"x72")_____reg. $24.99 Sale $19.99

Bath rug (24"x36")_____reg. $ 5.49 Sale $ 3.99

(Other Colormate towel, shower drapery and rug sizes plus other accessories also on sale).

Federalist decorator accessory:

Pitcher and basin set_____$20.00

All prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home. Only at Sears

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Come inside and save $10 to $20 on Sears Federalist dinnerware. Now as low as $39.99 per 45-piece set.

Make mealtimes memorable times with Sears Federalist dinnerware, a traditional ironstone design in white, butter cup yellow, Country French blue floral and the tiny yellow blossoms of Petit Flora. All four patterns are on sale now in 45-piece sets.

Then mix and match accessories from the Federalist collection. Complement each dinnerware set with everything from coffee mugs to soup tureens. Or take your Federalist pattern throughout the house in an array of decorator accessories, from vases to candlesticks to lamps.

Recall with Sears the age-old style of hurricane lamps. Choose milky white hobnails. Or a rose design (in three colors). Or the Federalist pattern—Country French or Petit Flora—you chose in the dinnerware. Each comes in three sizes available now at most Sears larger stores.

Save on 45-piece Federalist dinnerware sets:

White Federalist	reg. $49.99	Sale $39.99
Buttercup yellow	reg. $59.99	Sale $39.99
Petit Flora	reg. $69.99	Sale $59.99
Country French	reg. $79.99	Sale $59.99

Federalist dinnerware accessories:

White Federalist pitcher	$ 8.00
White Federalist tea pot	$10.00
Buttercup yellow mugs (set of four)	$10.00
Buttercup yellow soup bowls (set of four)	$ 9.00



Petit Flora covered casserole	$19.00
Country French soup tureen	$48.00
Country French mugs (set of four)	$12.00
Federalist decorator accessories:	
Buttercup yellow chimney candlestick	$16.00
Buttercup yellow ashtray	$ 5.00
Petit Flora planter	$14.00
Petit Flora vase	$ 9.00
Country French pitcher and basin	$25.00
Federalist lamps:	
White Federalist table lamp	$29.99
Buttercup yellow accent lamp	$19.99
Buttercup yellow swag	$29.99
Petit Flora table lamp	$39.99
Country French accent lamp	$29.99
Sears hurricane lamp collection:	
Rose table lamp (pink) or swag (yellow)	$39.99
Rose accent lamp (blue)	$29.99
Hobnail table lamp or swag	$39.99
Hobnail accent lamp	$29.99
Petit Flora table lamp	$49.99
Petit Flora accent lamp	$39.99
Country French table lamp or swag	$49.99
Rose pattern decorator accessories:	
Pedestal candy dish (pink)	$17.00
Basket (pink)	$16.00
Small vase (blue)	$11.00
Large vase (blue)	$17.00

All prices higher in Alaska and Hawaii.

Sears Open Hearth
Country Home
Only at Sears

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PROBLEM-SOLVING MENUS

DINNER FOR A DUO
Chicken Breasts Cacciatore
White and Wild Rice
Marinated Limas
Breadsticks
Milk



FIXIN'S FOR A FOURSOME
Chicken Rolls Cacciatore
White and Wild Rice Soufflé
Marinated Bean Mix
Breadsticks
Wine



An adjustable dinner for 2 or 4

When supper for two suddenly becomes dinner for four, what can you do? It's no problem with our stretchable menu. For a twosome, you start with two whole chicken breasts, a package of frozen rice, and a bean salad. To turn the menu into an ultra-stylish dinner for four:

- **Split the chicken breasts to make four portions and pound them into cutlets. Check the refrigerator for goodies to tuck inside. (We chose sausage links, but cheese strips, diced leftover meat, or canned shrimp would be equally tasty.)**
- **Fill, roll, and flour the cutlets, then cook them just as you do Chicken Breasts Cacciatore.**
- **Instead of serving the chicken over rice, make a fluffy rice soufflé.**
- **To stretch the lima salad, toss in another can of vegetables.**



CHICKEN BREASTS CACCIATORE

Prepare rice while chicken cooks—

Coat *2 small chicken breasts* with mixture of *2 tablespoons all-purpose flour* and *½ teaspoon salt*. In skillet, brown chicken slowly in *2 tablespoons hot cooking oil*, about 10 minutes. Remove chicken. In same skillet, cook *1 medium onion, sliced*, and *1 clove garlic, minced*, till tender. Stir in *one 8-ounce can tomato sauce, ¼ cup water, ½ teaspoon dried oregano, crushed, ½ teaspoon dried basil, crushed, ¼ teaspoon salt, ⅛ teaspoon pepper*, and *1 bay leaf*. Return chicken to skillet, turning in sauce. Cover; simmer 20 minutes. Uncover; simmer 5 minutes. Skim off fat. Makes 2 servings.

To serve four: Split, skin, and bone chicken breasts. Place between waxed paper. Pound to make 5-inch cutlets. Place *1 brown-and-serve sausage link in center of each cutlet.* Tuck in sides; roll up. Continue as above, coating with flour, etc. After skimming fat, pour sauce into shallow baking dish; arrange rolls over. Top *each* with *½ slice process Swiss cheese*. Broil till cheese melts.

MARINATED LIMAS

⅓ cup vinegar
¼ cup *each* sugar and salad oil
1 tablespoon prepared horseradish
1 8-ounce can lima beans, drained
2 tablespoons *each* chopped onion, chopped green pepper, and chopped pimiento

Combine vinegar, sugar, oil, and horseradish; stir in vegetables. Cover; chill. Makes 2 servings.

To serve four: Add *one 8-ounce can drained vegetables* to the above.

WHITE AND WILD RICE

Start the soufflé for four before the Chicken Rolls Cacciatore—

1 11-ounce package frozen white and wild rice

• • •

2 tablespoons chopped onion
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
½ cup milk
3 egg yolks
3 egg whites

Cook rice according to package directions. Spoon onto platter. Arrange Chicken Breasts Cacciatore over rice. Makes 2 servings.

To serve four: Cook rice according to package directions. Meanwhile, in saucepan, cook onion in butter or margarine till tender but not brown. Blend in flour. Add milk. Cook and stir till mixture bubbles. Beat egg yolks till thick and lemon-colored; gradually stir in hot mixture. Stir in rice. Beat egg whites to stiff peaks. Fold into rice mixture. Turn mixture into a 5-cup soufflé dish. Bake in 350° oven for 40 to 45 minutes. Serve at once. ■

Photographs: Dieter. Drawing: Hellman Design Assoc.

Benson & Hedges 100's

I just became a living testimonial.

that's the breaks.



Regular and Menthol

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

10 mg. "Tar", 1.0 mg. nicotine av. per cigarette, FTC Report Dec. '78.



At $6.00 each,
these Fostoria lead crystal bud vases are a good buy.

At $2.95 each, they're probably the bargain of the year.

(And if you really like to bargain,
we'll let you have two for only $5.00!)

Go ahead. Indulge yourself (and other people you like) with the luxury of lead crystal. And satisfy your practical side by taking advantage of these very special prices. Fostoria companion pieces can be found in gift shops, jewelry and department stores wherever nice things are sold. Order as many as you like, but do it today.

Fostoria
We've been working on your crystal for 88 years.

Good Housekeeping
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PROMISES
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Send me____Bud Vase(s) BV-1 @ $2.95 each or $5.00 per pair.
Send me____Bud Vase(s) BV-2 @ $2.95 each or $5.00 per pair.
Send me____Mixed pairs BV-1 and BV-2, @ $5.00 per pair.
*Enclosed is my check or M.O. for $*_____.
I've included 25¢ for postage and handling.

Name
Address
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Offer good in U.S.A. except where restricted, taxed or prohibited by law. Allow 28 days for delivery. Fostoria lead crystal is a product of Fostoria Glass Company. Flowers not included in this offer.

French-toasted sandwich

Here's an easy way to make a sandwich fit for a king. First, dip sandwich halves in egg and grill them like French toast. Then place them in a shallow casserole, cover with cheese sauce, and broil.



Photograph: Dieter

FRENCH-TOASTED SANDWICH

If you like, try a combination of ham and turkey—

12 slices (9 ounces) cooked turkey or ham
8 slices white bread
3 slightly beaten eggs
1 tablespoon water
1½ cups (6 ounces) shredded Swiss cheese
½ cup milk
½ cup mayonnaise or salad dressing
Dash garlic powder
Dash ground nutmeg

Place turkey or ham on four of the bread slices; top each with second slice bread. Halve each sandwich diagonally. In a shallow dish beat eggs and water till combined; dip sandwiches into egg mixture. Grill on griddle or in lightly greased skillet over medium heat about 2 to 3 minutes on each side. Place 2 of the sandwich halves in each of 4 individual shallow casseroles, overlapping slightly; set aside. In small saucepan combine cheese, milk, mayonnaise, and garlic powder. Stir over low heat till cheese melts and mixture thickens. Pour over toasted halves. Sprinkle with nutmeg. Broil 4 to 5 inches from heat till just bubbly, 3 minutes. Makes 4 servings. ■



THE UNBELIEVABLE ASPEN. MEET THE BELIEVERS.

In almost no time, Aspen has become one of the most popular cars around. And for good reason. It's one of the best cars around. So, with so many happy and pleased Aspen owners across the country, Aspen has become less "unbelievable." And more believable. Just ask any believer who owns a Dodge Aspen.

"Aspen's size, it's not too big and not too small. It's the best size for the money—the others are either too big or too small."

"I really love my Aspen. It's easy to maneuver and park. And I like the interior and the style. Aspen's engine is very good for a small car."

"We always bought Ford, but they didn't make the right size for us, so we bought this Aspen. No one makes the right size wagon, but Dodge. It's easy to handle and very pleasant to drive. And it's fine on a long trip."

"It's the only wagon of its size—I mean roominess and still not too big a car. Aspen's quite luxurious on the interior...the seating is superior."

Buy or lease. Dodge Dealers everywhere are making Aspen easy to drive...one or a fleet...through buying or leasing arrangements.
Visit your Dodge Dealer.
And be a believer, too.

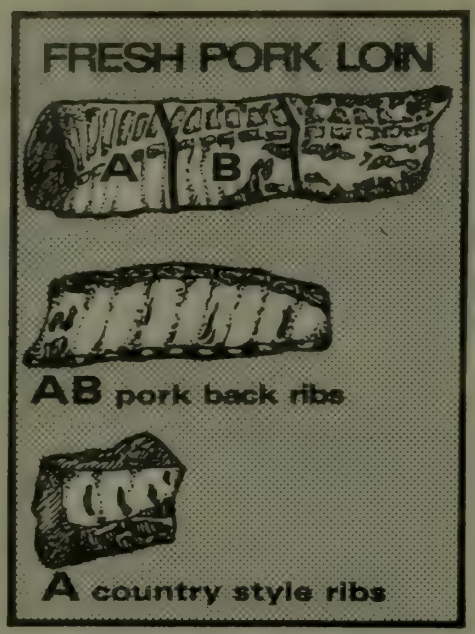
Dodge Aspen.
See it, price it, drive it... and believe.

Dodge

BBQ RIB REVIEW

Confused about which ribs to buy for summer barbecuing? Tenderness and taste depend on the kind of ribs you choose *and* how you prepare them. Often, supermarket labeling is of little help in selecting ribs since meats may only be termed "Barbecue Ribs." To be sure you get the cut you want, learn to identify ribs by appearance.

Both pork and beef ribs make great barbecue eating, but cuts differ in meatiness depending on which portion of the carcass they're from and how they're trimmed. Plan about one pound of ribs per serving for beef or pork spareribs or beef short ribs; about 12 ounces per serving for beef or pork loin back ribs.



PORK LOIN BACK RIBS (A and B) contain the rib bones cut from the rib area of the loin wholesale cut. The thicker layer of meat covering the ribs comes from the loin eye. The front half of the Pork Loin Back Ribs may be sold separately as **PORK LOIN COUNTRY STYLE RIBS** (A). They're the meatiest ribs.



PORK SPARERIBS (A) come from the rib cage of the pork side and contain the breastbone, rib bones, and rib cartilage. A thin covering of meat surrounds and attaches the ribs. They are sometimes marketed with the breastplate removed. The remainder of this wholesale cut is boneless and is sold as fresh side pork.



Celebrate our 75th birthday with 75¢ worth of smiles.

You've given us 75 years.
So, we're giving you 75¢ worth of coupons
on 7 of our most delightful Sunshine smiles.
Each one baked with the care and quality
Sunshine's been mixing into every batch since 1902.
So help us celebrate 75 years of good tastes.
With a taste of what makes us so good.

A smile named Krispy. 10¢ off.
A smile named Hi Ho. 10¢ off.
A smile named Vanilla Wafers. 10¢ off.
A smile named Chip-A-Roos. 10¢ off.
A smile named Vienna Fingers. 10¢ off.
A smile named Cheez-It. 10¢ off.
A smile named Hydrox. 15¢ off.



BEEF RIB BACK RIBS (A) come from the rib section of the beef carcass and are actually the rib bones removed from rib steaks or rib roast. Beef rib back ribs are generally well-trimmed of fat and meat and separated into individual bones for barbecuing. They are often labeled as finger ribs at supermarket meat counters.



BEEF SHORT RIBS (A) can be cut from the short plate or chuck, or the ribs immediately below the rib steak section.

BEEF SPARERIBS (A) come from same section as short ribs, but for spareribs the rib bone is cut longer length and is generally less meaty.

Barbecue briefing

- Pork loin back ribs generally take about an hour to cook over slow coals; beef short ribs about 1½ hours.
- Both pork and beef spareribs are generally sold in long strips that can be laced accordion-style onto a barbecue spit for rotisserie grilling over the coals.
- Wait till the last 15 to 20 minutes of cooking time before brushing the grilled ribs with sauce. Since most sauces contain some sweetening like sugar or honey, they'll burn if applied too soon.
- If you don't enjoy "chewing the bones," you can precook both pork and beef ribs in simmering water before grilling so the meat almost "falls from the bone." To precook ribs, place the ribs in a saucepan with a small amount of water. Bring to boiling; reduce heat and simmer, covered, about 45 minutes for pork, one hour for beef. Then finish the ribs on the grill for 20 minutes for charcoal flavor. ■



Complete and send this coupon to Sunshine. And Sunshine will send you something to smile about. 75¢ worth of coupons, so you can sample 7 of our most popular cookies and crackers. It's our way of saying Happy Birthday to us. By sending the presents to you.

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Limit one set of coupons per family address. Offer good in continental U.S. only. Allow 4 to 6 weeks for delivery of coupons. Offer expires Oct. 31, 1977. Offer void where prohibited, taxed, or restricted by law. This form may not be mechanically reproduced; form must accompany request for coupons.

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75 years of Cookies Crackers & Smiles



1851. Isaac Singer perfects the first practical sewing machine.

In 126 years, we're the only ones who've learned how to make a Singer sewing machine.



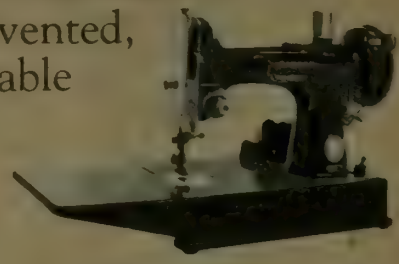
1889. The first electric sewing machine.

No other company makes sewing machines quite like ours. No other company has had 126 years to learn how.

In fact, ever since 1851, when Isaac Singer made the first practical sewing machine, the great advances in sewing machines have been made by Singer.

We made the first electric sewing machine in 1889. And in 1975 we made the *Athena** 2000 electronic machine, the first of its kind in the world. It runs by a tiny pre-programmed memory bank that controls and changes 25 stitches—and actually makes sewing as easy as pushing a button. To this day, only Singer makes electronics.

In the century between electric and electronic, we invented, among other things, the slant needle machine, the portable and the *Flip & Sew** 2-way sewing surface.



1932. The first lightweight portable sewing machine.

And today, you can get features built into a Singer machine that other companies can't even copy.



1957. The first slant needle zigzag machine.

Innovations like a bobbin that winds by push-button, saving you eighteen steps. A buttonholer that measures a button and makes a buttonhole to fit—in just one step.

And conveniences like a needle plate that attaches by magnet instead of by screwdriver. (A simple enough idea. But nobody else thought of it.)

But there's something else you can get only in a Singer sewing machine.

The quality and durability you've come to expect from Singer.

It's why your grandmother's Singer machine sews as well today as it did years ago.

And it's why the Singer machine you buy tomorrow will still be sewing years from now.



1975. The first electronic sewing machine.

SINGER

Anybody can make a sewing machine. But only Singer can make a Singer.

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Opening up an outdated old house

One great addition off the back of this 150-year-old house enabled it to live young once again. With one fell swoop, the smart new add-on eliminated three familiar problems that plague many venerable houses: a frumpy kitchen, a stuffy dining room, and insufficient access to the backyard.

An addition similar to this might do the same for your house. If your kitchen is woefully out of date or too small, however, starting anew may be the answer to the problem.

➡ Though contemporary building techniques were used for the addition, the simplicity of the design blends beautifully with the rest of the house. The cantilevered deck adds a brand-new dimension to family fun—outdoor living. The deck is high enough to let the family really enjoy the breezes and a view of their whole backyard while they entertain or just unwind outdoors.



⬇ This efficiently arranged kitchen is a far cry from the outdated original. The wall on the right backs up to the built-in facing the eating area —and traffic can flow around either end. Daylight from the tall window and the plant window over the sink is balanced by light from a skylight placed near the existing part of the house. After dark, recessed and under-cabinet lighting fixtures do the job effectively.

The bifolding louvered doors conceal the compact laundry. Because of this convenient arrangement, laundry chores don't interfere at all with other kitchen activities.

continued



Photographs: Bill Helms. Architect: John Milnes Baker, A.I.A. Source: Bonnie Maharam

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

LIGHTS: 11 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report DEC. '76. LONG LIGHTS: 12 mg. "tar", 0.9 mg. nicotine av. per cigarette, by FTC method.

Salem Lights

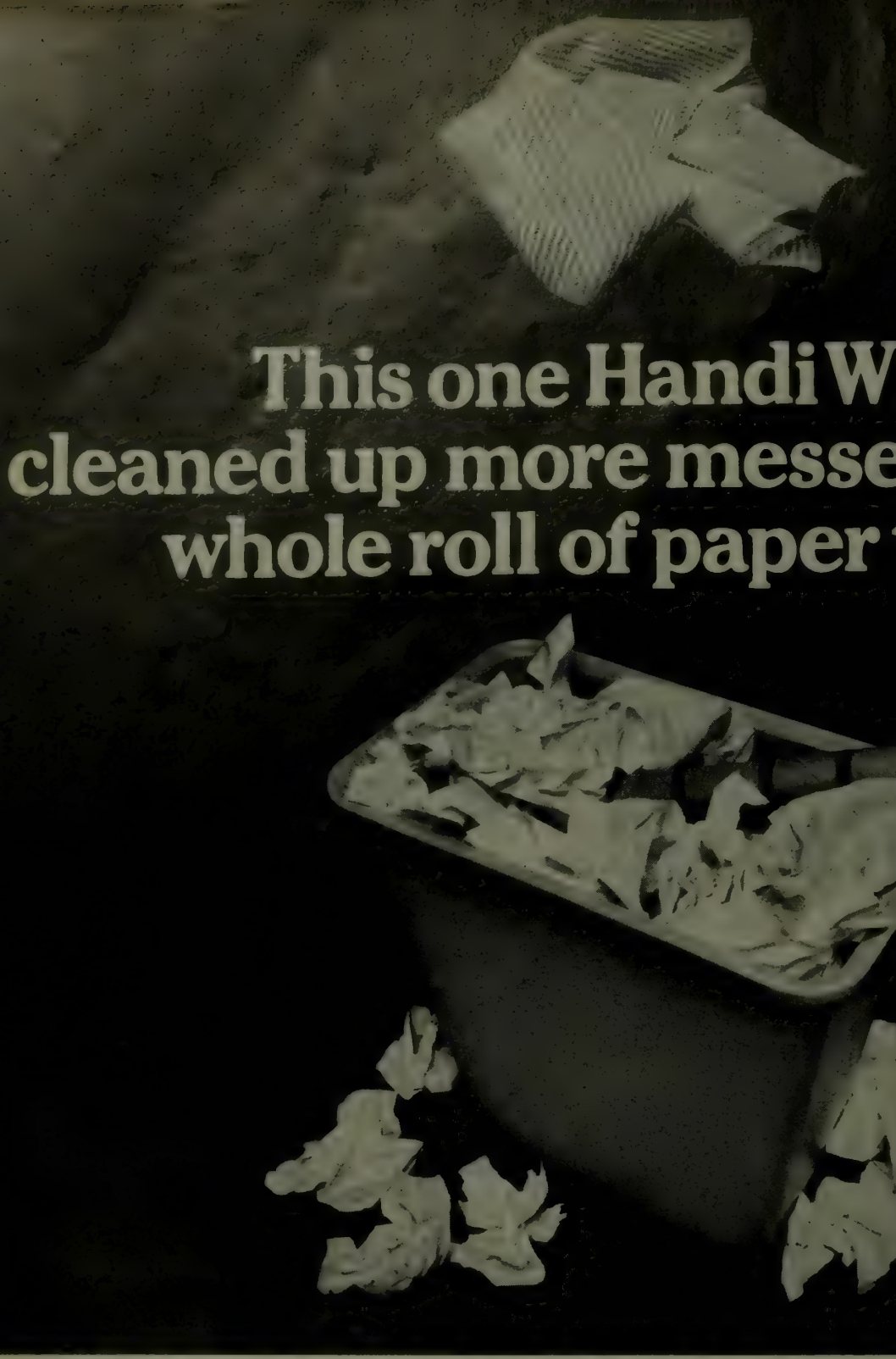
Salem Long Lights



At last. Enjoyment in a low tar cigarette.

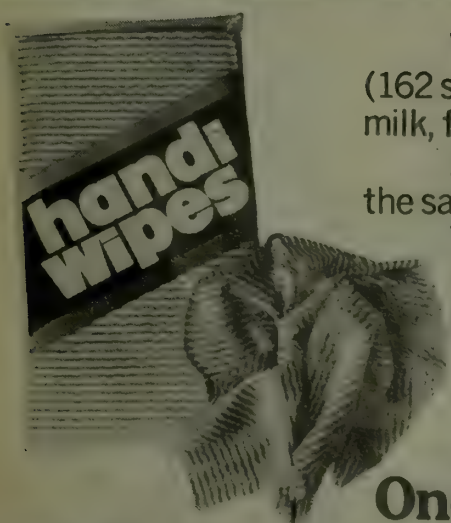
Salem Lights and Salem Long Lights.

©1977 R.J. REYNOLDS TOBACCO CO.



This one HandiWipes® cleaned up more messes than this whole roll of paper towels.

©1977 Colgate-Palmolive Company



We matched one HandiWipes against the largest roll of paper towels (162 sheets). We cleaned up everything from strained vegetables to spilled milk, from peanut butter and jelly to hot cereals.

After cleaning over 200 sloppy kitchen messes, we were still using the same HandiWipes. But, the whole roll of paper towels was gone.

The reason? HandiWipes isn't paper. It's a strong bonded cloth that can clean up a mess—and then wash out fresh and clean. So HandiWipes goes on cleaning again and again. It will even do the dishes.

And if just one HandiWipes can clean up that many messes, imagine what a whole pack can do.

One HandiWipes.

It's like getting a whole roll of paper towels for less than 10¢.

continued

Opening up an outdated old house



➧ Here's the eating area that replaced the stuffy dining room. The table is handy to the new kitchen, and the glass walls sweep in light and view. Two doors provide access to the deck. The open slab door is easiest to use during cold weather—or when the blinds are down. Other times, the sliding glass door can be left open all day long to join the indoors with the deck space. ■

Why you should be as careful choosing a puppy food as you are choosing a baby food.



Puppies, like babies, have special nutritional needs. But, unlike a baby, a puppy does 90% of his growing and developing in only a year.

That's why you should know about Gaines® Puppy Choice® food for puppies.

Puppy Choice is fortified with the extra protein every puppy needs for strong muscles and a shiny coat; calcium for strong bones and teeth; and a well-balanced blend of other essential vitamins and minerals.

It contains meat by-products and meat to give your puppy the taste he really loves.

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Which home improvements pay off best when you sell?

The gold medals go to a new kitchen, a new or remodeled bathroom, a third or fourth bedroom, and a new family room. These are by far the most attractive features to today's home buyers—the improvements most likely to bring a good return on your dollar.

But no matter how desirable a home improvement is, it will add value to your house only if it is well done, and only if it fits the house and is appropriate to the neighborhood. A big new $20,000 kitchen is no more right for a $30,000 house than a church steeple for an igloo.

Furthermore, it's a mistake to think of home improvements just in terms of their sales value. Your prime reason for most improvement projects should be to make the house better for your family, not for a potential buyer. The fact is, improvements that are most valuable to the family living in the house tend to be the ones that pay off best when the house is sold.

No dollar-for-dollar return

No one knows exactly how much improvements jack up the price of a house, because there are no hard figures available. Also, buyer demands sometimes vary according to geography. But don't ever expect the value of your house to go up, dollar for dollar, by the full cost of even the best major home improvements. Even the "Big Four" (kitchen, bath, bedroom, and family room) generally return only 50 to 75 percent of your costs.

House values seldom bring back 100 percent of improvement costs simply because it's more expensive to modernize an existing dwelling than to put the same feature into a new house at competitive new-house rates. The process of remodeling—cutting into floors and walls, tearing down before building up—of necessity hikes the bill.

What if you do the work yourself? Provided you do a competent job, you could end up ahead in the cost/value game. But even then, prices of new houses, with all their new features, tend to exert a leveling effect on what people will pay for a used house with improvements.

Don't over-improve

One important check-valve on home improvements is the value of other houses in your neighborhood. "To get an idea of how much a contemplated improvement might increase your home's value, look at the competition," says Bart Wickstrum, of Homequity/Homerica, a national employee relocation firm. "How much more do houses nearby sell for when they have various features, compared to those without similar features?"

In preparing this article, we made an informal national survey of Realtors and appraisers. One of their most frequent pieces of advice was not to over-improve a house in terms of its neighborhood. Don't put $60,000 (cost plus improvements) into a house located in an area of $40,000 homes. Home-buyer psychology rules out paying that much more for a house than the top value of the houses around it. Someone who wants a $60,000 house will shop for it in an area of $60,000 (or higher) homes.

Two exceptions

The over-improvement rule may be broken in some special situations:

One is when the house is in an area where many of the homes are rising like the tide in value—often because the owners are continually expanding and improving their homes. Look at Levittown, on New York's Long Island: Some 16,000 houses were built there more than 20 years ago and sold for $8,000 to $10,000 apiece. Ordinary inflation since then would have increased the value of these houses to roughly $30,000 today. But many of the owners continually expanded and improved their houses; the same homes, now larger and better, presently sell for $60,000 or so. That's twice the normal growth in terms of inflation. Clearly, the substantial improvements really paid off.

The second exception has cropped up recently—remodeling and rehabilitation of rundown old houses, particularly in old neighborhoods that are now making a comeback.

continued

Drawing: Hellman Design Assoc.

Q. Does Western Auto pack a coupon for Tide in every new automatic washer?

A. Do astronauts collect moon rocks?



When your astronaut goes out collecting moon rocks you know his clothes will get covered with grimy Earth dirt. To help make washing them easier, Western Auto packs a 40-cents-off Tide coupon in every one of their Citation washers.

And when you see how well Tide cleans the dirt kids bring home everyday, you'll make it your regular detergent. Stubborn ground-in dirt, fruit juice, jelly—Tide gets them out and leaves your wash beautifully clean.

The dirt you see the most is the dirt Tide cleans the best.



This Citation 20-pound capacity automatic washer offers eight cycles for all your washing needs. It also features a four-position water level selector to help save on water and detergent.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 17 washers pack Tide coupons in every top-loading automatic.

continued

Home improvement

People have taken over relics and modernized them, boosting the value of the houses considerably more than the cost of the improvements. When sold, these houses almost consistently yield fat profits.

Some specific winners

In addition to the "Big Four," some other improvements may bring you a good return on your dollar:

● Central air conditioning has climbed sharply in popularity with home buyers. It's really essential for selling a house in most parts of the South, and it's also valued in the North where summers are warm.

Central air conditioning can return perhaps 50 to 75 percent of its cost to the sales value of a house. However, installation makes the most sense when air conditioning can be added at minimal cost to the ducts already in place for central heating. If you must pay substantially more to add new ducts, the high extra cost is unlikely to be recouped in higher home value.

● Fireplaces also have become popular—even in warmer climates, where a fire can dispel the evening chill without the necessity of turning on the heat. A full-fledged fireplace and chimney can cost a lot, and you probably won't get anywhere near all your money back. But often a $400 or $500 freestanding fireplace will pay for itself.

● A new two-car garage adds good value to a house, assuming that the climate requires it. (In a warm winter climate, only a carport may be needed.)

Tips on garage conversions

Our informal study pointed up the importance of a garage dramatically: In many cases, homeowners had converted their garages to finished rooms, only to find that home buyers preferred a house with a garage rather than without.

Houses with converted garages also lost because of an awkward plan. When located on the far side of the kitchen—often the case—the garage can be a poor place for a new room. Even turning the garage into a family room usually does not add value.

Homerica's Bart Wickstrum noted, too, that many garage conversions are poorly done by amateur do-it-yourselfers. To sell such houses, his firm often has had to denude the garage-turned-room and convert the space back to a garage.

Uncertain bets

Improvements that pay off the least are those that do not provide a fundamental living requirement. Some typical examples, cited in our survey:

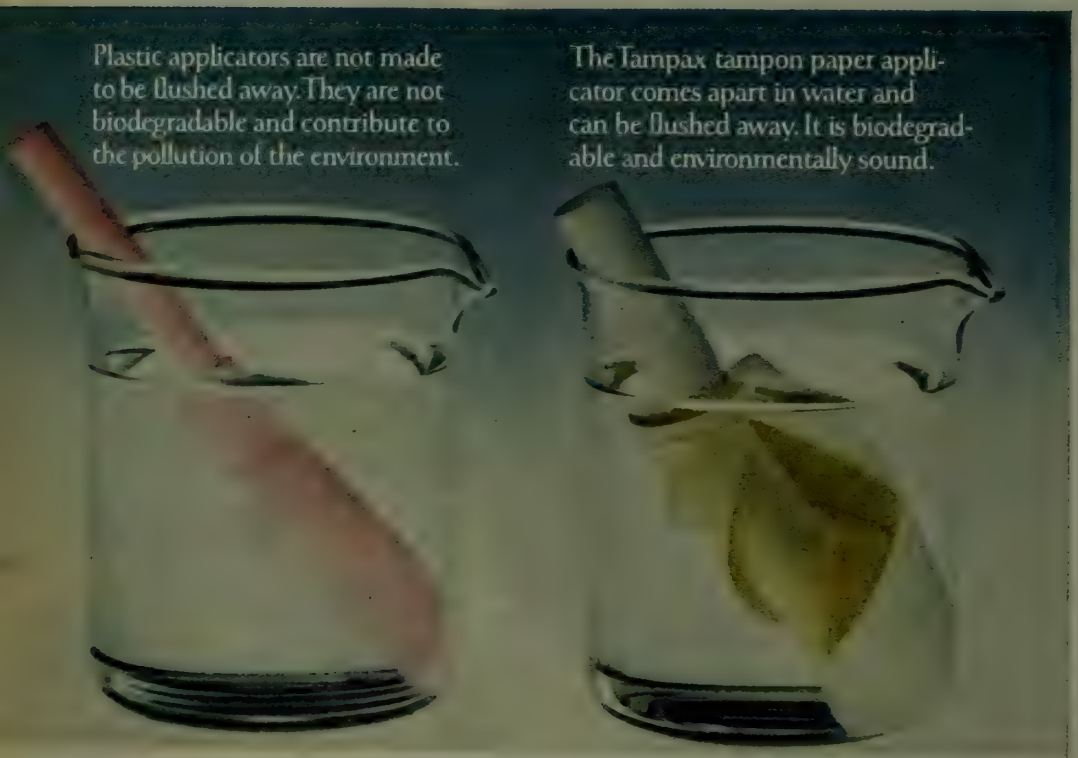
● A new study or outdoor living area that truly enhances the house usually adds only 25 percent or less of its cost to the home's sale price.

● Impressive landscaping will increase the value of a house only if you're lucky enough to find the unusual buyer who is really keen on landscaping. Many people aren't because of the extra maintenance and upkeep it requires.

● The basement rec room may

continued

Only Tampax tampons have an applicator that is flushable and biodegradable



The applicator on the left is plastic and its manufacturer clearly warns "do not flush." You can throw it into a waste receptacle, but no matter how you dispose of a plastic applicator, it remains hard, non-biodegradable material indefinitely. That is why plastic applicators pollute our land, rivers, lakes and beaches.

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Tampax tampons offer you hygienic menstrual protection without the worry of environmental pollution.

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"I'm basically a shy person. But selling Avon has brought me out of my shell. I've got confidence now, and it sure is a great feeling."

Sue Engelman

St. Petersburg, Florida

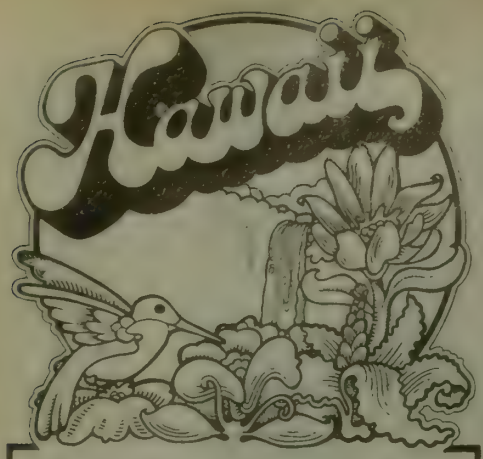
"I need Avon in my life. Avon gives me the opportunity to be a success, to really accomplish something on my own. It gives me a feeling of self-worth. My husband Phil can see a real change in me and he feels as happy as I do.

Because of Avon, I'm more conscious of the way I look. Now, I experiment with makeup. And, the more I work with my own Avon cosmetics, the more I'm able to help my customers. I find this very rewarding because looking better can help a person's self-image enormously. I know that from personal experience.

I feel I lead a full, rich life. Our two children bring me a lot of joy. I'm very involved with the church where Phil is a youth minister and assistant pastor. And being an Avon Representative has added a new dimension to my life–one of confidence and self-worth."

If Sue Engelman's story interested you, and you're 18 or over, find out how you can become an Avon Representative. Simply call toll-free 800-325-6400 (in Missouri call: 800-342-6600) and someone from Avon will be in touch with you to answer all your questions. Of course, there is no obligation.

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continued

Home improvement

have been popular ten to 20 years ago, but it adds no more value to a house today than the tail fins of yesteryear would add to a modern car. Most home buyers simply will not pay more for "extras" in a house when they can go down the road and buy another home without the extras for less.

- A swimming pool is the chanciest investment of all because home buyers have mixed feelings about pools. A pool can add value in a fashionable neighborhood, particularly in places like Florida's Gold Coast and Southern California. But in many other parts of the country, home buyers may back away from pools because they view them as hazardous for kids and too troublesome and expensive to maintain. Probably more than any other home improvement, a swimming pool should be considered chiefly in terms of satisfying your family's wishes. Tennis courts also may require more upkeep than most buyers want to tackle.
- Certain other improvements can put the kiss of death on a house. These include gaudy new carpeting and drapes; new decorations in wild colors; poorly located rooms, such as a new bedroom that can be reached only through another bedroom; and botched do-it-yourself additions with poor workmanship.

Buy now, improve later?

Because of the skyrocketing costs of new housing these days, some families are looking for a lower cost, "no frills" kind of house that they can finish off or add to later. Or, they may want a modestly priced older home that they can improve in the future.

This kind of thinking is fiscally sound, provided you plan carefully when you buy. Set your priorities—what additions you'd like to add where, what other improvements will fit your needs later on.

Although you can't be completely accurate about the future, planning ahead can help you to choose a house with the best potential for your family and to hold improvement costs down when the time comes. In addition, you're bound to create a more marketable house.

Practical improvements

A new roof, new furnace, new wiring, or other such maintenance-and-repair items may not make your home worth more. Still, these improvements preserve the value of your house by keeping it up-to-date and in good condition.

Be aware that home buyers are becoming increasingly savvy about structural problems. In fact, a growing number of people won't consummate the purchase of a used house without having it checked by home inspection experts. (That's a good idea when you're house-hunting yourself, too.) Often a house suffering from disrepair won't sell unless the price is low enough to allow for necessary repairs.

Energy assets

Randolph J. Seifert, of the National Home Improvement Council, points to one kind of improvement that has become critical in recent years: anything that will help conserve energy. Not only will caulking, storm windows and doors, proper insulation, and the like help you sell to energy-alert shoppers (a burgeoning breed), but the lack of such safeguards could impede the sale. You probably won't recoup all your costs for improving your home's energy I.Q., but on the other hand, you'll benefit from lower heating bills.

Improvements for selling

Making costly improvements to your house primarily to sell it at a higher price seldom makes sense, but there are exceptions:

- You should probably paint the outside of the house when it's clearly needed to make your home look good again. First impressions are crucial.
- Painting the inside of a house can pay for the same reason—but use neutral colors or white.
- New carpeting may be worth the cost, because worn and frayed carpeting can make the whole house look rundown. Again, color is important—something like soft gold or beige is best because it's most likely to go with the furnishings a new buy-

continued

Of All Brands Sold: Lowest tar 0.5 mg. "tar," 0.05 mg. nicotine av. per cigarette, FTC Report Dec. 1976.
Kent Golden Lights Regular & Menthol: 8 mg. "tar," 0.7 mg. nicotine av. per cigarette by FTC Method.

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A no-wax floor stays fresher looking longer, usually with just sponge mopping. In time a reduction in gloss will occur in areas of heavier use. We recommend Congoleum Vinyl Dressing to provide a higher shine, if preferred. (Complete maintenance and warranty information available through your local Congoleum retailer, in the Yellow Pages under "Floor Materials", or by writing Congoleum Consumer Affairs, 195 Belgrove Drive, Kearny, N.J. 07032.)

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continued

Home improvement

er owns.

● In addition, spruce up the house inside and out. Patch cracks in the walls, paint over watermarks, fix loose hinges, and the like.

Tax breaks for fix-ups

If you do spend money fixing your house for sale, don't overlook these possible tax breaks:

1. Any money spent on repairs within 90 days of the sale and paid for within 30 days after can be used to reduce the amount of capital gains vulnerable to taxes—provided you're moving to a smaller, less expensive house.

2. Whatever your new domicile, any genuine capital improvements to the house you sell will increase your capital gains basis and help hold taxes down.

Real life: How home improvements helped or hurt other people

These examples from Realtors around the country may help you decide about improvements for your home:

● In a neighborhood of $50,000 houses in North Carolina, central air conditioning put in an older house added at least $2,000 to the sales price.

● In a Michigan suburb, a handsome deck cantilevered out from the rear of the house was instrumental in clinching the sale of the house. Without it the house probably would have gone unsold for some time.

● In Des Moines, Iowa, a small house was rundown and no one wanted it. After the kitchen was modernized and the whole house

continued

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Buy this GE No Frost refrigerator, made exclusively for K mart, and you will receive a $50 U.S. SAVINGS BOND direct from General Electric. At K mart's low discount price, that makes this 20.8-cu.-ft. refrigerator a tremendous buy. Two Ice 'n Easy trays, storage bin or automatic Icemaker are available at extra cost. Rapid Electrical Diagnosis provides for a 6-minute check-up without unplugging the refrigerator!

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The Howmet skylight patio panels are designed to eliminate the deep shade that is a common problem in conventional patio covers. The domed, self-cleaning skylights are rigid extruded vinyl that interlock with precision formed aluminum panels, finished to look like natural wood but without the upkeep and maintenance that wood requires—no yearly staining or repainting. The skylight panels are a barrier between you and the sun, reducing its penetration so you enjoy light without discomfort.

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Howmet patio cover in rich Walnut Woodgrain with domed skylights.



continued

Home improvement

spruced up with new carpeting and new paint, the house sold within days. And it sold for roughly the going price for similar houses in the area in good condition.

● On the other hand, in New Jersey, two extra bedrooms were added to a $60,000 house with four bedrooms in an area of three- and four-bedroom houses. Later the owner was transferred and had to sell. Because of the six bedrooms, the house stood unsold for a year and a half before being sold for a reduced price of only $60,000, its value before the new bedrooms were added.

● In Illinois no one would buy a house because the garage had been converted to a bedroom and no other provisions had been made for car shelter. Once the bedroom was converted back to a garage, the house sold immediately. That questionable addition cost the seller an amount equal to adding the bedroom plus the reconversion cost back to a garage.

● In Daytona Beach, Florida, a house for sale had been recently redecorated with flamboyant colors and carpeting in questionable taste. These mistakes cut the price received for the house by about $5,000.

● The sale of a California house was clearly hurt by a new bedroom that could be reached only through another bedroom. The house was finally sold at a reduced price.

● In Texas, a house would not sell because two rooms had been combined into one extra large room that stood out like a sore thumb. The house finally sold, but only after the price was reduced. ■

(Produced in cooperation with Art Watkins.)

K mart's cleaned $40 off the price of this GE washer/dryer combination



$40 off K mart's regular low price makes this standard capacity GE washer/dryer pair an attractive value. Washer features normal, permanent press, delicate and activated soak cycles with 5 wash/rinse temperature combinations and 2 wash/spin speeds. Electric dryer features normal, permanent press and timed (to 130 minutes) cycles with 3 temperature selections and automatic sensor control. Both available in Snow, Fresh Avocado and Harvest Wheat (washer also available in Almond) at **no extra charge.** K mart's sale price includes delivery within the immediate trading area . . . financing available . . . second-year K mart extended service contract available for an additional $10 per unit. Sale ends May 28, 1977 . . . available at all larger K mart stores across the U.S.A.

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—Oscar de la Renta



"There's nothing like a monochromatic color scheme to lull you gently to sleep. Here, in *Monochromatics*, my whole aim was to capture that feeling of utter tranquility by using delicate splashes of color from a pastel palette...all interwoven with a soft handkerchief-plaid motif."

bed and bath.



"Persian baths reflect a way of life that is both luxurious and romantic... each being resplendent with exquisite hand-painted tiles. I've taken this motif and adapted it to today's well-dressed bed and bath in *Persian Shawl.*"

"To me, the most subtle of all luxurious carpets are the Aubussons — specifically, those woven in soft-spoken pastels with garlands of flowers gracing their borders. Why shouldn't the well-dressed bed and bath have the same serene elegance? For the woman who shares my feeling, I offer *Garland*, all tied together with ribboned comforters and pillow shams."

Royal Family by Cannon

Cannon Mills, Inc., 1271 Avenue of the Americas, New York, NY 10020

Air fares: what you need to know to get the best deals

Confused about air fares? You're not alone. These days, most travelers can use some help deciphering the befuddling conglomeration of air fares and flight options.

Beginning this June, the Civil Aeronautics Board (CAB), which regulates air fares and route structures, is requiring airlines to tell prospective passengers what fare plans and prices are available for the country's 200 most heavily traveled air routes. Though this information may seem confusing at first, providing it is certainly a step in the right direction.

Brush up on the basics

When it comes to getting the most for your dollars, there's still no substitute for planning your trip early, being flexible, and understanding a few fundamentals before you go shopping for the best deals.

Basically, there are three different classes of regularly scheduled air service:

- *First class,* the highest priced, assures you seating toward the front of the plane with the most comfort and space, the best meals, and free drinks and movies.
- *Coach* (also sometimes called economy class, second class, or tourist) usually entails sitting in the center section or rear of the plane, with less space and fewer free amenities.
- *Standard* means all-coach seating—no first-class space is available on the aircraft.

All these "regular fare" tickets are flexible to a degree: You can get a full refund if you cancel your trip, or you can postpone your departure and use the ticket later.

Though there's no easy formula for figuring price differences for these classes of service, a few examples give the idea. Last summer, a first-class round-trip ticket from New York to Paris cost over $1,300; coach ranged from $700 to around $850. At the same time, first-class round-trip fare from Chicago to Denver was about $238; $170 for coach.

Even though prices for corresponding regular classes of service on different airlines don't vary more than a few dollars, you'll probably want to check different carriers for schedules that suit you best. Airlines do compete in terms of "frills," such as meals, movies, etc., which mean a lot to some travelers. Keep in mind, too, that interstate airlines operating in Texas and California can now compete in fares with what once were lower priced intrastate carriers (flying within one state only) when both serve the same routes.

Take advantage of discounts

Now comes a slightly trickier area: discounted fares—tickets that cost less than regular classes of service. All major airlines offer discounted rates and all "black out" heavy travel periods when discounts don't apply. But prices and availability of discounted fares vary from one carrier to the next. Following are some of the reduced-rate options (and restrictions that go along with them) for domestic flights.

- Some airlines reduce prices for weekend flights, when you leave and return the same weekend.
- "No frills" fares, which may be offered again this summer, cost less than regular coach seats, but you probably won't get food or beverages on board.
- Night service, generally on selected flights between 10 p.m. and 4 a.m., costs less than the same seat in the daytime.
- Most carriers also offer excursion fares, known by different names at different airlines. You must buy excursion tickets well in advance and stay at your destination for a specified period of time (usually seven to 30 days).
- Many regularly scheduled flights also carry "package trip" passengers, whose fares include hotel and other land accommodations.
- There are a few domestic group plans, too, varying in prices and requirements. In general, you can save at least ten percent by traveling with a group of ten or more and, in some cases, making reservations 60 days in advance. Groups won't necessarily be made up of travelers who know each other. Passengers sign up individually with travel agents across the country who sell group plans.

Check out children's rates

Regardless of what kind of ticket you buy, there'll be substantial discounts for children under 12. On domestic flights, youngsters not yet two (who aren't expected to occupy a seat, but actually do when planes aren't full) travel free; for children two through 11, the price generally runs two-thirds the regular adult fare. On overseas flights, fares for children under two are ten percent of the adult fare; youngsters two through 11 fly for half-price.

Family plans, which give discounts to the spouse and children accompanying one parent flying at full price, aren't available on domestic flights on U.S. airlines. Some Canadian carriers flying into the States do offer family plans.

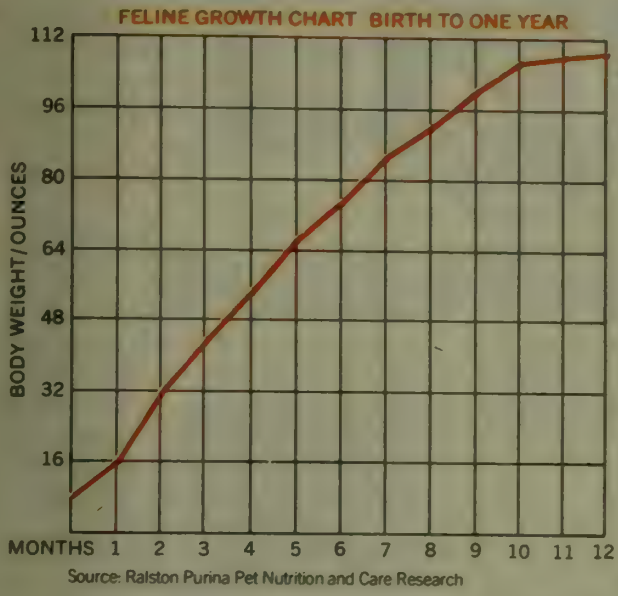
Size up the professionals

Chances are you'll want the help of a good travel agent or airline ticket agent in planning your trip. Services of both are free. Travel agents are paid commissions by transportation carriers, tour operators, hotels, car rental firms, and travel attractions; ticket agents, of course, work for particular airlines.

But travel agents don't all offer identical deals or the same prices on air fares, and the agents aren't all equally reputable. Feel free to request references, and find out if the agent knows firsthand about the airlines and hotels he or she represents. Don't hesitate to ask questions about anything you don't understand. ■

How to grow a cat.

Just look at how much growing a kitten has to do! As the chart below illustrates, a tiny kitten increases in body weight about seven times during its first year.



Source: Ralston Purina Pet Nutrition and Care Research

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DEALER: For payment of face value, plus 5¢ handling, send to Ralston Purina Company, P.O. Box 1107, St. Louis, Missouri 63188. Coupon will be honored only if it was honored by retailer consistent with the terms hereof and submitted by a retailer of our merchandise or a clearing house approved by us and acting for, and at the risk of such a retailer. The obligation to redeem this coupon is expressly conditioned on the retailer showing on request invoices proving purchases of sufficient stock within the past 90 days to cover coupons presented for redemption. Any other application constitutes fraud. This coupon is nontransferable, nonassignable and redemption is limited to one coupon per specified product and size. Any sales tax must be paid by customer. Offer void where prohibited, taxed, or otherwise restricted. Cash redemption 1/20 of 1¢. Limit one coupon per purchase of Purina Kitten Chow Kitten Food. Any other use constitutes fraud.

Coupon expires April 30, 1978

41 KC 41

10¢ 10¢ 10¢

STORE COUPON

Trouble can't hide from this new Duster

EASY WAY TO Dust

ORTHO

Rose & Flower Jet Duster

Combination Insecticide/Fungicide

Forget the old liquid aerosols and squeeze dusters. New ORTHO® Rose & Flower Jet Duster emits a whirling, churning cloud of insecticide/fungicide to coat every surface and control both disease and insects listed on the label. So easy to use. Treats up to 33 average size rose bushes and you can do the whole job in about ten minutes. At your ORTHO Dealer's now. Avoid accidents: for safety, read the entire label including cautions and directions. Use all chemicals only as directed.

ORTHO Chevron Chemical Company

GARDENING IN MAY

Do April showers bring May flowers? That depends on whether you did the proper groundwork last fall. If you did, you'll see the promise of spring fulfilled as the early perennials—iris, peonies, Oriental poppies, bleeding heart, and creeping phlox—show sprouts and start unfurling.

Flower Pointers

Be sure to support peonies as they grow tall, and remove tiny side buds so all the plants' strength goes to the main center bloom on each stem.

Late in May, begin pinching the tops off rampant mums to control their heights and promote denser side growth. Stop this deheading program in early July.

Snap off seedpods on spent spring bulbs but don't remove the foliage until it's dry and brittle, because the bulb uses the leaves to produce food for next year's blooms. Interplant fast-growing annuals to divert attention from the fading bulb foliage.

Other Timely Tasks

You may plant caladiums, calla lilies, and tuberous begonias now—directly in the ground, or set out started plants when there's no longer any danger of late frost.

You can also begin moving hardy houseplants outside for a summer sojourn. Find spots where they'll be protected from all-day sun and fitful gusts of wind.

Spray your fruit trees on a regular schedule, carefully following the directions on the label.

In the vegetable garden, plant warm-season crops like tomatoes, beans, squash, cucumbers, peppers, eggplant.

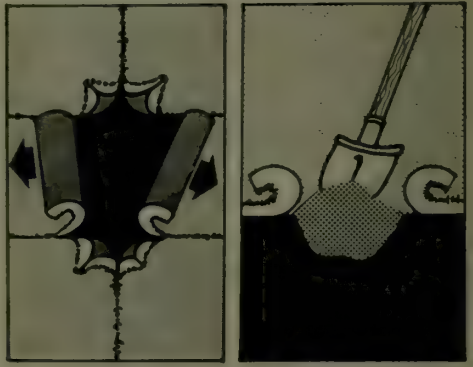
Lawn Care

One of your first lawn chores in spring—after raking up winter trash—is to apply lawn food. Use a lawn spreader to get an even distribution and thus an even green in your grass. Hand application results in irregular growth and a splotchy appearance that defies correction. Be sure to set the machine according to the rate suggested on the lawn-food package because formulas vary and call for different rates of application.

Start to mow in spring as soon as the grass reaches a height of 2½ inches. If you let it grow too high, you'll have to remove too much at one time for the good of the grass—or have to mow several times to get the grass down to the proper height. Keep bluegrass cut regularly at two inches. You can mow Bermuda shorter—three-fourths of an inch—and have a velvety, carpet-like lawn you'll be proud of.

If you didn't apply a weed killer for control of plantains and dandelions last fall, you can still do so this spring. Be sure to apply on a windless day when temperature is 70 degrees Fahrenheit or above. Be especially careful if you have broad-leaved plants adjacent to the lawn. For just a few weeds, hand-dig or spray individually with a ready-to-go pressure can.

If a lawn area was not properly graded at the outset, low spots can be a problem. They detract from the appearance of the lawn and—worse—they collect water. To correct a low spot, use a sharp-edged spade to slide through the sod midway across the spot. Then, at a right angle to the slice, cut the sod back to where the lawn levels out. Space the cuts about a foot apart, then undercut with the spade. To make the job easier, have a helper roll the sod back as you do the cutting.



After filling the low spot with soil, level the area and roll the sod back into place. Then tamp the sod down and water well. Keep the sod watered until it has reestablished itself and is growing. ■

Marlboro Lights

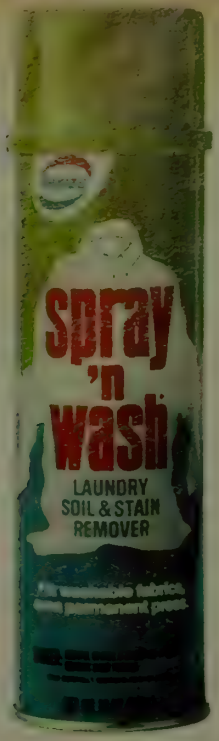
The spirit of Marlboro in a low tar cigarette.



Lighter in taste. Lower in tar. And still offers up the same quality that has made Marlboro famous.

13 mg. "tar," 0.8 mg. nicotine av. per cigarette, FTC Report Dec. '76

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Here is one sure way to get rid of tough stains.

quainted with it in pancakes or pilaf-type dishes.

Barley: Almost all barley sold has been milled to remove the brown outside layers and is known as *pearl barley*. It is commonly added to soups or pilaf-type casseroles.

Rice: *Brown rice* is the unpolished whole grain form. It's available in most supermarkets. Like *converted* or *conventional polished white rice*, it's used in casseroles, stuffings, pilafs, and puddings. *Brown rice* takes about twice as long to cook as the more processed rices.

How to cook with them

Since cracked grains vary in coarseness, cooking times vary. The smaller the grain pieces, the faster they will cook and the smoother the cooked mixture will be.

Baked products made with whole or cracked grains tend to be crumbly because the coarse grain particles do not absorb liquid as readily as refined flours do. Bread doughs made with whole grain can be refrigerated overnight to allow the grain to moisten. Or, whole grains can be soaked overnight or precooked before you add them to yeast bread and cookie dough, or batters.

Since whole grains or grain flours other than wheat flour do not contain much structure-forming protein, you cannot totally substitute them for all-purpose wheat flour. By combining the two types, you get whole grain texture and flavor, and a well-shaped baked product. The higher the proportion of whole grain, the heavier the baked product will be, so start by substituting small amounts of whole or cracked grain or whole grain flour for a portion of the all-purpose wheat flour called for in a recipe. ■

FOOD

Whole grain cooking

You've probably already discovered that whole and cracked grains add terrific flavor and texture to commercial bread, but why stop there? Add them to your own recipes for yeast breads, quick breads, or cookies.

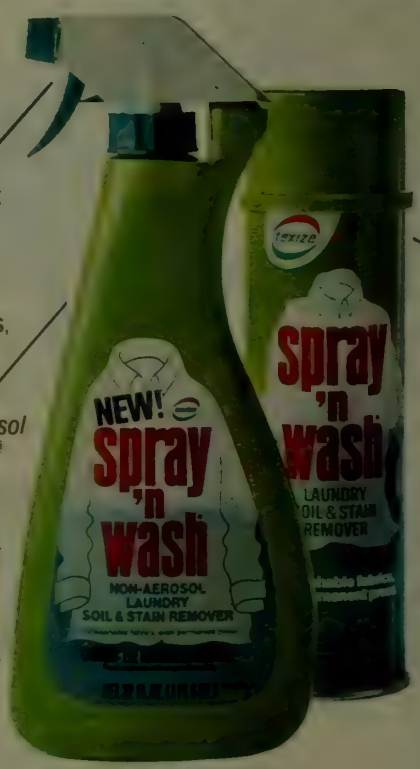
What's available

Wheat: If you wish to do your own grinding, you can buy the whole wheat grain called wheat berries in natural foods stores. *Cracked wheat*, containing the crushed berries, is available in large supermarkets. It adds a nutlike flavor to baked goods. *Whole wheat flour* is made from the whole grain. If it's labeled "stone ground," its higher price is due to the specialized milling process. *Bulgur* is cooked and dried before grinding, so it cooks quicker than cracked wheat.

Oats: *Oat groats* are the whole, hulled oat grain. They're available at some natural foods stores, but *rolled oats*, the flattened grain, are available anywhere and are just as nutritious. Old-fashioned oats will give more texture to baked products than quick-cooking oats will.

Buckwheat: *Buckwheat groats*, the whole buckwheat berries, and *buckwheat flour*, the ground form, are difficult to find. Your best bet is a natural foods store. Buckwheat has a strong, distinctive flavor, and most people are ac-

Here are two.



Adjustable trigger sprayer. Two settings: wide spray for big stains, fine stream for small stains, collars and cuffs.

New Non-Aerosol Spray 'n Wash® delivers its great soil and stain removal power with a remarkable, adjustable trigger sprayer.

Regular Spray 'n Wash is America's number one selling laundry soil and stain remover because it gets rid of tough stains on all washable fabrics —even polyester and permanent press.

Get Spray'n Wash for your tough stains.

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GOOD FOR YOU, MRS. LENNON!

Isabelle Lennon is not only the mother of the famous Lennon Sisters but she also has seven other children and twelve grandchildren. And she looks terrific!

Part of looking young is taking good care of yourself. And Mrs. Lennon does it by watching her weight and nutrition at every meal, starting with the Special K Breakfast. It has protein, vitamins and iron. All for less than 240 calories. And it tastes great!

So, if you take care of yourself every morning with the Kellogg's Special K Breakfast, good for you!

The Special K Breakfast.
Serious nutrition for weight-conscious adults.

Your money buys more at the store with the Sentry on the door!

Friendly service! Honest values! Quality merchandise! You get all these — and more — when you shop at your independently-owned neighborhood Sentry Hardware Store.

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TTC® 13-PIECE SOCKET SETS

Ideal for home, car, boat, mower. Standard set includes nine sockets from 3/8 to 7/8-inches; 5/8-inch sparkplug socket, 5-inch extension, reversible ratchet, storage box. Metric set consists of nine sockets 8 — 10 — 11 — 12 — 13 — 14 15 — 17 — 19 mm; 13/16-inch sparkplug socket, 5-inch extension, reversible ratchet.



choice of metric or standard **$13.99**

Sentry® REAR DISCHARGE ROTARY MOWER

Self-propelled. Front wheel power drive. Handle-mounted throttle. Grass catcher. Rear discharge permits mowing from either side. Five cutting height settings from 1 to 3½ inches. 3½ h.p., 4 cycle Briggs & Stratton engine. **$199.88**



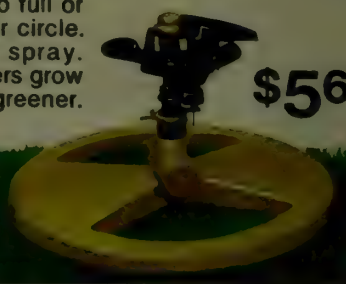
NELSON® OSCILLATING SPRINKLER

Four watering positions with 16 precision — punched openings provide wide choice of sprinkling patterns. Covers up to 2,500 square feet. Nelson helps things grow. **$6.33**



NELSON® BETA RAIN IMPACT SPRINKLER

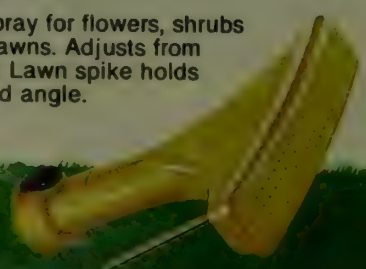
Dial control. Adjusts to full or part of 86-foot diameter circle. Diffuser pin breaks spray. Sprinkling makes flowers grow brighter...grass grow greener. **$5.66**



NELSON® FAN SPRAY HOSE NOZZLE

$1.22

Gives fine, gentle spray for flowers, shrubs and newly-seeded lawns. Adjusts from full spray to shut off. Lawn spike holds nozzle at any desired angle.



AMES® HOSE REEL

Holds up to 150 feet of 5/8-inch hose. Provides three foot leader hose. Portable. Easy to use.

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NELSON® PISTOL HOSE NOZZLE

Turn knob to adjust from fine spray to full stream.

$1.07



Minuteman® RUBBER-VINYL GREEN HOSE

Fortrell® reinforced. Remains flexible in cold weather. Full flow brass couplings.

50 feet 5/8 inch **$8.44**



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AA-5922

EPILEPSY:

An update on treating brain disorders that can afflict anyone—anytime



There are five simple bits of information that would greatly improve the understanding and even the prevention of epilepsy if only more Americans knew them:

- **Anyone, at any time, can be afflicted by epilepsy.**
- **Epilepsy is not one condition, but many.**
- **Epilepsy is not a disease; it's a symptom of a brain disorder.**
- **Automobile accidents are a major cause of epilepsy.**
- **A majority of those afflicted are successfully treated.**

Just look at the Epilepsy Foundation of America's (EFA) 1977 poster child, Suzy Berge, above. According to her father, epilepsy means nothing more to 12-year-old Suzy than taking three pills a day. Suzy's a trouper in the truest sense of the word. Her first seizure occurred only a short time before she was to appear in a gymnastics recital. With professional aplomb, she appeared and *then* went to see a doctor. Suzy symbolizes the hopeful side of epilepsy —the medical and drug control of severe seizure-producing disorders.

Unfortunately, there's a darker side of epilepsy. Some of its victims describe their lives as "living with a time bomb. You walk around knowing that any minute it might go off. You never know when or where, only that it will be at some particularly inappropriate time or place."

Epilepsy research is progressing at a rapid pace and although a cure remains elusive, effective treatment is readily available. But the attitudes most of us have about persons with epilepsy are slow to change.

Here, then, is a guide to these serious brain disorders that may afflict as many as 4 million Americans.

What is epilepsy?

Every breath you take, every blink of your eyes is controlled by electrochemical energy impulses from brain cells called *neurons*. Normally, these impulses "turn off" after obeying their specific command. When they don't turn off, the body reacts by twitching or jerking, and the person may lose consciousness. These erratic physical and mental activities are called seizures.

High temperature, infection, head injury, or alcohol or drug abuse can cause a single seizure in anyone. But when seizures happen repeatedly, a person is said to have epilepsy.

What are the most common epilepsies?

One of the most confusing aspects of epilepsy is the terminology used to describe it. In 1969 the International League Against Epilepsy reclassified the disorders.

Once the seizures were known only as grand mal (big sickness), petit mal (little sickness), psychomotor or temporal lobe, and focal. Today there are as many as 20 different seizure types, and the experts now refer to seizure-producing brain disorders as *"the epilepsies."*

Epileptic seizures may be classified according to the part of the brain they affect or, to some extent, to the victim's reactions.

continued

Drawing: Hellman Design Assoc.

continued

Epilepsy

Partial and **generalized** seizures are two broad categories that describe how extensive the erratic electrochemical brain discharges are.

Simple partial seizures are confined to only one part of the brain. Depending on which part of the brain is involved, the victim's hands or feet may tingle or jerk convulsively, or he may see a flashing light in his field of vision, or speak nonsense, feel dizzy, or experience unusual or unpleasant sounds, smells, or tastes. Usually he remains conscious.

Complex partial seizures manifest themselves in inappropriate actions. The victim may hear inexplicable noises or see things that are not there, appear to be in a dreamy state, remain motionless, or move automatically but purposelessly—repeatedly picking at his clothes, for instance.

Generalized convulsive seizures are the stereotyped epileptic seizure. In one kind—a tonic-clonic seizure (formerly grand mal)—the disturbed electrical impulses involve the entire brain. As a seizure begins, the victim may utter a peculiar gutteral cry, then stiffen and lose consciousness. If standing, the victim will fall. His rigidity gives way to quivering and jerking, and may progress to wild thrashing movements. He may lose control of his bowels and bladder, foam at the mouth, and turn blue. The final stage of the attack is a deep stupor that may last for several minutes and is followed by a long period of deep sleep.

Generalized nonconvulsive seizures include the former petit mal, which is now called an *absence* seizure. It usually afflicts children under age 14 and is characterized by five- to 15-second lapses of consciousness. During the *absence* seizure, the child may appear to be in a dreamlike state, unaware of the momentary attack. Repeated eye blinking, about three blinks per second, is another characteristic. Some children are able to continue whatever activity they are engaged in during an *absence* attack—riding a bicycle, for instance. Most children are completely unaware they are having an attack and continue with their activities after it is over. Because *absence* seizures are commonly mistaken for daydreaming, they often go undiagnosed.

Febrile, or fever, seizures affect youngsters under the age of three and are not necessarily epileptic seizures. As the name implies, the seizures are caused by high body temperatures that affect the youngsters' immature nervous systems. Only when a child continues to have seizures without fever after the age of three or four can he be diagnosed as having an epilepsy.

There are many seizure patterns: Some may start as partial and progress to generalized, and some persons with epilepsy may have more than one type of seizure. But usually, no pattern can be found to the events that bring on an epileptic seizure. A seizure can be precipitated by many causes including bright or flickering lights, sleep deprivation, loud music or a sudden noise, tension, fatigue, and hyperventilation (rapid, heavy breathing while at rest).

Some persons with epilepsy are able to predict the onset of a seizure. The warning sign, called an *aura*, may be a tingling sensation, a buzzing noise, or just a "funny feeling," in the head, stomach, or chest.

Usually seizures last only a few minutes, but in some cases they follow each other so closely that they appear to be continuous. This condition **(status epilepticus)** places a severe strain on the respiratory system and can eventually cause death if not stopped by emergency medical treatment.

What causes epilepsy?

There is no single answer. Among the causes are unusual birth trauma, drug or alcohol abuse, fever, infectious diseases, brain tumors, abscesses, and congenital brain malformations. In the elderly, poor blood circulation in the brain is often a cause. Anything that is potentially harmful to the brain is a potential cause of an epilepsy.

Most Americans ignore the increasingly significant role head injuries play in causing epilepsy. Although the 55-mile-per-hour speed limit has reduced the number of head injuries caused by automobile accidents, the EFA says 190,000 Americans still sustain seizure-producing head injuries each year from automobile accidents alone. These 190,000 will have one or more seizures within three years of the accident. Almost 50,000 will develop persistent seizures that tend to resist therapy. The Foundation recommends the use of protective headgear for motorcyclists, snowmobilers, and football and hockey players.

Heredity plays some role in the epilepsies, although it appears that what is inherited is not the condition itself but a tendency to be susceptible to seizures, or more vulnerable to the types of injury that produce epilepsy. Epilepsy is *not* contagious, and while it predominantly afflicts young people, it can afflict anyone, regardless of age.

How are seizures diagnosed?

The electroencephalograph (EEG), a machine that records the brain's electrical activity, is a major diagnostic tool. EEG tracings help scientists learn where an epileptic discharge begins, where it spreads, its intensity, duration, and time of occurrence.

Variations on the EEG—remote control and portable devices that permit 24-hour EEG tracings to be recorded—are also being used. Computerized axial tomographic scanners (CAT scanners) employ sophisticated X-ray techniques to make detailed images of the interior of the brain. The effectiveness of the CAT scanner is still being studied, but researchers hope it will help them pinpoint brain damage that causes seizures.

Video monitoring is a technique in use at the National Institute of Neurological and Communicative Disorders and Stroke (NINCDS) and other major epilepsy research centers. Three television cameras transmit pictures of the epileptic patient's face, his entire body, and his EEG tracing. The three images are projected on a television screen (using a "split-screen" technique) and recorded. When the recording is played back, scientists are able to

continued

Other margarines vs. Squeeze™ Parkay.







Squeeze™ Parkay margarine spreads on easily. It's the smooth way to put that delicious Parkay flavor on toast, pancakes and waffles, all kinds of vegetables—whatever you make.

Squeeze™ Parkay... the no rip, no slip margarine. So good, so easy on everything.

Ah...the ease of Squeeze™ Parkay.

KRAFT

Fisher-Price knows that toddlers have very short legs and a very big urge to go places.



So we designed three sturdy riding toys to take them there.

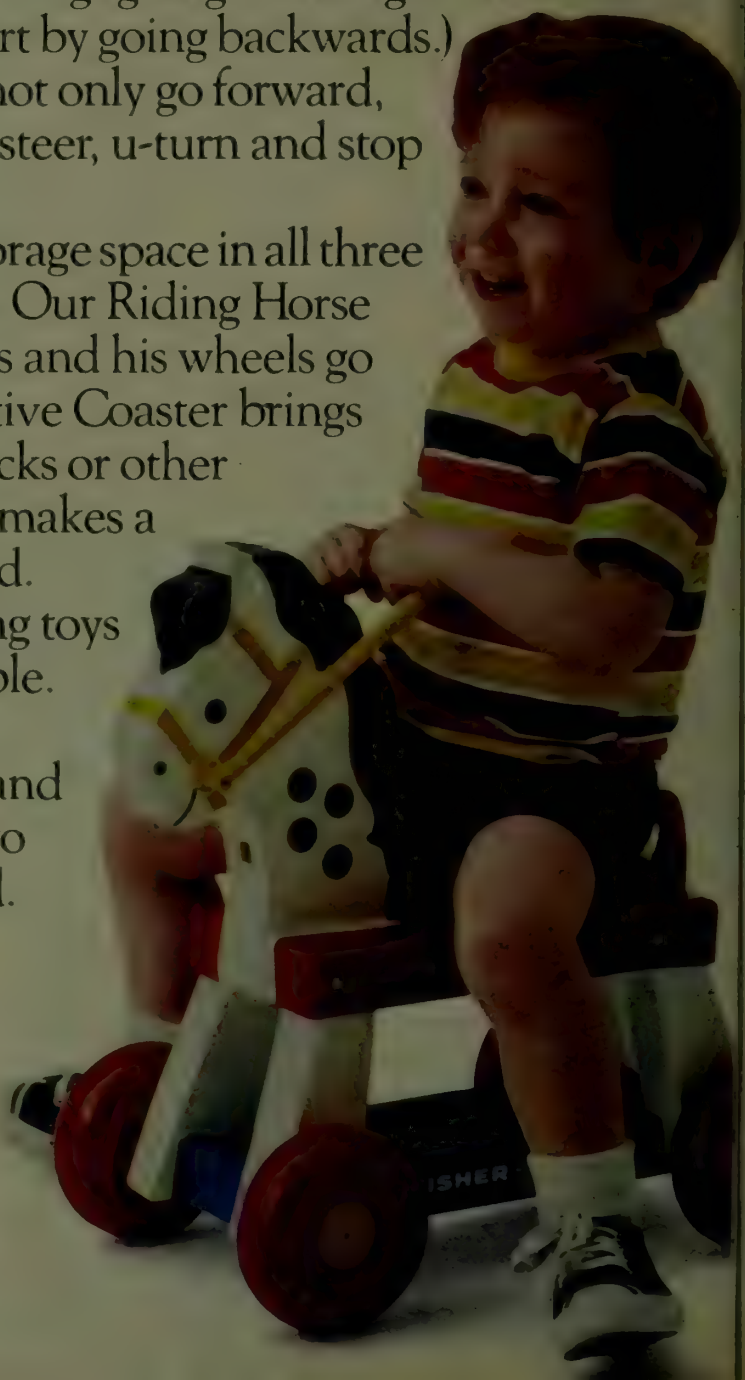
They are all perfectly balanced not to tip, because at first just getting on and off is a project. The next challenge is to get the legs going in the right direction. (Most beginners start by going backwards.)

But soon, they not only go forward, they learn to steer, u-turn and stop on a dime.

There's storage space in all three toys, and room for imagination, too. Our Riding Horse whinnies when you pull on the reins and his wheels go clippety-clop. Our Creative Coaster brings along its own plastic blocks or other gear. And our Explorer makes a terrific revving-up sound.

Of course our riding toys are almost indestructible. Because they're going to ride fast and hard and long. They're going to ride like the wind.





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continued

Epilepsy

see facial and bodily reactions accompanying an epileptic seizure along with the EEG tracing. Video monitoring helped refine the classification of seizures and also uncovered some misdiagnosed epilepsies that were later correctly treated.

Teachers often are the first to detect *absence* seizures in children because parents often misinterpret the seizures as daydreaming.

How is epilepsy treated?

Drug therapy is the most common and effective treatment for epilepsy. The reclassification of seizures has made it easier for physicians to treat specific seizure disorders with specific drugs or drug combinations. About 80 percent of the seizure disorders can be wholly or partially controlled by drug therapy.

Most seizures are kept under control by using one or more of 15 commonly prescribed anti-convulsant medications. Two very common drugs in use today are *phenobarbital* and *phenytoin* (commonly prescribed under its trade name, Dilantin). Two drugs recently approved for use in epilepsy—*carbamazepine* (Tegretol) and *clonazepam* (Clonopin)–are being used with success for patients who were not able to tolerate or who did not respond to other drug therapies.

Determining the "ideal" drug therapy (one that stops the seizures with minimum side effects) requires careful analysis of the amount of the various drugs in the patient's blood. To do this, physicians use highly sophisticated laboratory procedures, such as *Gas-Liquid Chromatography (GLC),* which measures even minute amounts of drugs in the bloodstream. The Epilepsy Foundation has promoted the use of GLC testing in hospitals across the country and supports the training of technicians to operate the complex equipment. A newer testing method called *EMIT* measures drug concentrations in saliva.

The sophisticated testing devices have revealed a surprising and perhaps tragic fact: Some persons whose epilepsy could be controlled by drugs do not always take their seizure-controlling medications regularly. Some are simply forgetful, others try to lower drug costs by taking less medication or taking it only when they sense an impending seizure. To effectively treat epilepsy, drugs must be taken exactly as prescribed by the patient's doctor.

Because the cost of anti-convulsant drugs is prohibitive for many people, the EFA has begun a nationwide low-cost prescription service. It is expected that the service could save persons with epilepsy millions of dollars a year in drug costs. (Details on the service are available from any EFA local chapter or from the Foundation's headquarters, 1828 L Street, N.W., Washington, D.C. 20036.)

Surgery is sometimes used as a treatment where the epilepsy is caused by a brain lesion that can be reached and removed without impairing other brain functions.

What is being done to prevent epilepsy?

The 55-mile-per-hour speed limit has proved to be the single most effective preventive for new cases of epilepsy because it has reduced the number of head trauma injuries resulting from automobile accidents.

NINCDS is sponsoring research into the effectiveness of anti-convulsant drugs at centers across the United States; a screening project under NINCDS sponsorship is providing continuing analysis of the anti-convulsant properties of new chemical compounds; the Epilepsy Foundation is sponsoring a quality control program to assess the uniformity and accuracy of the various laboratory procedures used to determine drug levels in the bloodstream; and NINCDS is collecting data on 50,000 mothers and their children to determine the histories of many neurologic disorders, including epilepsy. The study has already shown that children who experience complex or abnormally long febrile seizures are more likely to develop a subsequent epilepsy.

The national Commission for the Control of Epilepsy and Its Consequences will present the results of its yearlong study this July. The report is expected to cover not only the status of epilepsy but how society is dealing with it.

What are the social consequences of epilepsy?

In the past, persons with epilepsy have been discriminated against by employers, insurance companies, schools, driver's license agencies—even by county officials who issue marriage licenses.

Today, the situation is improving. Many states now permit the person with epilepsy to obtain a driver's license provided he has a doctor's certificate stating he has been seizure-free for a period of time, usually one or two years.

The Epilepsy Foundation has formed a national group life insurance plan that provides up to $25,000 coverage for persons with epilepsy and their families.

There still are some state laws that cry out for change. Among these are laws that permit parents to "give back" an adopted child who is found to have epilepsy, require physicians to report patients with epilepsy to state agencies, and allow the involuntary sterilization of persons with epilepsy.

The Epilepsy Foundation is working closely with self-help groups across the country as they deal with local bar associations and legislatures in an attempt to change discriminatory laws.

Of all the myths about epilepsy, the most damaging is the one that equates it with mental retardation. The fact is that persons with epilepsy are of at least normal intelligence unless their seizures are caused by a brain injury which in itself impairs intelligence.

Behavioral disturbances are more common in persons with epilepsy than in the general population, but EFA says that fact shouldn't come as a surprise. We'd all develop personality problems if we were continually shunned, shut out of the job market, or prevented—by law or custom—from doing as others do.

Finding a job—and then keeping it—is a major problem for many persons with epilepsy. As many as 25 percent of those whose seizures are

continued

continued

Epilepsy

controlled by drugs are estimated to be chronically unemployed.

The EFA has begun a placement service for young persons with epilepsy in five major cities. TAPS (training and placement service) hopes to break the cycle of application and rejection that plagues young persons with epilepsy who are seeking first time employment.

The military still excludes persons with epilepsy, mostly because they may be beyond the reach of medical attention rather than because of the condition itself.

A Los Angeles nonprofit corporation, Epi-Hab, specializes in on-the-job training, employment counseling, placement, and technical instruction for persons with epilepsy. Epi-Hab's director, Dr. Frank Risch, says productivity in the corporation's workshops often exceeds that of competing firms. Seizures and accidents have not affected the company's workmen's compensation insurance rates. (Epi-Habs are also located in Phoenix, Arizona, and Evansville, Indiana.)

The biggest hurdle a person with epilepsy faces when seeking employment is the prospective employer's misconceptions. Many employers think that persons with epilepsy will disrupt the normal office or plant routine.

In fact, those persons with drug-controlled epilepsy have better safety, production, and attendance records than their fellow workers.

Federal legislation now prevents employers who do business with the government or who accept federal grants from refusing to hire qualified persons with epilepsy purely on the basis of their illness.

With only a few restrictions, persons with epilepsy can lead normal lives. The American Medical Association recently agreed with the Epilepsy Foundation that youngsters with epilepsy should not necessarily be barred from contact sports. Specialists emphasize that where possible, children should not be overprotected but should be allowed, instead, a normal childhood. As one British spokesman put it: "If a child with epilepsy wants to climb a tree, he should climb that tree. Which is worse—a broken leg or a broken heart?"

FIRST AID FOR A MAJOR SEIZURE

Here are some things you can do if someone you know has a major epileptic seizure.

Before the seizure

- Help him lie down.
- Remove his glasses and/or false teeth.
- Loosen tight clothing.
- Place a pillow or coat under his head.

During the seizure

- Do not force anything into his mouth.
- Do not restrain his movements.
- Move any hard or sharp objects out of the way.
- Stay with him and observe his activities.

After the seizure

- Turn the person on his side to allow saliva to drain out of his mouth.
- Do not give him anything to drink until he is fully awake.

When to call for emergency help

- If the person does not start breathing after the seizure.
- If the person has one seizure after another.
- If the person injures himself.

Some things to remember

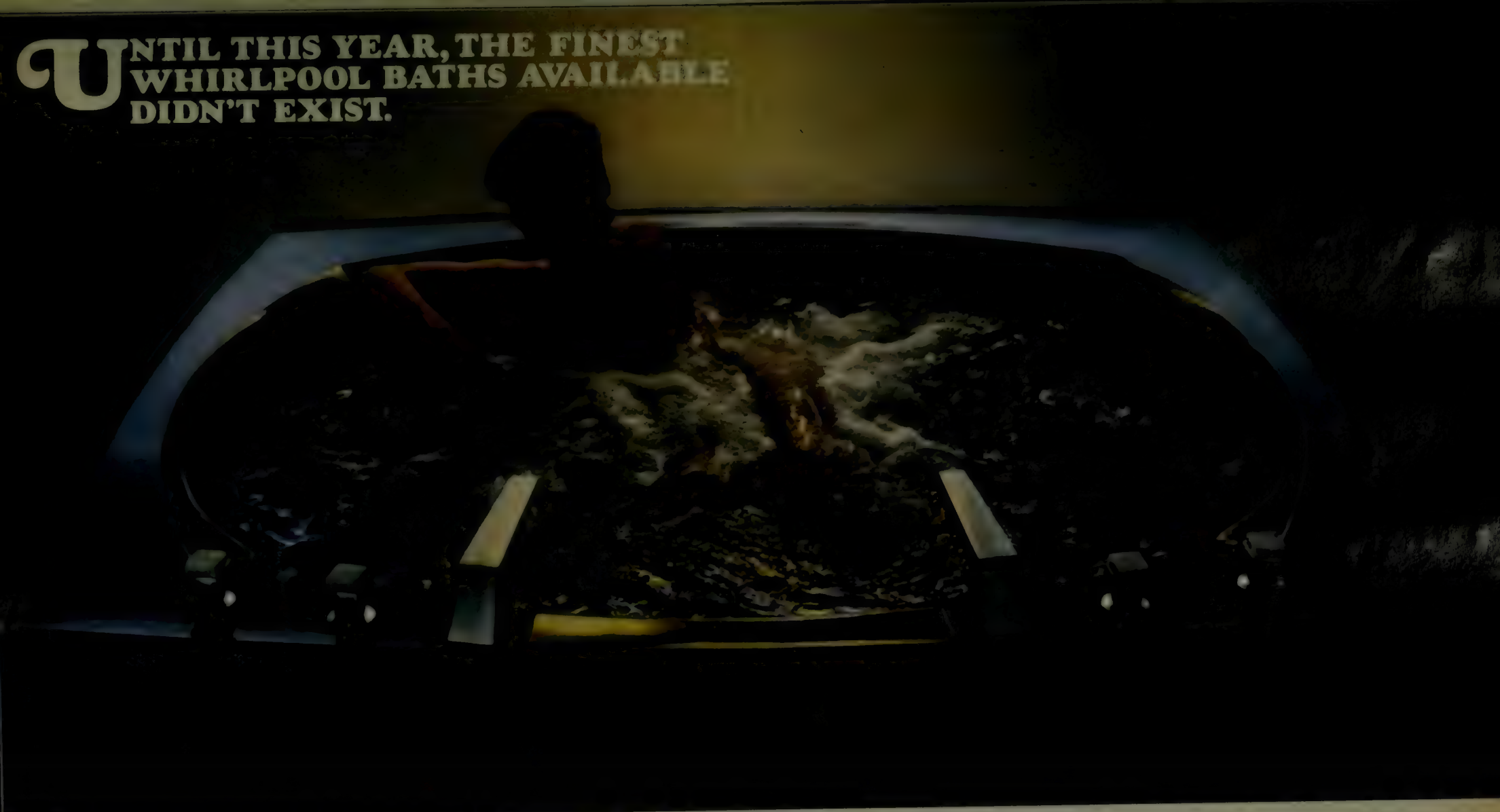
- You can not stop a seizure once it has begun.
- It is not necessary to restrain someone having a seizure.
- Most persons suffering from a seizure have difficulty breathing.
- Unconsciousness may continue as long as 15 minutes.
- The person may awake confused and sleepy. ■



20 Mule Team® Borax.
It's a household cleaner too.

To make a terrific cleaner for floors and walls, mix ½ cup of 20 Mule Team® Borax, ½ teaspoon of dishwashing liquid and 1 tablespoon of ammonia with 2 gallons of warm water. We can also make you a terrific beach towel offer. Look for it on the back of our specially marked packages.

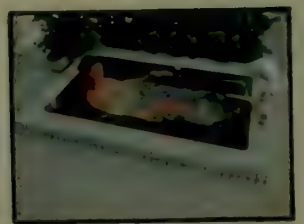
UNTIL THIS YEAR, THE FINEST WHIRLPOOL BATHS AVAILABLE DIDN'T EXIST.



The Bath in Fiberglass 5½′ x 7′. 6 adjustable jets.



Caribbean in Enameled Cast Iron. 6′ x 36″. 4 adjustable jets.



Steeping Bath in Enameled Cast Iron. 5′ x 36″ x 20″ deep. 4 adjustable jets.

Because until this year, whirlpool baths weren't available from Kohler. Now they are. And they're the best you can buy, for good reasons.

Kohler whirlpool baths offer you a choice. The Bath in fiberglass, 5½′ x 7′. The 6′ Caribbean and the 5′ long, 20″ deep Steeping Bath, both in durable enameled cast iron. All in an unmatched selection of original colors to complement other Kohler fixtures. All with more built-in adjustable jets than most other whirlpool baths... and dual air controls for more pleasurable water massage.

Kohler whirlpool baths are designed for comfort, too. Unlike some whirlpool baths which have ridges and bulges, Kohler baths are engineered for comfort and deep down whirlpool enjoyment.

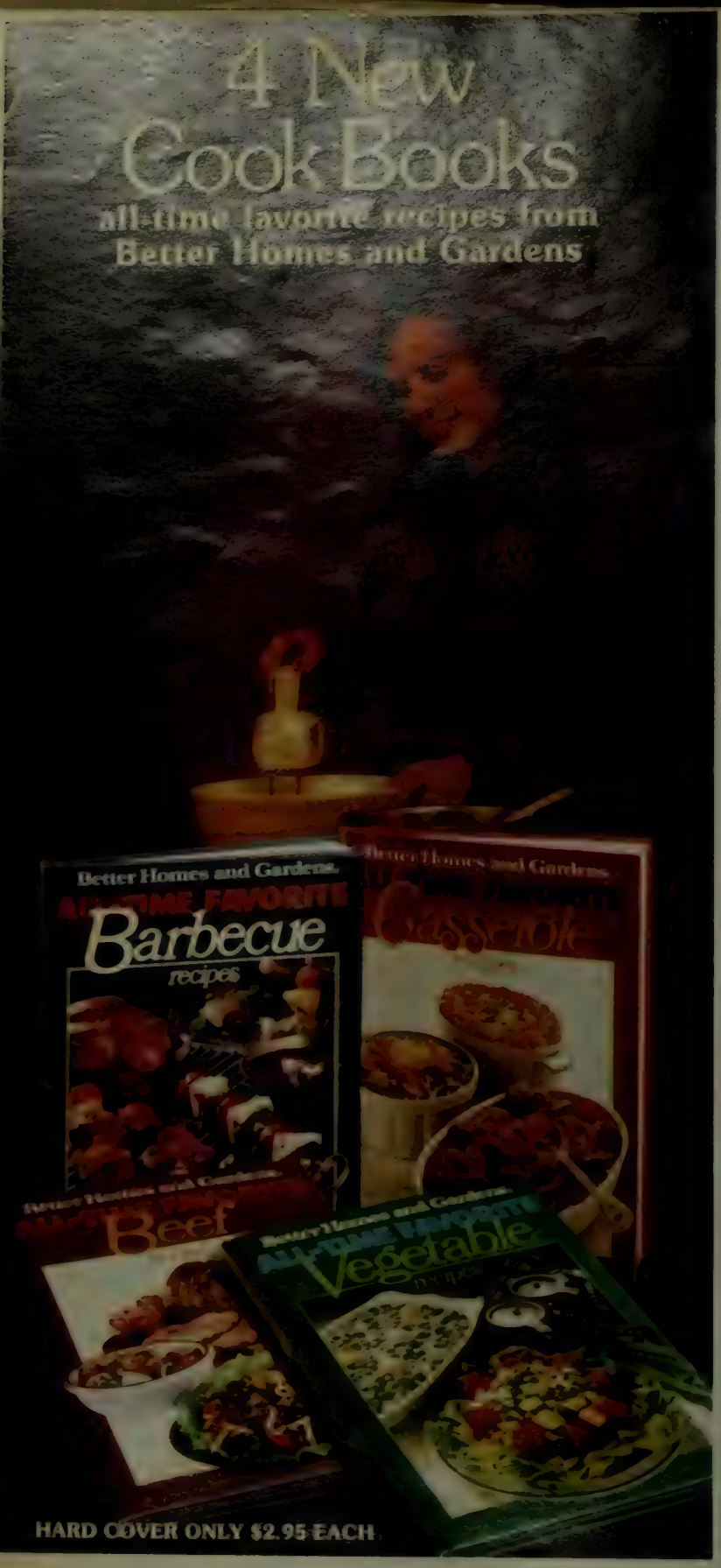
Given the facts, Kohler's new whirlpool baths are the finest available. Our competitors might call it beginner's luck. We call it a Kohler tradition, and it has been going on for more than 100 years.

For more information on Kohler whirlpools, send 50¢ to Box EB, KOHLER CO. KOHLER, WI 53044 Kohler products available in Canada.

THE BOLD LOOK OF KOHLER

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For over 50 years, the editors of Better Homes and Gardens have published thousands of recipes and tested thousands more. Now, in four exciting new hard cover books, they feature their all-time favorites in the popular categories of Beef, Barbecue, Casserole and Vegetable. The Vegetable Cook Book, for example, includes 185 recipes with beautiful full color photos to show you exactly how the finished dish turns out — everytime. The other books are equally complete. All are outstanding values at the surprisingly low price of $2.95 each.

ideas

Better Homes and Gardens·Books

WHEREVER BOOKS ARE SOLD

DECORATING

Twosome Groupings

Looking for a little peace and quiet at the end of a hectic day—a place to relax, gather your wits, read the paper, and compare notes with someone near and dear? It can be arranged, with a *tête-à-tête* grouping like one of these.



Photograph: Hedrich-Blessing. Design: Terri D'Ancona
Source: Jessie Walker Associates

Casual, put-up-your-feet comfort is the keynote of this cozy corner grouping. Two wicker chairs and a contemporary table make perfect companions for the greenery-filled window area. But more than that, the face-to-face chairs are invitations to good conversation.



Photograph: Bill Hedrich. Design: James W. Foy, Jr., A.S.I.D.
Source: Barbara Sims and Linda Magazzine

In this bedroom, matching French chairs and an oversized ottoman set the scene for fireside chats. Three small English walnut stools are used for end tables, and matching floor lamps make perfect reading lights. ■

The Sealy Posturepedic. Every morning your back will tell you there is a difference.



If it doesn't say Sealy Posturepedic, it isn't a Posturepedic.

Sealy Posturepedic is a unique kind of mattress, designed in co-operation with leading orthopedic surgeons for firmness and support, without sacrificing comfort.

And that's where the difference begins. Other mattresses that start out feeling firm may soften in a short time. The firmness and support built into the Posturepedic stay there for years to come. That's why we can promise you no morning backache from sleeping on a too-soft mattress.

Sealy Posturepedic is the unique back support system. Here's why:

1. Posturepedic's offset coils are hinged for resilience and support.
2. Five separate layers of cushioning assure comfort.
3. The patented torsion bar foundation provides extra firmness, and makes the set a total support system.

If we left out a single feature, it wouldn't be a Posturepedic.

So when you're ready to invest in a Posturepedic, be sure you *get* a Sealy Posturepedic.

SEALY POSTUREPEDIC

Sealy.

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WIN with Scott's LIQUID GOLD®

$186,000 Sweepstakes

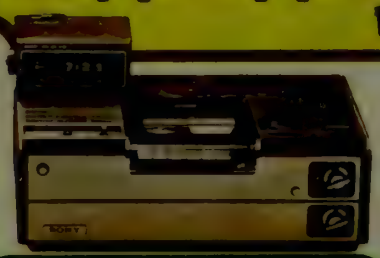


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1. You are automatically entered in the sweepstakes by taking advantage of either store coupon

Alternate means of sweepstakes entry! No purchase required!

2. Those contestants who do not wish to take advantage of the store coupons but would still like to enter the Scott's Liquid Gold $186,000 Sweepstakes may do so by writing the words "Scott's Liquid Gold for the love of wood" and their name and address on a plain piece of paper. Enter as often as you wish but mail each entry separately to: Scott's Liquid Gold $186,000 Sweepstakes, P.O. Box 48, New York, N.Y. 10046

Winners will be selected in random drawings under the supervision of Marden-Kane, Inc., an independent judging organization whose decisions are final.

3. Sweepstakes open to residents of the U.S. only. Employees and the families of Scott's Liquid Gold Inc. and their subsidiaries and agencies and Marden-Kane Inc. are not eligible. Sweepstakes void in Missouri and wherever else restricted or prohibited by law.

4. Residents of Wisconsin and Maryland may enter the sweepstakes by following the alternate means of sweepstake entry instructions.

5. In order to be eligible for the prizes offered, all entries must be postmarked by May 31, 1977 and received by June 15, 1977. Chances of winning will depend upon the number of entries received.

6. All taxes are the sole responsibility of the prize winners.

7. For a list of the major prize winners, send a self-addressed, stamped envelope to: Scott's Liquid Gold Winners List, P.O. Box 267, New York, N.Y. 10046

REDEEM THIS STORE COUPON BY MAY 31, 1977 TO ENTER SWEEPSTAKES

SAVE 15¢

ON Scott's LIQUID GOLD FOR WOOD. Available in 14 oz. aerosol or 16 oz. pourable. Coupon good on either size.

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TO THE DEALER: For each coupon you accept as our authorized agent, we will pay you face value plus 5¢ handling charges, provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing your purchases of sufficient stock to cover all coupons redeemed must be shown upon request. Void if prohibited, taxed or restricted. Your customer must pay any sales tax. Offer good only in U.S.A. and expires December 31, 1977. Redeem by mailing to Scott's Liquid Gold Inc., P.O. Box 1429, Clinton, Iowa 52734.

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COMPLETE ALL INFORMATION – THIS IS A SWEEPSTAKES ENTRY

A FIREPLACE ADDITION THAT FITS THE SPOT

This particular fireplace addition was designed by the owners of a typical split-level home. They wanted a fireplace, and they also wanted a tasteful way to separate the living room from the stairs leading down to the entry. Their solution: a rustic fireplace/platform that's as attractive as it is functional. The mid-room location of the project retains a feeling of openness yet blocks the view of the stairs. And the fireplace itself gives the entire living area a warm and cozy glow.

As classy as this fireplace is, it's not difficult to install. Its simple construction starts with a zero-clearance firebox resting on two bases—a 2x4 skeleton anchored to the floor and supporting a cantilevered platform framed by 2x12s. The firebox is factory insulated so the rough-sawn cedar enclosure can butt right up against it. This type of firebox also makes heavy and costly masonry work unnecessary. And most brands come with installation instructions.



Photograph: William N. Hopkins. Designer: Richard H. Kruse, A.I.A.

The hearth is ceramic tile over a ¾-inch plywood deck. A woodbox is recessed into the hearth extension just to the left of the fireplace, and spacious storage drawer at the left end of the cantilevered section stows family games and magazines. ■

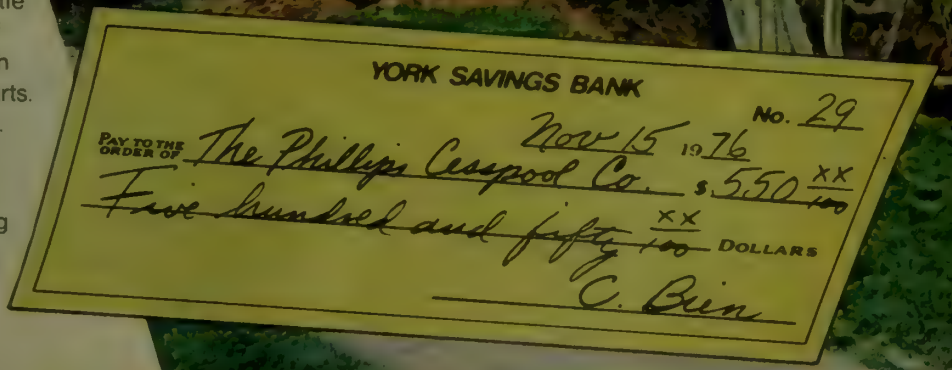
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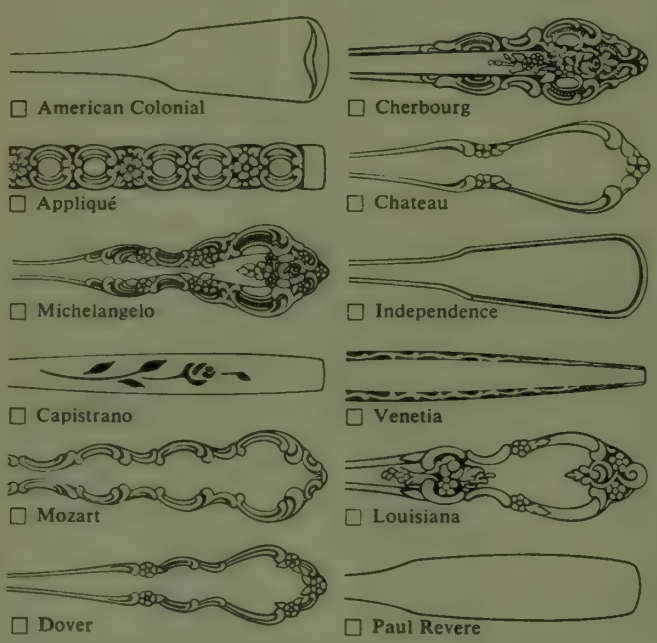
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Houseplant Pronunciation Guide

When you talk to your plants, you'll make them lots happier if you pronounce their names correctly. And you can, by keeping this pronunciation guide handy.

Achimenes (uh-KIM-uh-neez). Related to African violets but grow from scaly tubers. Have blue, white, and pink flowers. Good for hanging baskets.

Adiantum (ad-ee-AN-tum). Fern family. Maidenhair is the best known.

Agave (uh-GAY-vee). Succulent; best known is the century plant.

Aglaonema (ag-lay-oh-NEE-muh). Chinese evergreen. Has plain or variegated foliage. Grows in soil or water.

Aloe (AL-oh). Large family of succulents. Juice of common aloe is good for burns.

Anthurium (an-THOO-ree-um). Arum family. Has waxy, long-lasting red flowers. Plants need high humidity and constant moisture.

Asparagus (us-PAIR-ug-us). Family contains many popular ferns including sprengeri, meyeri, and plumosa.

Aspidistra (ass-puh-DIS-truh). Cast-iron plant. Old favorite for poor light areas.

Asplenium (ass-PLEE-nee-um). A member of the fern family of which bird's-nest fern is best known.

Beaucarnea (boh-CAR-nee-uh). Pony tail. Has fountain-like foliage and bulbous base. Slow growing.

Beloperone (bel-oh-pair-OH-nee). Shrimp plant. Brick-red or white bracts suggest shrimp. Gets leggy, so cut back after flowering.

Bougainvillea (boo-ghin-VIL-ee-uh). Colorful vines. Can be kept shrubby. Needs very bright light.

Brassaia (brass-SAY-ee-uh). Usually sold as schefflera. A small tree. Needs bright light and ample water.

Bromeliad. (bro-MEE-lee-ad). Name given to members of the pineapple family. Aechmea (eek-MEE-uh) is a popular bromeliad.

Caladium (kuh-LAY-dee-um). Colorful foliage makes this a popular plant indoors and out.

Calceolaria (cal-see-oh-LAIR-ee-uh). Pocketbook-plant. Brilliantly colored florists' plant. Treat as an annual. Does not carry over another season.

Ceropegia (sir-oh-PEEJ-ee-uh). Rosary vine. Attractive trailing plant good for a hanging basket.

Chlorophytum (cloh-ROFF-it-um). Airplane plant. For hanging baskets. Plantlets cascade and root easily.

Cissus (SIS-us). Includes grape and kangaroo ivy.

Clivia (CLY-vee-uh). Large heads of orange flowers; strap-like leaves. Give it shade or filtered light; it burns in full sun.

Codiaeum (koh-dee-EE-um). Croton. Multicolored glossy leaves. Needs warmth and ample water or leaves will shrivel and drop.

continued



If you think pantyhose is too hot for summer, you never wore Summer Sheer.®

Summer Sheer by Hanes.
Made especially for summer. From a special knit that lets the breezes through. Summer Sheer by Hanes. It's elegant. It's cool.





Look for this display tree at finer department and apparel stores.

HOW TO FEEL MORE ALIVE AT 5:00



Some days I used to feel really dragged out by five o'clock.

You probably know the feeling because you've had it yourself. And usually just when you were planning something really nice for the evening.



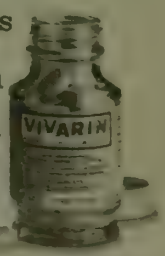
Then I found out about Vivarin.

Just one Vivarin tablet perks me up, makes me feel more alive.

You see Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

So for those times when five o'clock rolls around and you want to feel more lively, ready to enjoy the rest of the day, try Vivarin.

It really works.



Read label for directions.

continued

Houseplant pronunciation guide

Cycas (SY-cuss). Has fern- or palm-like leaves but is neither fern nor palm. Needs warmth and moisture. Plant grows rather slowly.

Cyperus (sy-PEE-russ). Umbrella plant. Reedy. Good for water gardens and terrariums.

Davallia (duh-VAL-ee-uh). Rabbit's-foot fern. Has woolly rhizomes resembling a rabbit's foot creeping along top of soil.

Dieffenbachia (dee-fen-BOK-ee-uh). Dumb cane. So called because sap, if consumed, affects vocal chords. Leaves have endless variegations of green and white.

Dizygotheca (diz-uh-GOTH-uh-kuh). False aralia. Has brownish, delicate-looking foliage.

Dracaena (druh-SEE-nuh). Corn dracena is best known. Tough and easy to grow. Drought-resistant but responds well to regular watering.

Echeveria (etch-uh-VEE-ree-uh). Large group of succulents, noted for rosettes of leaves and spring flowers.

Echinocactus (ee-ky-noh-CAC-tus). Barrel cactus. Globe-shaped, ribbed. Grows to large-tub size.

Episcia (ep-PIS-ee-uh). Flame violet. Puckered, metallic foliage. Trailing. Suffers if the temperature drops below 50°.

Euonymus (yew-WAHN-ih-mus). Many have variegated leaves.

Euphorbia (yew-FOR-bee-uh). Family of succulents, many with toxic sap. Best known are poinsettia and crown-of-thorns.

Fatshedera (fats-HEAD-uh-ruh). Large glossy leaves. Bushy, upright at first; then climbing. Moderate light; regular watering.

Fatsia (FAT-see-uh). Has large shiny leaves; requires good sun.

Ficus (FYE-cus). Figs. Includes the India rubber tree, fiddle-leaf fig, and weeping fig.

Fittonia (fih-TONE-ee-uh). Has silver or pink veins. Needs warmth, humidity, and low to medium light.

Gloxinia (glock-SIN-ee-uh). Related to African violets, but not evergreen. Needs rest after flowering.

Gynura (jye-NOO-ruh). Velvet plant; purple-passion plant. Upright or trailing plants. Needs bright light to retain foliage color.

Hedera (HED-er-uh). English ivy. Can be trained to vine upward but usually cascades from a basket.

Helxine (hell-ZYE-nee). Baby's tears. Easy cultivation and propagation by division. Good ground cover in large pots; trailer in small pots.

Hydrosme (hy-DROSS-mee). Snake palm. Flower has offensive odor. Showy cut foliage. Belongs to arum family, not palm.

Iresine (eye-ruh-SYE-nee). Chicken-gizzard or bloodleaf. Contrasty red foliage. Cuttings are easy.

Kalanchoe (kal-an-KOH-ee). Large family of succulents. Easy to grow. Long-lasting flowers.

Lithops (LITH-ups). Living stones. Curious stonelike succulents.

Mammillaria (mam-il-LAY-ree-uh). Pincushion cactus. Great variety in this group of small, round cacti.

Maranta (muh-RAN-tuh). Prayer plant. So called because leaves fold up at night resembling hands folded in prayer.

Monstera (mon-STAIR-uh). Split-leaf philodendron. Has large deeply cut foliage. Closely related to philodendron genus.

Nephrolepis (nee-FROL-uh-pis). Boston fern. For hanging baskets and plant stands. Keep moist and out of direct sun.

Orchids. (OR-kids). Some grow in soil; some in bark. For indoors, try cattleya (CAT-lee-yuh) in bright light. Phalaenopsis (fal-ee-NOP-sis) or moth-orchid does well in warm, moderate light. Cypripedium (sip-ruh-PEE-dee-um) or lady-slipper (also called paphiopedilum, pronounced paf-ee-oh-PED-uh-lum) needs moist, shady conditions.

Palms (pahms). Low-growing ones best for indoors. Need bright light, ample water. Easiest are: collinia (coll-IN-ee-uh) known as parlor palm; chamaedorea (cam-uh-DOR-ee-uh) known as bamboo palm; rhapis (RAY-pis) known as lady palm; and chrysalidocarpus (kris-uh-lid-oh-CAR-pus) known as areca palm.

Pedilanthus (ped-uh-LANTH-us). Devil's backbone. Zigzag stems; green or green-and-pink leaves. Stems grow in water, but plant is

continued



Now. Only 1 mg tar.

This is more than just low 'tar.' This is ultra-low 'tar.' This is Now, a cigarette with only 1 mg 'tar.' If you want to be sure you're getting ultra-low 'tar,' count all the way down to Now's number 1.

The ultra-low tar cigarette.

'77—R.J. REYNOLDS TOBACCO CO.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER, MENTHOL: 1 mg. "tar", .1 mg. nicotine av. per cigarette, FTC Report DEC. '76.

continued

Houseplant pronunciation guide

drought resistant in soil.

Peperomia (pepper-ROME-ee-uh). Large group of popular houseplants. Good for terrariums.

Philodendron (fil-oh-DEN-drun). Large family with varied foliage; contains climbers and self-headers. Among the best are: oxycardium (ox-ee-CAR-dee-um); the panduraeforme (pan-DEW-ruh-form); and selloum (see-LOAM). Give good light, but no direct sun.

Pilea (pie-LEE-uh). Group includes aluminum plant and friendship plant. Both excellent for terrariums.

Pittosporum (pit-TOS-por-um). A plain green or variegated shrub. Easy to prune to desired shape.

Platycerium (plat-ih-SEER-ee-um). Staghorn fern. Grows on tree bark.

Plectranthus (plek-TRAN-thus). Swedish ivy. Popular houseplant, often grown in a hanging basket.

Podocarpus (pode-uh-CARP-us). Has soft needlelike foliage.

Polypodium (pol-ih-POE-dee-um). Has long, leathery fronds. Sometimes called hare's-foot fern.

Rhoeo (REE-oh). Moses in the cradle. Has long swordlike leaves with purplish undersides.

Saintpaulia (saint-PAUL-ee-uh). The true name for African violets.

Sansevieria (san-suh-VEE-ree-uh). Mother-in-law tongue. For poor light; plant is very drought resistant. Long-leaved or rosette forms.

Schefflera (sheff-LAIR-uh). See brassaia.

Schlumbergera (shlum-burr-JEER-uh). Christmas cactus. Needs cool nights and little water in October until buds set.

Scindapsus (sin-DAP-sus). Commonly called pothos or devil's ivy. Culture similar to philodendron.

Sedum (SEED-um). Succulent genus that includes burro's tail.

Selaginella (see-laj-uh-NELL-uh). Peacock moss. Allied to ferns. Low light, steady moisure. Good plant for terrariums.

Senecio (see-NEE-see-oh). Large group that includes German ivy.

Sinningia (sin-IN-gee-uh). Family includes gloxinia and many miniature houseplants.

Spathiphyllum (spath-uh-FIL-um). Has waxy, white spathes and is sometimes fragrant. Glossy foliage always attractive. Needs low light and steady moisture.

Strelitzia (struh-LITZ-ee-uh). Bird-of-paradise. Orange and blue waxy flowers. Needs sun and ample water. Slow growing. Small plants bloom in three to five years.

Syngonium (sin-GOAN-ee-um). Also known as nephthytis, arrowhead vine, and tri-leaf wonder.

Tolmiea (TOLE-mee-uh). Pickaback plant. Needs frequent watering to prevent wilting. New plantlets form on old leaves. Good plant for hanging baskets.

Tradescantia (trad-ess-CAN-tee-uh). Wandering Jew with variegated leaves. Good for hanging baskets. Can easily be propagated from stem cuttings.

Zebrina (zuh-BREE-nuh). Wandering Jew. Leaves are green with purplish undersides. ■

HAIRCOLOR CLINIC

"Dear Barbara Britton..."



Coloring Gray Hair! Did you know there's a hard way and an easy way?

Everyone remembers Barbara Britton, the lovely star of TV's Mr. and Mrs. North. Recently she discovered a simple new way to color gray hair that many women have asked about.

• *Dear Barbara:* **My gray hair has been getting me down. But I'm afraid of the dull dyed look if I color it. I read you were really pleased with Lady Grecian Formula so I looked for it, but there was no color chart. How do I pick my shade?**

Mrs. V.M., Fredrickstown, Ohio

There's no confusing color chart with Lady Grecian. The one clean clear liquid works whatever your original color was. Just comb it through daily until the gray disappears. Then once a week or so keeps your beautiful natural looking color. And no dyed look because Lady Grecian works with the natural chemistry of your hair to retain a natural blend of shades.

• *Dear Barbara:* **I've used haircoloring, about 10 years—all kinds. They look fake, dry my hair and split the ends. And I hate those messy touch-ups. Can I switch without waiting til the old color grows out?**

Mrs. L.D., Hallstead, Pa.

Yes indeed. Lady Grecian Formula is compatible with any haircolor you may have been using. It's gentle because it has *no damaging peroxide* so your hair will be softer, healthier. Dry split ends begin to disappear and switching's really easy. Just use Lady Grecian on the gray root area til it blends in. And *no more tiresome touch-ups.*

• *Dear Barbara:* **I'm just beginning to get gray, but I don't want to get into complicated haircoloring. Will Lady Grecian work on just a little gray?**

Mrs. B.D., Bowie, Md.

Oh, it's especially good for early gray, because it colors only the gray...And it's so simple, no messy dye. Just comb a few clear drops through the gray til it blends with your natural color. Or, you can even make highlights.

• • •

The uniquely easy way to color gray hair—Lady Grecian Formula, a practically clear liquid that's totally different from ordinary haircolor. Just comb a few drops through daily until you have the color you want. No mixing, no mess *and no peroxide*, so you know it's gentle. No tiresome touch-ups either.

Once you have the color you want, (usually about 10 days), a quick comb-through once a week or so will keep it naturally lovely with no gray roots ever. Available at toiletry counters everywhere.

• • •

Ask Barbara Britton about your haircoloring problem. Write: Barbara Britton, Box 328 BD, White Plains, N.Y. Questions may be used in a future column.

To find out how Lady Grecian Formula will work for you, just send $1 with your name and address to the above address.

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3 good reasons to buy a new Westinghouse dryer.





1. Cross-Vane tumbling.

For fast even drying. Scientifically slanted basket vanes tumble clothes over and over and back and forth, giving you "Double-Action" drying.

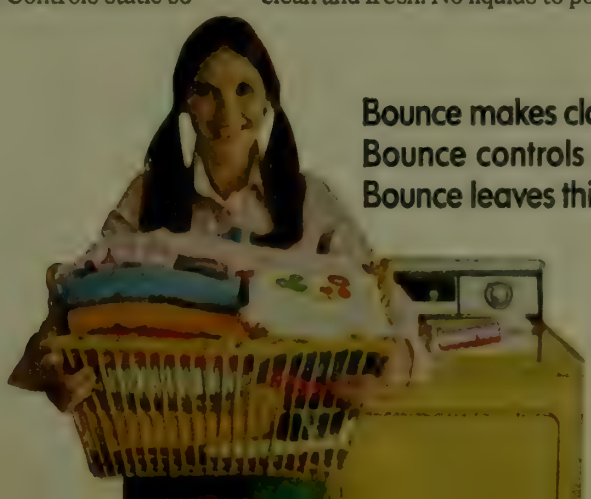
2. Extra-large door opening.

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3. Westinghouse dryers come with Bounce*.

Bounce is the fabric softener that works in the dryer to make your cottons really soft. Controls static so synthetics don't cling. And leaves your clothes smelling clean and fresh. No liquids to pour and no rinse cycle to catch.



Bounce makes clothes really soft.
Bounce controls static so synthetics don't cling.
Bounce leaves things smelling clean and fresh.

ounce has agreed with dryer makers to supply Bounce amples and to feature their dryers in Bounce advertising. vailable at participating retailers.

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A DELI DIRECTORY FROM THE EXPERTS BEHIND THE COUNTER

BY SALLY P. TORPEY

Source: Bonnie Maharam. Photographs: Helms



If you're unfamiliar with deli foods, you owe yourself a visit to Andel's. It's an encyclopedia of ethnic eating. For each irresistible item, there's an intriguing history and a special art to handling, preparing, serving, and enjoying the food.

Marvin Erger and Bill Lefkowitz bought Andel's Delicatessen on Long Island 15 years ago. Although they left the store's locally known family name unchanged, they brought with them the cooking know-how and warm, friendly manner that have earned Andel's Deli its present loyal patronage.

Bill has been cooking and selling deli foods for over 30 years, and he knows the texture, taste, and quality of everything they carry, from matzo ball soup to pastrami sandwiches. And, he's always willing to share his behind-the-counter thinking on anything from food to sports.

Side-order salad



Greek Salad **(pictured) is a marinated mixture of chopped cabbage, carrots, and peppers, decorated with olives and pickled herring.** ***Sicilian Salad*** **is another of Andel's specialties. It's a colorful collage of finely chopped green peppers, carrots, celery, and olives in a sweet-sour dressing. Try it as a sandwich topper or serve it as a relish with cooked meats or poultry.**

A 20-foot stainless steel counter holds a bounty of homemade cabbage, potato, tuna, chicken, and egg salads; pickled beets, hot peppers, and herring; plus stuffed cabbage, chive cream cheese, chopped liver, knish, and a selection of meats, smoked fish, beef sausage, and poultry. (Meats and dairy products are stocked separately, in keeping with the Jewish kosher customs.)

The cook, Danny Weinberg, works his wizardry in the tiny isle kitchen sandwiched between the front of the shop and the walk-in cooler at the back. He admits that recipe measurements are never exact—ingredient amounts and seasonings are determined mostly by taste.

With Bill's help, we've parlayed the "pinch of this and scoop of that" into some terrific tasting deli recipes that you can make at home.

Recipes begin on page 112.

Made-to order



A loaf of dark rye bread is layered with *Chive Cream Cheese, Baked Salmon Salad,* and egg salad. Cut it in wedges for party sandwiches. (Non-Jewish customers may opt for a layer of *Chopped Liver.*)

Knish



Hot *Knish,* a potato-filled pastry, takes well to a pungent mustard spread. Serve with either meat or dairy products.

Pick of the house



Assorted sandwiches are made to order at Andel's. Favorites among the shop crew include pastrami with coleslaw, corned beef on a rye roll, and turkey on an onion bun.

Marvin's Party Bagel

Is corned beef on rye your customary deli choice? Then you're missing out on one of the most typical of Jewish deli sandwiches—lox and bagel. It's made by splitting a fresh, chewy bagel, spreading it with a generous mound of cream cheese (plain or chive), and layering on thin slices of either soft pink lox or Nova (salmon).

Herb Teitlbaum, who worked in a salmon smokehouse for several years before coming to Andel's, explains the difference between lox and Nova. "Lox is salmon that's soaked in a salt brine, rinsed, and then cured. Since the curing process is short, lox has a soft, oily texture, and a salty taste. Nova (Nova Scotia salmon) is salted, rinsed, then sugar-cured to remove some of the salt before smoking. Compared to lox, Nova's less salty and has a more cooked flavor and texture from the smoking. Because of the added labor involved, it's more expensive." But the taste must be worth the extra cost—Andel's sells more than 250 pounds of Nova a week. "It's great with plenty of cream cheese on a chewy bagel—and an onion slice on the side," Herb says.

Andel's party specialties even include a giant baked-to-order bagel spread with chive cream cheese, piled with precious slices of paper-thin Nova, and decorated with onion, tomato, and olives. Assembling this colossal sandwich is an art form! Marvin says, "The trick to slicing salmon is a sharp knife." But there's no denying a skilled hand is a must, too. "You've got to slice salmon *very* thin, always across the grain, and then cut away from the skin so there's no waste." At $12 a pound, that's only good business.











Easy-to-Master Stitchery Painting

By Nancy Lindemeyer, Ciba Vaughan, and Deborah Dugan

You don't need a degree in art to create a dramatic "painting" for your home. Using simple embroidery techniques, you can transform yarn and fabric scraps into striking wall hangings like the colorful examples shown here and on the following pages. Designer Nancy Osborn has created a pair of free-form stitcheries that are adaptable to many tastes and decors. One design is a traditional landscape; the other is boldly contemporary in style and color. Each is a needlework masterpiece.



"Moon Flowers" (*left*) is a rich tapestry of corals and pinks accented in yellow and green. A nubby burlap is used for our background fabric with moon and flower shapes cut from a grab bag of fabrics—cottons and cotton blends, brocade and felt, corduroy, even upholstery material. To add extra visual interest, we mixed and matched a medley of fabric weights and textures.

When you're adding embroidery, experiment with an assortment of yarn types, too. Try sport-weight yarn, bouclé, mohair, embroidery thread, and heavy-duty rug yarn—the greater the variety the better! Follow our color suggestions or choose your own favorites. (You'll find more about technique on the next page.) Choose shades within the same color family, then spice your stitchery to taste with subtle accents of off-beat color.

Complete how-to begins on page 172.

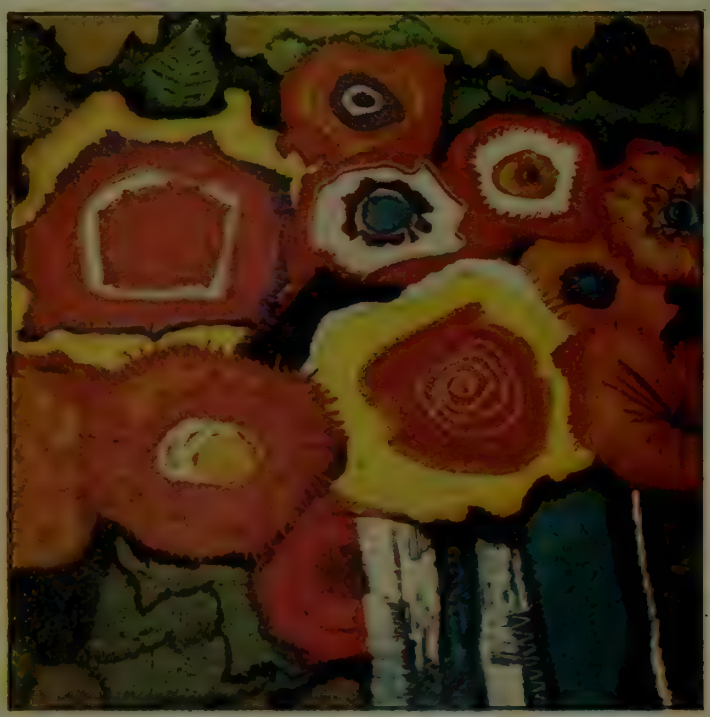
Photographs by Jim Fleshing



Easy-to-Master Stitchery Painting







"Blue Vase with Flowers," measuring 44 by 36 inches, is a vivid contemporary design based on the three primary colors. Fabric shapes are scattered on a burlap backing to form a splashy textile bouquet.

Cut out your fabric shapes

To create your own stitchery painting, enlarge the pattern provided in our how-to instructions, which begin on page 172. Allow an additional two-inch margin on all four sides of the backing fabric for mounting the finished work. Once the pattern is properly enlarged, cut out the individual fabric shapes following our color key. Apply a thin layer of white glue around the fabric edges to help prevent them from raveling as you work.

Work directly on the burlap backing

To keep your stitchery within the picture area, hand baste a two-inch margin along each of the four sides in a contrasting thread color. These basting stitches are removed once the painting is mounted.

Thumbtack the burlap backing to a frame made from artists' stretcher bars. This provides a sturdy working area for rearranging shapes and planning your design. Pin the shapes to the burlap, using our layout as a guide or forming your own bouquet. Remove the fabric from the frame and hand baste the shapes to the backing (*top photo, right*).

Embellish with fancy embroidery

Use a variety of embroidery stitches to attach the shapes to the burlap. Our painting is sprinkled with satin, buttonhole, open herringbone, and chain stitches in contrasting and matching yarn colors (*middle photo, right*). If your fabric ravels, use a satin or closed buttonhole stitch to conceal frayed edges. Or, incorporate the ragged edges in the stitchery for a three-dimensional effect.

"Blue Vase with Flowers" calls for couching stitches on its flower forms and foliage to duplicate leaf textures (*bottom photo, right*). Then, add a fanciful touch, like our tiny embroidered snail (*inset, left*).

Complete how-to begins on page 172.

Our stitchery paintings are also available in full-size patterns. To order, turn to page 188.

Shade-loving plants and how to grow them

By Russell O'Harra

Do you think of your shady yard as a gardening problem? Reverse your thinking and start looking at the lack of sun as an opportunity—a chance to grow some of nature's most beautiful plants in scenic settings that only trees can create. Then, too, it's far more pleasant to tend a garden that's out of the blazing sun. Of course, even shade-loving plants must have some light. If trees are so thick that even grass won't grow, consider cutting some of them down or thinning the branches.

Pictured here are many of the shade plants you'll want to include in your garden. While they need protection from the midday sun, they enjoy direct light in the early morning or late afternoon. Dappled light the rest of the day encourages lush growth.

Some of the loveliest flowers to be found in any garden are those of shade-loving tuberous begonias. Their iridescent blossoms come in an incredible variety of shapes and colors. A picotee variety is shown below.



Photographs: Guy Burgess. Source: Lorraine Burgess

Create lush settings for protected patios or decks by filling adjacent planting areas with shade plants, or by massing potted plants as pictured above. Most of these plants get only indirect light—this is great for the ferns and ivies draping the walls. Potted plants in this grouping include a pink camellia, fatsia, blue lobelia, caladium, and impatiens.

Colorful foliage is the crowning glory of the caladiums. The many varieties come in red, green, white, and pink, and striking blends. At right, caladiums form a bright foreground for a pebble stream that meanders around miniature hillocks of baby's tears. Buy tubers to start caladiums and tuberous begonias in spring.



Landscape architect: Robert F. Shryock

Shade-loving plants and how to grow them



Photograph: William Hopkins. Source: Fleeta Brownell Woodcliffe

Hostas are playing an ever greater role in the shady border. Twenty years ago, only a dozen or so varieties were commonly available. Today, imports and new varieties have swelled that number to over 300. Now you can choose hostas with leaves varying from thumbnail to platter size and from glossy smooth to heavily quilted. Many are variegated with gold, white, or cream, so the mounds of foliage are beautiful from spring to frost. There are even several blue-foliaged varieties. Long spikes of white, lavender, or purple flowers add seasonal pleasure.

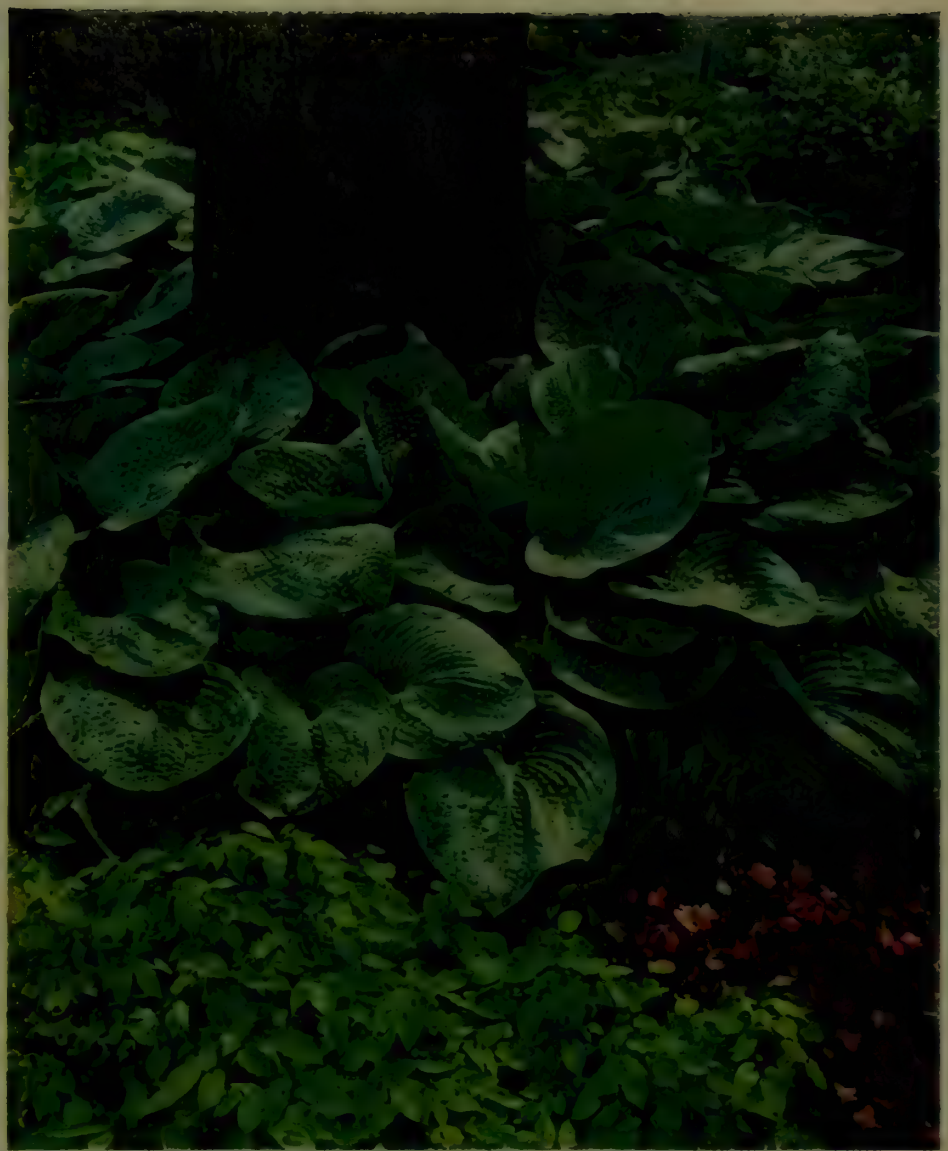
Once crown divisions are planted, these extremely hardy perennials can be counted on to perform every year.



Wide gold edging on the large leaves of *Sieboldiana aureo marginata, opposite,* makes this hosta a standout in any border. The colorful mound of foliage, over two feet tall and three feet across, is crowned with white flowers in July. Some hostas are comparatively expensive, but when their costs are prorated over your lifetime, hostas become one of your best garden investments.

One of the largest and bluest foliaged hostas is *Sieboldiana elegans, right.* It grows to nearly three feet in height with a spread of five feet, making it a spectacular garden specimen. Hostas are bothered by few pests, and only an occasional weed grows through the overlapping leaves.

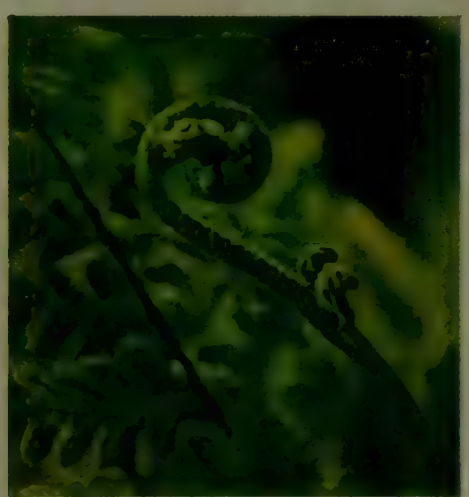
An outstanding older variety is crispula, *above.* Its medium-large leaves are bordered with white, so the three-foot spread of the plant can fill an important part of the border. Its July flowers are a pale lavender.



Photographs: Bill Helms. Sources: Bonnie Maharam. Landscape: Martin Viette



Landscape: Panfield Nurseries



In spring, this shady border, left, features the fascinating early growth of ferns, above, arched spikes of bleeding heart, and the bright orange of marsh marigolds. The low mound of wild ginger will soon form a compact carpet. Large leaves of bergenia to the right will provide leathery contrast to the surrounding lacy foliage.



Photographs: Bill Helms. Sources: bonnie Manaram



Impatiens blossoms are small, but their impact is big, due to their prolific blooming habit. The mounds of glossy green foliage are all but covered with evenly spaced flowers that range through shades of red, pink, and purple to pure white. This raised patio planting, *above,* shows how these plants can brighten your shady spots. Set out nursery-started plants after the weather warms.

The lustrous green or bronze foliage and glistening bright flowers of wax begonias explain their name. They can contribute important color to the shady border, but they do need some direct early sun to gain their full size as in the step-side bed pictured at left. During the spring planting season, you'll find a good selection of wax begonias in red, white, or pink.

A shaded front walk extends a special welcome, *above,* when bordered with flowers. The white-on-white effect accomplished here is a combination of alyssum and fibrous-rooted begonias; buy started plants of both these favorites. Plants grow quickly to good size if planted in loose, rich soil and fed lightly each month. The few bright-faced pansies are remnants of an early spring planting.

The colorful foliage of the coleus, *right,* makes it a must for the shady garden. These dependable plants are pretty from the minute they are set out and contribute handsomely to the total effect of the garden as they gain in size. Foliage comes in such a range of colors and blends that it's difficult to choose from the array of bedding plants displayed at garden centers.



Photograph: William Hopkins

Keeping America Beautiful



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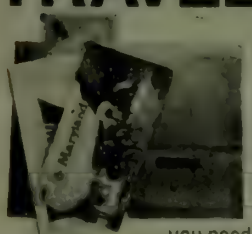
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DECORATING

CASUAL FURNITURE for INDOORS & OUT

Now is the time to gear up for comfort with casual furniture you can really enjoy. To help you find it, we've selected some good-looking styles for patio, deck, or porch. Note: Prices listed are approximate and subject to change.



Photographs: Dieter

"Sequoia Sunrise" is a redwood group that's a natural for a deck. The furniture features smoothly sculptured lines and durable open-weave fabric that washes easily with soap and water. The chaise is on wheels so you can move it easily from one place to another, and you can adjust the back automatically without having to get up or even lift a hand. The mildew- and fade-resistant fabric is available in white and bright yellow.

Chaise longue, $160; rocker, $110; side table, $60. All from the Samsonite Corporation.



"Sandpiper" is a handsome group of modular/sectional furniture that you carry home in a carton. Though not intended for outdoor use (except in fair weather), this casual furniture is perfect for a porch—and can be enjoyed year-round. Modular sections plug together to form chairs, ottomans, sofas, and tables.

Armless love seat, $125; armchair, $90; ottoman, $38; end table, $49. Ivy Terrace, Inc.

continued



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THE TASTE THAT TOOK TEN YEARS TO MAKE.

Originally, you couldn't get real cigarette taste without what has come to be known as tobacco 'tar.'

The problem of reducing this 'tar' to 5 mg. while maintaining taste is enormous. That's why when we set out to work, we didn't give ourselves a time limit.

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How were we able to keep the taste in a low 'tar' when so many others have failed? Mainly by developing our unique "Total System" in which every part of a Decade cigarette is arranged in perfect balance with each other.

The tobacco, the filter, and even the paper.

Only by concentrating on these parts were we able to perfect the whole.

The Tobacco. "Flavor Packing"™ plus fifteen tobaccos boost taste.

Take the tobacco, for example. Its taste is boosted by a very unique method called "Flavor Packing" which allows us to concentrate a special patented tobacco flavorant in each Decade cigarette.

The Filter. Unique "Taste Channel" gives first puff impact.

Our filtration process is also unique. Simply, we've created a "Taste Channel" within the filter to give you that first puff impact you've come to expect from only the higher 'tar' cigarettes.

The Paper. High porosity paper controls burn rate.

Even our high porosity paper is specifically designed to give an efficient burn rate that delivers optimum taste with a minimum of 'tar.'

The result. A completely new kind of low 'tar' cigarette.

So try a pack of Decade for yourself. Regular or Menthol. And after one taste we think you'll agree that our last 10 years were well worth the effort.



Only 5 mg. 'tar.'

Regular and Menthol.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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5 mg. "tar", 0.5 mg. nicotine ave. per cigarette by FTC method.

continued

Casual furniture for indoors and out



"Aegean Series 1100," a name evoking the glories of Greece, fits this classically simple summer furniture. It's also gloriously carefree: You can leave it outdoors without worrying about the weather. The strong but lightweight welded aluminum frames will never rust, and the enameled finish is tough enough to withstand rain, salt spray—even snow.

Chaise longues, $188 each; chairs, $104 each; ottoman/table, $66. Tropitone Furniture Company.



"Bimini" is a collection of wrought-iron furniture that's smartly styled and scaled for both indoor and outdoor use. The mesh umbrella table measures 42 inches across, and it looks handsome whether you use an umbrella or not. Both the table and armchairs are designed to be weather and wear resistant. The chairs are very comfortable—even without cushions.

Umbrella table, $106; armchairs, $48 each. Meadowcraft Casual Furniture. ■

KRAFT SALAD DAYS ARE HERE.

Celebrate the delicate flavor of a mellow California Avocado in this refreshing citrus salad spiced with the smoothness of KRAFT French Dressing.

CELEBRATE THE CALIFORNIA AVOCADO WITH AN AVOCADO CITRUS SALAD

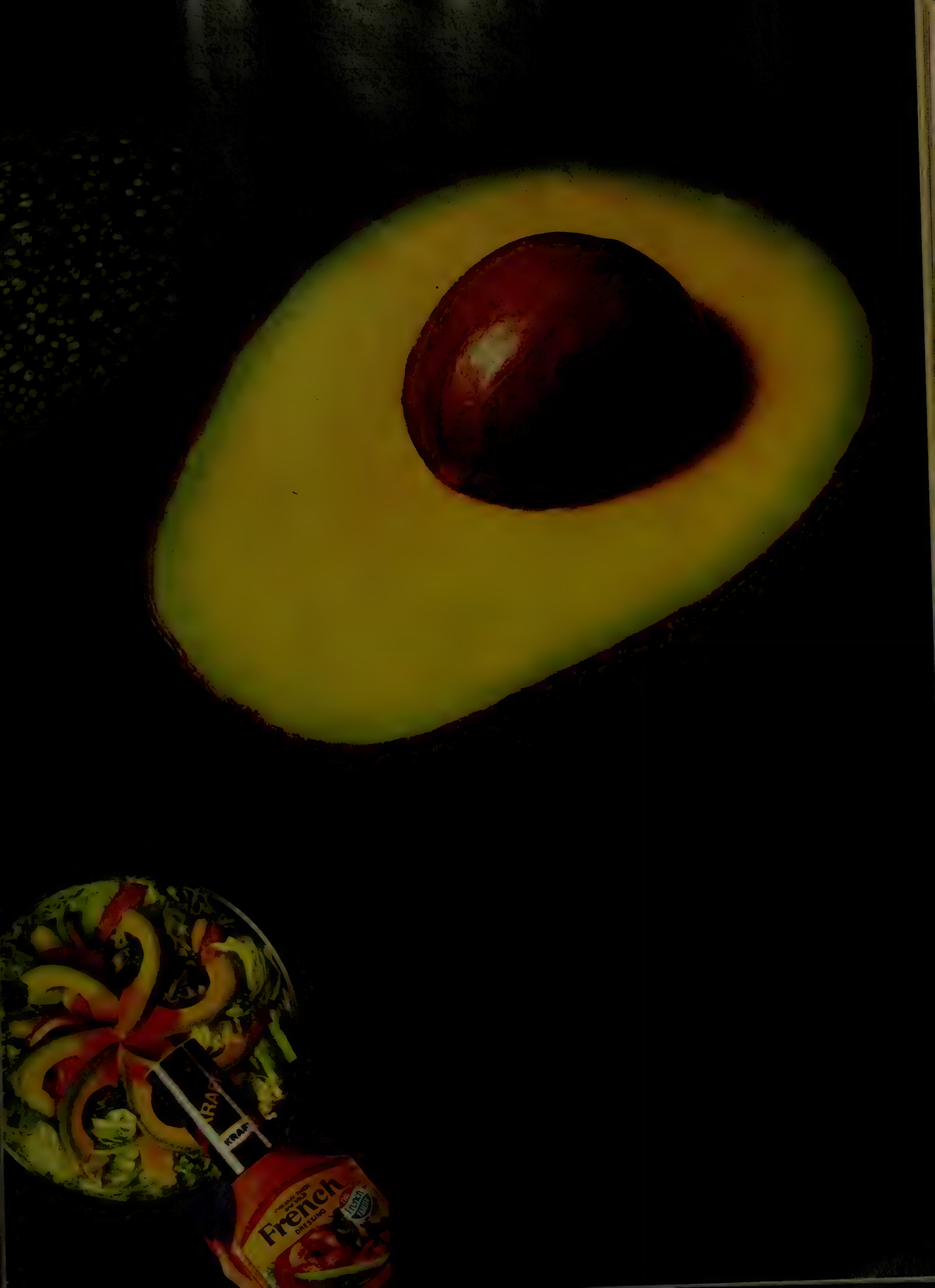
2 quarts torn assorted greens
2 California Avocados, peeled
1 cup red onion rings
¾ cup orange sections
¾ cup grapefruit sections
KRAFT French Dressing

Combine greens, 1 chopped avocado, onions, oranges and grapefruit; toss lightly. Slice remaining avocado, arrange on salad. Serve with dressing. 6 to 8 servings



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French
DRESSING

(Advertisement)



Why Do You Want to Look Younger?

Probably every woman has a slightly different reason. Are you planning to go back to work? Did your husband get that promotion, so you'll be mingling more with other company wives? Or did you catch a glimpse of yourself in a store window and wonder, just for an instant, who that older-looking person was?

Whatever your special, very personal reason, it's undoubtedly time you discovered the secret of a mysterious beauty fluid that can help you look younger by creating a moist climate for your skin. Join the women from many parts of the world who have enjoyed the beautiful benefits of this remarkable skin-cherishing liquid, known in the United States as Oil of Olay beauty lotion.

Oil of Olay goes to work instantly to help you look younger. How? The beauty fluid penetrates your skin astonishingly quickly, letting pure moisture, tropical oil and precious emollients work hand-in-hand with nature to help ease away unwelcome dryness. When your skin is dry, you know, little wrinkle lines are far too noticeable, so you may easily look older than you should. Or could.

It isn't just extra birthdays that can make you look older, of course. Wind, harsh weather, even some cosmetics can dry your skin, so your look of youth can slip away unexpectedly soon.

Gentle Oil of Olay onto your face and throat. Watch your skin virtually drink in the precious liquid. Notice your skin grow softer and smoother within moments. See the renewed lustre and radiance of your complexion.

Working in its mysterious way, Oil of Olay helps maintain your skin's moisture balance, letting your complexion become glowing and younger looking. Little wrinkle lines (which are accented by dryness) can show less the very first day. It's a difference apparent to other people, though they may not say a word.



What's the best time for Oil of Olay? Most devoted users like to smooth it on both morning and night. Oil of Olay doesn't leave a greasy after-feel or look, so it's marvelous under makeup. Or if you like to give your skin a vacation from cosmetics, Oil of Olay lets your skin live in its own misty climate. The beauty fluid gives your skin a dewy glow even without makeup. Applied at bedtime, Oil of Olay cherishes your skin into quiet hours of sleep. Any other time your skin feels dry and you'd like to raise its moisture level is a good time for Oil of Olay.

Why do you want to look younger? Whatever *your* reason, won't you let Oil of Olay help?

Beauty Secrets

If you're one of those people bothered by dry lips, be sure to use Oil of Olay before you slick on lipstick or lip gloss. Feel the difference?

* * *

When you've discovered Oil of Olay,® chances are you won't ever want to be without it. Carry a bottle in your purse or tote bag and certainly in your cosmetic kit when you travel, to smooth and soften your skin wherever you are.

BUILDING

Front-End Costs of Building

You've found that special spot where you want to build your dream house. You know the price of the land, but do you know what else you'll be paying for before building begins?

SURVEYOR'S FEE

If the seller says only that the land you're buying starts at the big rock near the cornfield, you'll need to have a survey. A survey might cost $100 to $400, depending on how much land you're buying.

TITLE COSTS

Make absolutely sure no one else has any claim to the property that might make your ownership questionable later. Expect to pay $50 or more to a licensed title company or attorney for a records search.

CLOSING COSTS

If you borrow money to buy your land, you'll pay financing charges, as on any mortgage. You'll also pay the lender's direct costs—$75 to $125 for credit reports, appraisals, recording fees, and attorney's services.

But if you don't need to borrow, your attorney can include closing costs in his services.

SOIL TESTS

If you're building in a watery area, or on suspected landfill, you might want to have an engineer determine if special footings are required. He'll probably charge $100 to $200.

INSURANCE

If your builder doesn't have insurance on your home while it's under construction, you should purchase a builder's risk policy to cover fire, theft, vandalism, and personal liability. Six months' coverage usually costs from $25 to $75.

ATTORNEY'S FEES

An attorney should examine your title, check loan transactions, prepare the deed, participate in closing, and examine the contract. Expect to pay $50 to $150. ■

Grapes, like children, mature at different times.

Some we gather at an early age, while the glow of summer is still on the vine. With others we sit patiently by 'til the hues of autumn manifest themselves. A sensitive and painstaking art, this parenting of grapes. Yet well worth our labor of love to produce a wine the calibre of our Johannisberg Riesling. Careful harvesting has yielded a Riesling of remarkable bouquet and truly distinguished class. Yes, we are very proud parents.



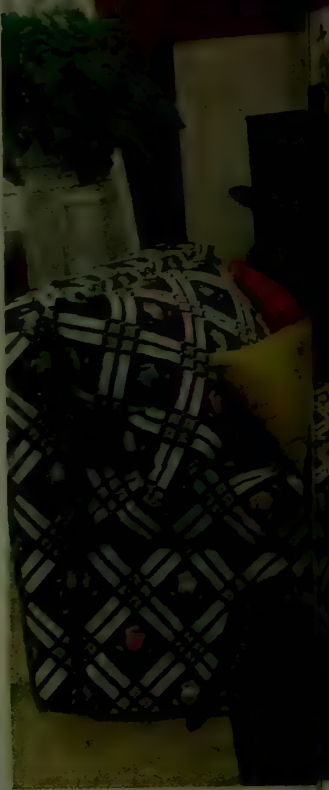
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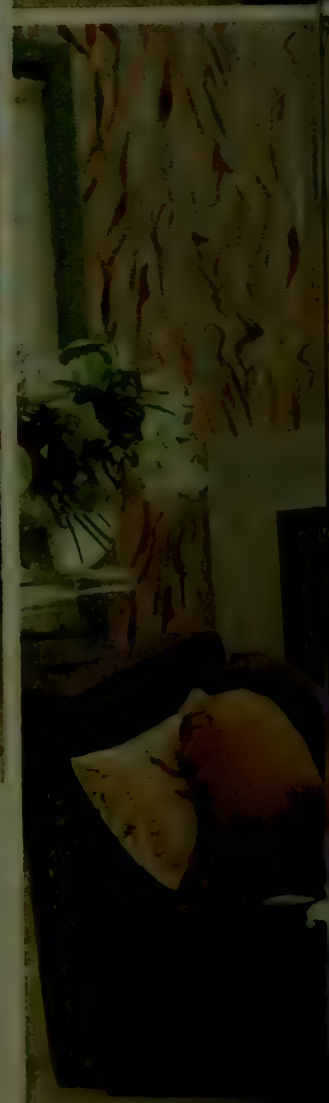
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"I wanted my bedroom warm and cozy. And also light and airy. And also like an indoor garden. Too bad I have only one bedroom."







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I have each bedroom planned. Down to the sheets on the wall.

And all it would take to make each dramatic difference is a little paint. And a change of sheets.

I have never been easy about making up my mind. And now, those Martex® sheets (so easy-to-care-for) with those Martex patterns (so easy-to-love) are making it even harder to decide.

I could have a light and airy bedroom. Full of "Green Grass" and punctuated by bold waves of color in "Spring Valley." It would be sophisticated. It would be naive. It would be my favorite.

Except for my indoor garden bedroom. It would not be full of the usual frilly flowers. I'd use "Tulips, Tulips." Tailored tulips. My indoor garden bedroom would be unexpected. It would be unpredictable. It would be my favorite.

Except when I'm in my Sarah Bernhardt mood. Then I need a warm and cozy room swathed in "Peach Marbles." A room full of drama. Where I could kind of drape myself across a chaise without looking completely silly.

Yes, it's really a shame I have only one bedroom.

But it's nice to know I can change the look of it about as easily as I change my mind.

So I'll plunge right in and pick one. And when I want to change the look, I will.

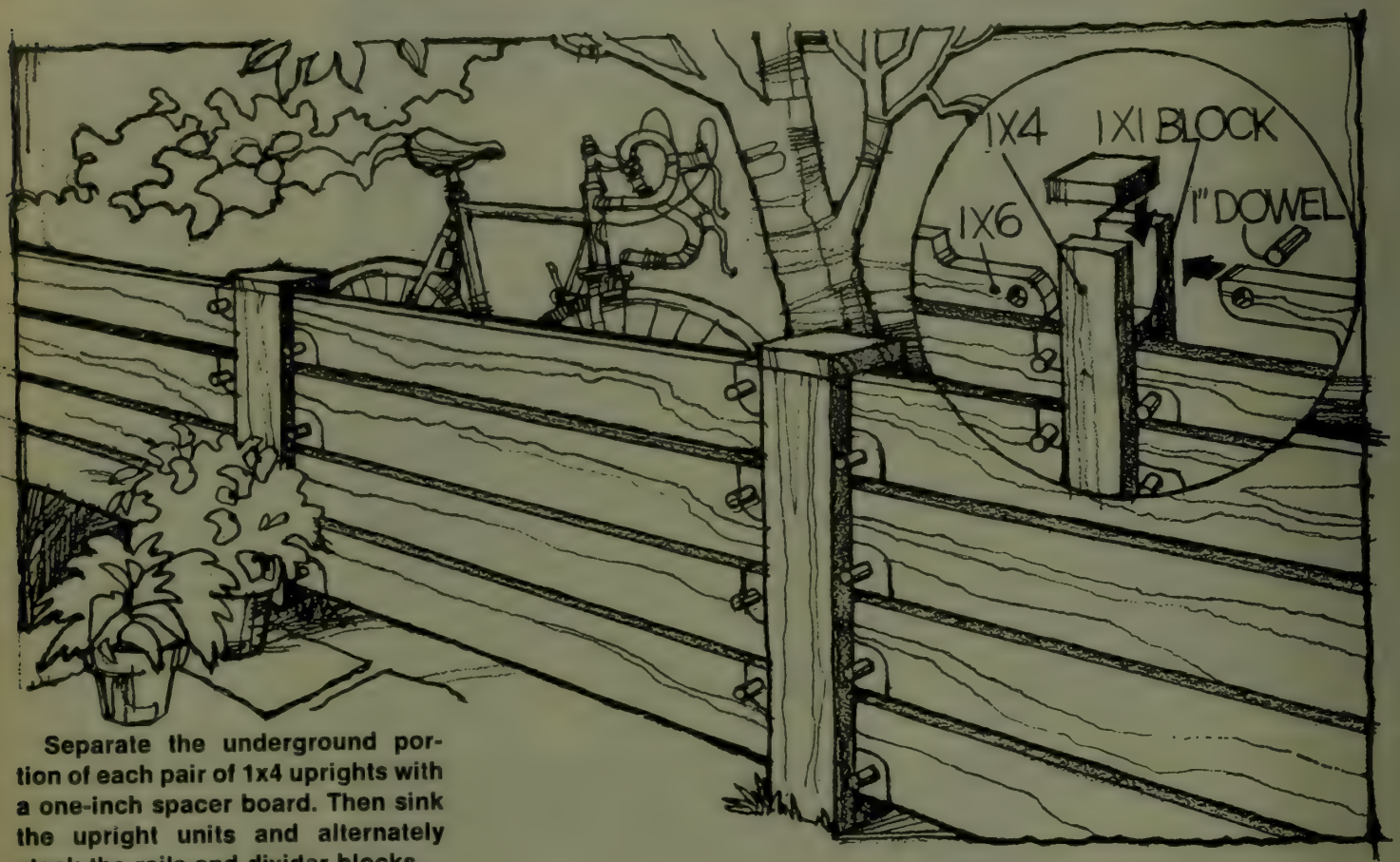
By changing the sheets.

West Point Pepperell

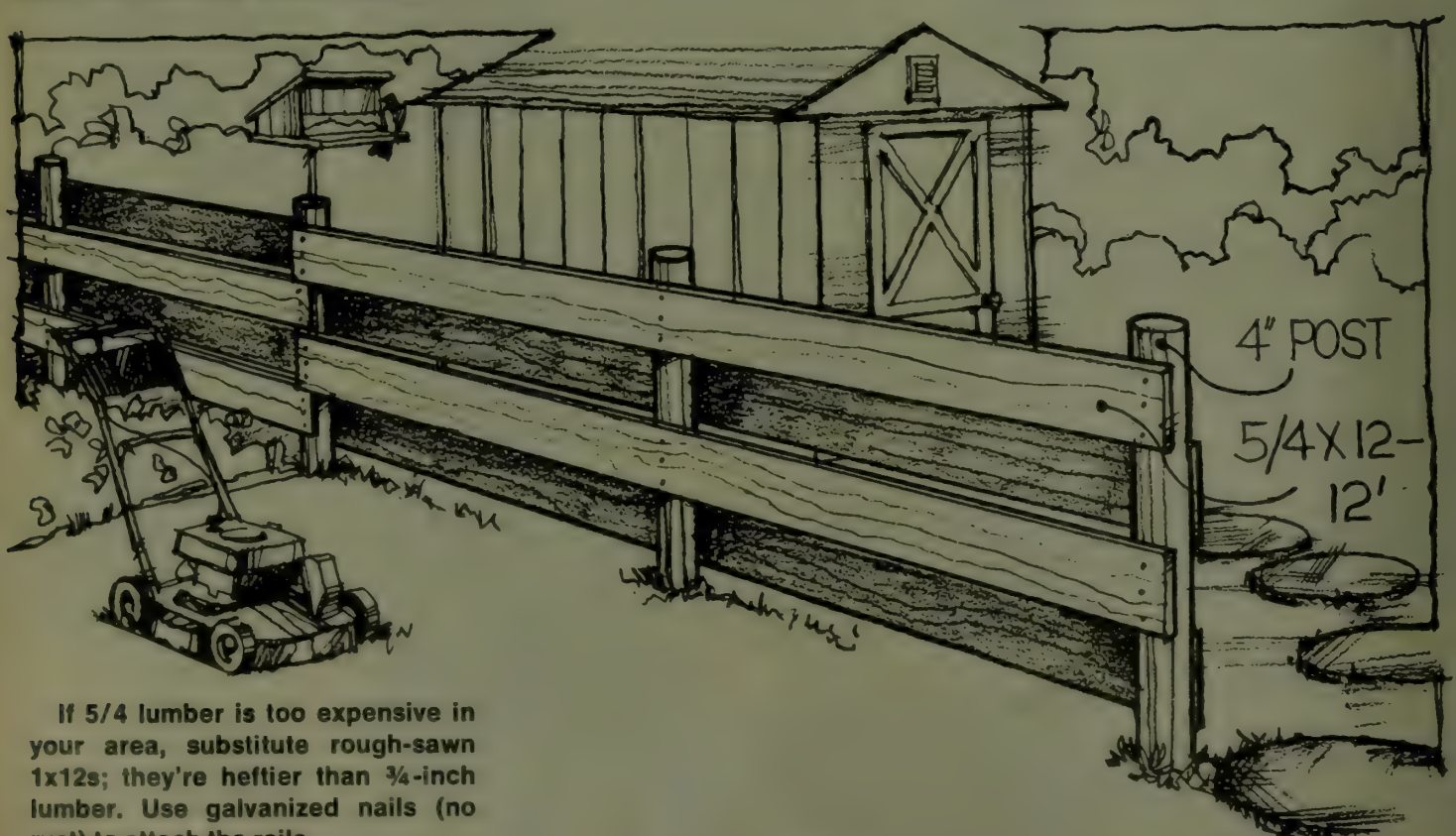
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FENCE IT IN!

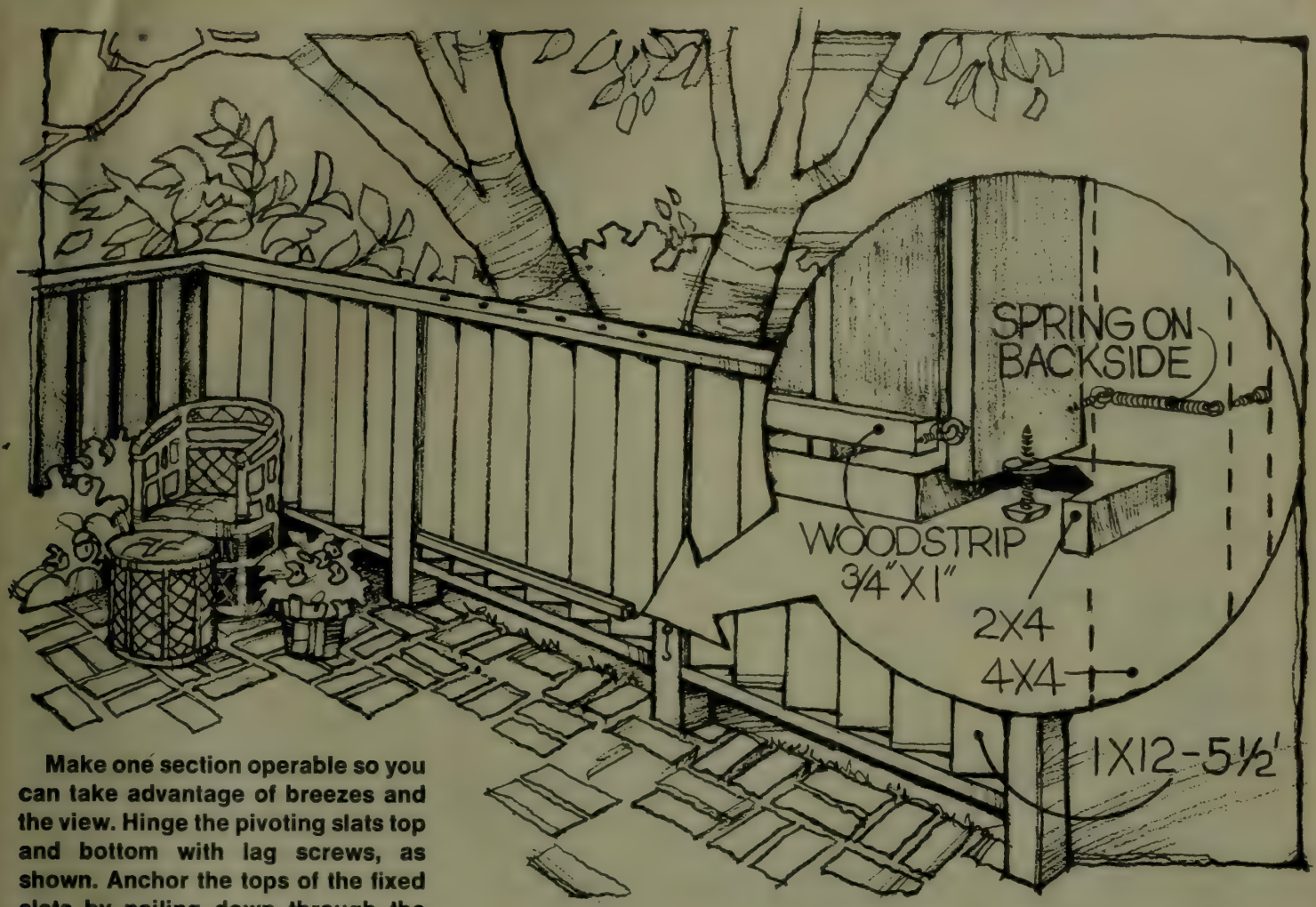
Whether you're building a fence to get some privacy, corral the kids, or just add a neat border to the flower bed, one of these designs is right for the job.



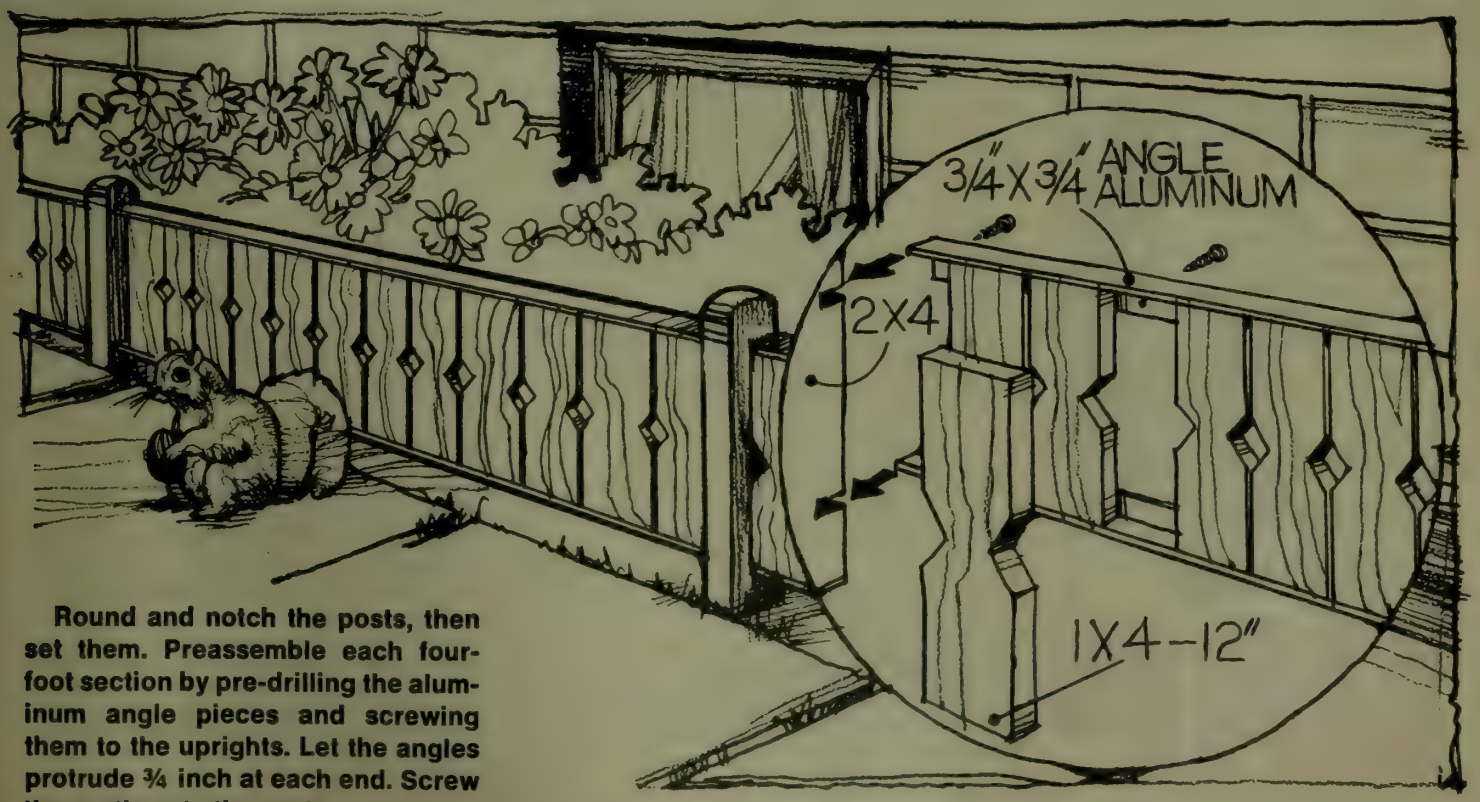
Separate the underground portion of each pair of 1x4 uprights with a one-inch spacer board. Then sink the upright units and alternately stack the rails and divider blocks.



If 5/4 lumber is too expensive in your area, substitute rough-sawn 1x12s; they're heftier than ¾-inch lumber. Use galvanized nails (no rust) to attach the rails.



Make one section operable so you can take advantage of breezes and the view. Hinge the pivoting slats top and bottom with lag screws, as shown. Anchor the tops of the fixed slats by nailing down through the top rail; toenail the slat bottoms to the bottom rail.



Round and notch the posts, then set them. Preassemble each four-foot section by pre-drilling the aluminum angle pieces and screwing them to the uprights. Let the angles protrude ¾ inch at each end. Screw the sections to the posts.

Designer: David Ashe. Illustration: Hired Hand



Inside and out, they're the best seals around.



DAP Kwik-Seal® Tub & Tile Caulk gives you a neat, white watertight seal around tile, tubs, sinks and showers. It's easy to apply. Stays flexible, takes paint. You can also grout tile and caulk interior window and door frames.

DAP Acrylic Latex Caulk seals cracks and joints inside or outside around windows and doors. Keeps cold air out, saves heat loss. Helps paint jobs look better, last longer. It guns on easily, dries for painting in just 2 hours.



Home fix-up's a snap with DAP

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begins on page 82

Deli directory

GREEK SALAD

Garnish top with olives and pickled herring, if desired—

1 small head green cabbage, finely chopped (5 cups)
3 medium carrots, coarsely shredded (1½ cups)
1 medium green pepper, chopped (½ cup)
⅔ cup water
⅔ cup white vinegar
¼ cup sugar
1 teaspoon salt

In large bowl, combine cabbage, carrot, and green pepper. Stir together water, vinegar, sugar, and salt till sugar dissolves. Pour over vegetables; stir to combine. Cover and refrigerate for several hours or overnight. Stir occasionally. Makes 6 cups.

SICILIAN SALAD

This colorful vegetable mix can be served as a relish—

2 medium green peppers, chopped (1 cup)
2 medium carrots, coarsely shredded (1 cup)
2 stalks celery, coarsely chopped (1 cup)
½ cup pitted ripe olives, sliced
⅓ cup pimiento-stuffed olives, sliced

• • •

½ cup salad oil
½ cup white vinegar
1 teaspoon salt
⅛ teaspoon pepper
½ teaspoon dried oregano, crushed
Dash garlic powder

In large bowl, combine green pepper, carrot, celery, and olives; set aside. In screw-top jar combine oil, vinegar, salt, pepper, oregano, and garlic powder; shake well. Pour over vegetables; mix well. Cover and chill 2 to 3 days. Makes 3½ cups.

CHIVE CREAM CHEESE

1 8-ounce package cream cheese, softened
¼ cup dairy sour cream
2 tablespoons snipped fresh chives

In mixing bowl, blend together cream cheese, sour cream, and chives. Cover and store in refrigerator at least 4 hours before serving. Use within 1 week. Makes 1 cup.

BAKED SALMON SALAD

Makes a good sandwich spread—

2 fresh or frozen salmon steaks (16 ounces)
¼ teaspoon salt
Dash pepper
2 medium carrots, finely shredded (1 cup)
1 stalk celery, very finely chopped (½ cup)
⅓ cup mayonnaise or salad dressing

Thaw fish, if frozen. Place in greased baking dish. Season with salt and pepper. Bake, uncovered, in 350° oven for 20 minutes or till fish flakes easily with fork. Remove from oven; cool. Flake salmon into mixing bowl. Add carrot, celery, and mayonnaise. Stir to combine. Season to taste with a little additional salt and pepper. Cover and chill several hours. Makes 2 cups.

CHOPPED LIVER

Use blender, food grinder or processor—

8 ounces beef liver, cut in strips
1 medium onion, sliced
2 tablespoons pareve margarine or cooking oil
6 hard-cooked eggs
1 teaspoon salt
Dash pepper

In skillet, cook liver and onion, covered, in margarine or oil till meat is just cooked, 4 to 5 minutes stirring twice. Place cooked mixture in blender container; cover and blend till smooth. Add remaining ingredients; blend till smooth. (Or, put all ingredients through finest blade of food grinder.) Cover and chill several hours. Use within 3 to 4 days. Makes 2½ cups.

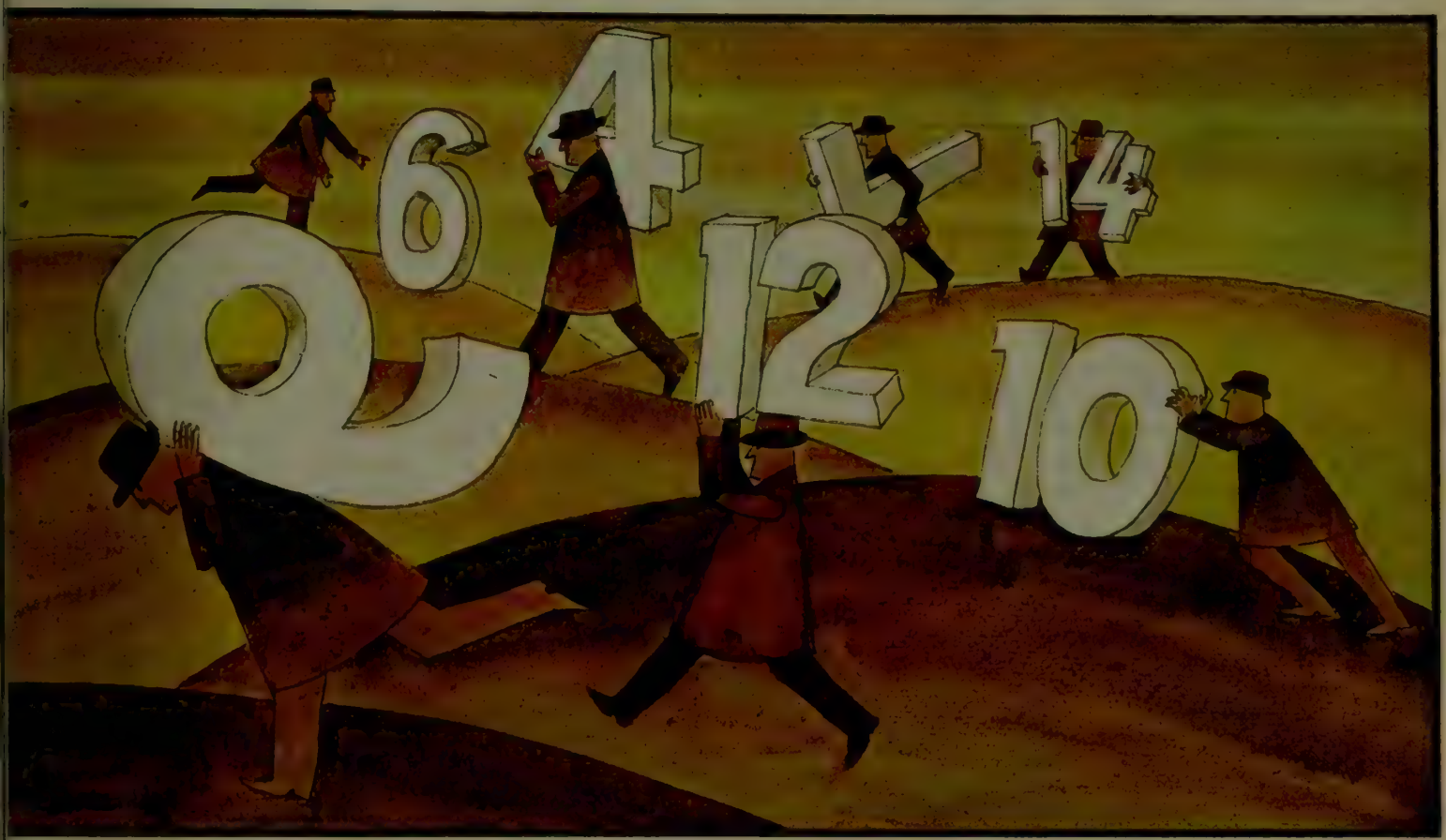
KNISH

When Knish is made with nondairy pareve margarine or cooking oil, it can be served with meat meals as well as dairy meals—

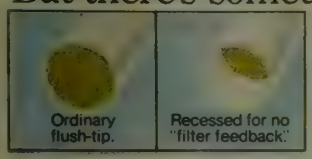
1 medium onion, chopped (½ cup)
2 tablespoons pareve margarine or cooking oil
2 pounds (6 medium) potatoes, pared and cut up
½ teaspoon salt
Dash pepper
Pastry for 2-crust pie
1 beaten egg
1 tablespoon cooking oil

Cook onion in margarine or oil till tender but not brown. Cook potatoes in boiling salted water till tender, about 15 to 20 minutes; drain. Combine potatoes, cooked onions, the ½ teaspoon salt, and pepper; beat with electric mixer till smooth. On lightly floured surface, roll pastry to ⅛-inch thickness. Cut into sixteen 4-inch circles, rerolling as necessary. Place about ¼ cup potato mixture in center of each pastry circle; bring edges of dough up over filling and pinch to seal. Place, seam side down, on ungreased baking sheet. Brush with a mixture of egg and oil. Bake in 350° oven for 40 to 45 minutes or till well browned. Makes 16.

There's more to choosing a low-tar cigarette than just picking a number.



Any low-tar cigarette will give you a low-tar number. But there's something else that you should consider. We call it "filter feedback."



As you smoke, tar builds up on the tip of your cigarette filter. That's "filter feedback." Ordinary flush-tipped filters put that tar build-up flat against your lips.

And that's where low-tar Parliament has the advantage. Parliament's filter is recessed to keep tar buildup from touching your lips. So there's no "filter feedback." All you get is that smooth Parliament taste.



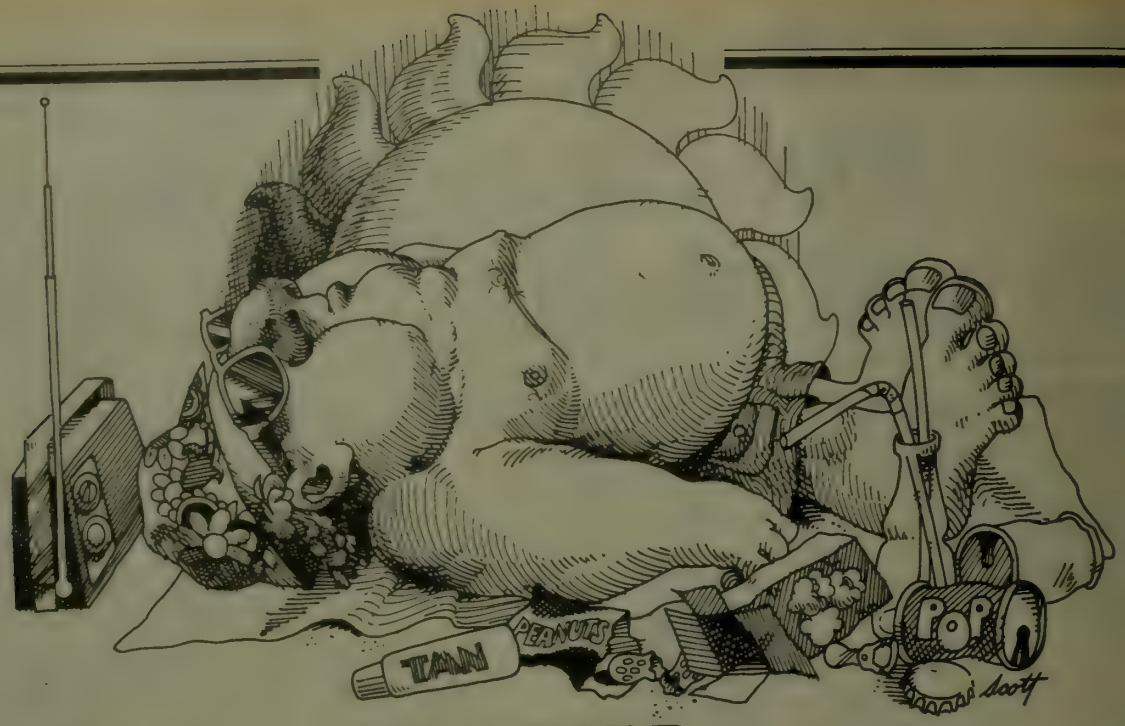
10 mg. Kings
12 mg. 100's

More than just a low-tar number. **Parliament.**

© Philip Morris Inc. 1977

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 10 mg. "tar," 0.8 mg. nicotine—
100's: 12 mg. "tar," 0.9 mg. nicotine av. per cigarette by FTC Method.



SUMMER SHAPE-UP: 5 SURE WAYS TO LOSE WEIGHT

If you've resolved to lose weight before the start of the swimsuit and tennis-shorts season, then join the crowd. Americans spend at least $10 billion each year on reducing efforts and still one-third to one-half of us are overweight.

You've probably already made a dozen honest efforts to shed those extra pounds and found they just don't go as easily as they came.

There is no easy, magic way to lose weight. It all boils down to eating less (and exercising more) than you do now. Luckily, there are about as many ways to do that as there are people who need to lose weight.

To help you find a diet or reducing plan that's just right for you, here are five sensible, workable approaches to weight reduction:



1. Eat right & reduce

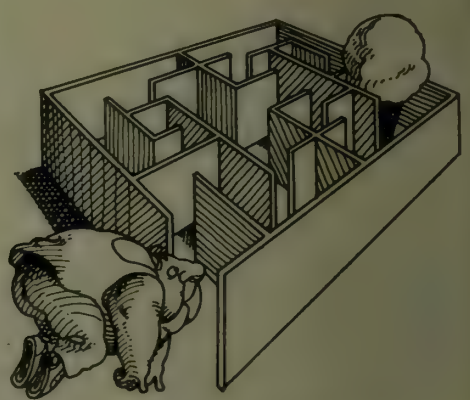
Most physicians and nutritionists agree that one of the best ways to reduce is to eat a well-balanced, calorie-controlled diet and increase energy expenditure until you've achieved a slow but steady weight loss.

It's not difficult to approximate your ideal caloric intake; just multiply your weight (or the weight you want to attain) by 15. (Multiply by 12 if you lead a less-than-active life.) That gives you the approximate number of daily calories you need to maintain that weight.

The newly revised diabetic exchange lists *(see February, 1977 Better Homes and Gardens)* are a handy reference for choosing a well-balanced, calorie-controlled diet from six essential food groups. The lists are nutritionally sound even if you don't have diabetes.

Pocket-size calorie counters are available to simplify keeping track of your caloric intake.

Remember, it takes 3,500 calories to make one pound of fat. To lose two pounds a week, you have to reduce your caloric intake by 1,000 calories each day. Many authorities recommend doing this by eating 500 fewer calories each day and expending enough extra energy to burn up the additional 500 calories.



2. Modify eating behavior

Behavior modification could be called the "commonsense" approach to dieting. You simply change why, when, and where you eat.

Overweight people often eat not because they are hungry, but because they associate certain "cues" with eating. Cues can include a specific time of day, a bakery shop window, a television commercial, a particular mood (depression or boredom), or a candy counter at the local drugstore. Behavior modification teaches you to recognize your own special cues and replace them with alternate reactions.

For a week or two before you begin your diet, keep a record of everything you eat, when you eat it, with

continued

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The mother of the bride used Downy.®
So the compliment should come as no surprise.
When you use Downy Fabric Softener,
your family really will notice the nice things
you do to their clothes.
Like rinsing in an April Fresh smell.
And Downy softness.
And rinsing *out* a lot of static cling
that's so annoying in freshly laundered clothes.
No wonder Downy-rinsed clothes
have earned a lot of mothers
a lot of compliments.

The April Fresh smell of Downy. It's a noticeable improvement.



continued

Summer shape-up

whom you eat, what the occasion is, and what mood you're in when you eat. This record lets you know just how much you're eating, and at the same time gives you an indication of your trouble spots—times, moods, even people—that prompt you to eat. It's even a good idea to keep track of your eating habits after you've begun the diet so you can make periodic adjustments.

Next, you need to substitute alternate forms of behavior. For example, instead of eating while watching TV, try knitting. Instead of eating because it's time for a coffee break, try reading, walking, or going on with your work and ignoring the clock.

Of course there's no substitute for willpower, but it can be assisted by planning ahead. For instance, if you're going to a cocktail party, make up your mind beforehand that you're going to have only one drink and two appetizers. If you are going to a restaurant, decide before you get there what you're going to order. Then once you're faced with the menu, you can stick to your decision to eat only the leanest meat available or only half of a high-calorie dish you are particularly fond of.

The most persistent "cue" to eating is the sight of food. The solution? Keep food out of sight. Once you accept the fact that you're making lifetime changes in your eating habits, and not just embarking on a short-term diet, you'll probably not have to think about reducing again.



3. Join a group plan

Some people find the encouragement and moral support of other dieters makes it easier to stick to a diet. That may account for the success of group plans, such as Weight Watchers and TOPS (Take Off Pounds Sensibly). They are based on the idea that people who share a problem—in this case excessive weight—can help each other lick their problem.

Such groups provide their members with nutritionally sound diet plans, and members meet regularly to discuss dieting techniques and experiences. Sometimes guest speakers will be asked to discuss topics relating to dieting.

Overeaters Anonymous (OA) is a nonprofit, self-help organization patterned after Alcoholics Anonymous. According to OA, many overweight people are compulsive eaters who have lost faith in life and themselves and can't stop eating on their own. Each new member has a sponsor —someone who has mastered his or her compulsive eating habit.

continued

The great white wines of Paul Masson.



Nothing good happens fast.

Paul Masson Vineyards, Saratoga, California © 1977

"Vacuuming used to be work until I found the self-propelled Hoover."

by Betty Stitt, Housewife



It goes by itself, makes vacuuming easy.

I've been a housewife for almost 40 years, and have done my share of work. Now I'm taking it easy.

And if you still think vacuuming is work, you don't know about the Hoover® Power Drive™ cleaner. It's self-propelled. So you don't have to push it or pull it.

Just lightly touch the handle and it goes forward. Slide your hand back, and it comes back. Stop. And it stops.



It's unbelievably easy to use even on difficult-to-vacuum shag. Hoover has even made going from one type of carpet to another easy. Because the Power Drive adjusts automatically to any carpet height.



Beats-as-it-sweeps action gets out deep-down dirt.

With the Power Drive cleaner, you also get another Hoover exclusive. The Hoover all-steel agitator that gets out deep-down dirt and grit that can wear out carpet long before its time.

An all-steel agitator is the only kind Hoover uses in its cleaners. The Hoover people have told me how important it is to get a steel agitator.



They say softer materials, like wood or plastic or aluminum, can warp or dent, causing the agitator to wobble and possibly harm your carpet. I think insisting on an all-steel agitator is good advice.



Cleans above the floor, too.

Just a turn of the dial, and you've got yourself a versatile canister-type cleaner. With the handy tools, you can dust draperies and lampshades, and clean your upholstery.

You have to try it to believe it.

To really appreciate how effortless vacuuming can be, you have to try the Hoover self-propelled Power Drive for yourself. Just ask your nearest Hoover dealer for a demonstration today.

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continued

Summer shape-up



4. Exercise that weight away

If you are overweight, it's because your body does not burn up as many calories as it takes in from food. The excess calories are converted to fat. This is why many weight-loss specialists prescribe a program of physical exercise to help their patients lose weight. If you can't stand the thought of giving up a meal, eating less, or joining a group to lose weight, then exercise (with your doctor's go-ahead) may be the answer, although most experts agree exercise alone isn't a successful method of weight reduction.

Faithfully followed, however, an exercise program combined with good nutrition is bound to lead to weight loss.

Health clubs, YMCAs and YWCAs, and other recreation facilities provide various exercise programs to help you stay fit and lose weight.



5. Learn how to eat

A simple approach to dieting is learning how to eat. But it's not quite as simple as it sounds because changing lifelong eating habits does require effort. For example, most overweight people tend to be fast eaters, and eat beyond the point when they're really full. (It takes a few minutes for a full stomach to register in the brain.) When you learn to eat slowly, you will find you get full faster.

Try putting down your utensils after each mouthful and chewing your food at least 25 times before swallowing it. Smaller portions of all the essentials of a well-balanced meal are as satisfying as larger portions of fewer foods.

It is not necessary to eat three meals each day. Eating five or six mini-meals may allow your body to burn up calories more efficiently.

All of us, and especially those who are overweight, need to reject the idea that we must eat everything on our plates. That's how many fat people got that way in the first place. Mothers need to remember this when their children refuse to eat everything set before them. Sometimes children know better than adults when to stop eating.

No matter which diet or reducing plan you choose, it's a good idea to also:

- Consult your doctor before you start and throughout the weight-loss period.
- Develop some type of regular exercise program. If you plan to lose a lot of weight, exercise is especially important because it helps keep up muscle and skin tone.
- Enlist the support and encouragement of family and friends in your battle against excess pounds and inches.
- Weigh yourself once a week at the same time, while wearing the same amount of clothing.
- Devise a system of rewards for yourself by setting short- and long-range goals. Losing 26 pounds in a year seems easier when you think in terms of losing half a pound a week.

The results will be evident as you head for the tennis court, golf course, or swimming pool. ■

(Produced in cooperation with Cassandra Spratling.)

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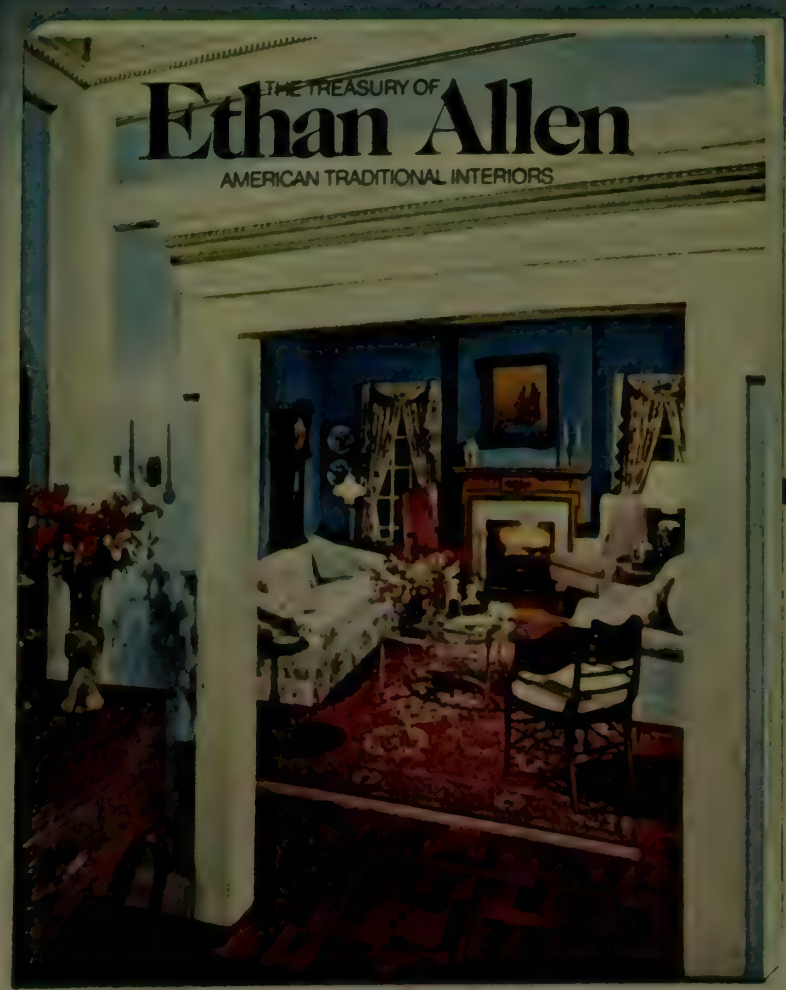
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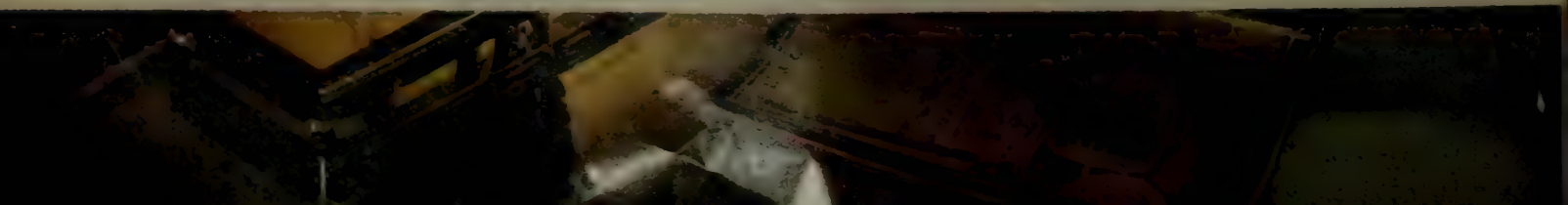
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New Ideas

ALL-TIME FAVORITE VEGETABLE RECIPES

From artichokes to zucchini, this versatile recipe collection explores every facet of vegetable cookery. 185 easy-to-do recipes for salads, soups, sandwiches, main and side dishes, breads and desserts. New alphabetized format presents a description of each vegetable along with basic information about storing, preparing and cooking fresh vegetables plus special hints on buying produce, canning and pickling vegetables. Also includes recipes for microwave and crockery cooking. A convenient cooking chart appears on the inside front cover for easy reference. Hard cover. Now just $2.95 at your booksellers.



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Filled with 50 easy-to-make project ideas, this complete, new how-to book is bound to spark excitement among your family's craft enthusiasts. Coverlets and pillows, tableclothes, rugs, baskets and plant holders... each project offers a detailed list of materials and instructions. Patterns, created from a variety of knit and crochet stitches, use contemporary jute and string crochet ideas, crocheted and knitted lace designs and afghan styles. Spectacular full color photographs show you how each project will look after it's finished. Also included: 45 how-to drawings, plus stitch glossaries and abbreviations. In hard cover for only $2.95 wherever books are sold.



BEDROOM AND BATH DECORATING IDEAS

This handy publication will help you give a touch of personality to your family's bedrooms and baths. Hints on how to change a room's look with paint, wallpaper and fabric prints plus practical, space-stretching storage ideas. How-to's for attractively furnishing a room to lead a double life and tips on how to choose and buy a mattress. Project plans to help you build your own bed and multipurpose storage and sleep furniture. Special section offers tips on distinctive decorating touches for the bath. Just $1.95 at your newsstand now.



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The longer they are the fewer I smoke.

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It's wacky, but it works. Max 120's take longer to smoke so you don't light up as often.

Step-by-step project scrapbook

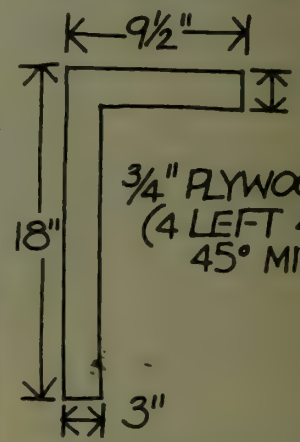
Once you've done the initial set-up work on your table saw, you might as well cut enough pieces to make a bunch of these versatile tables. Substitute ¼-inch acrylic plastic for the plate glass, if you wish.

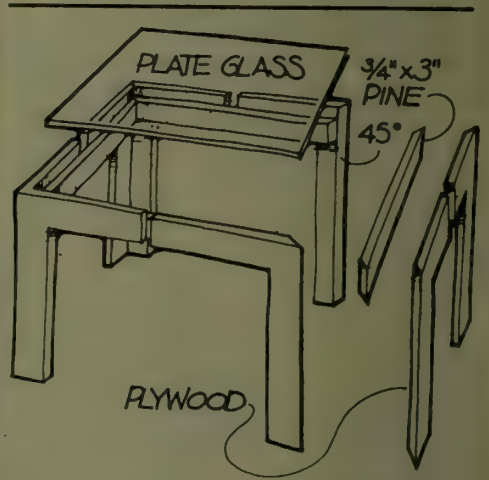
BUNCHING TABLE

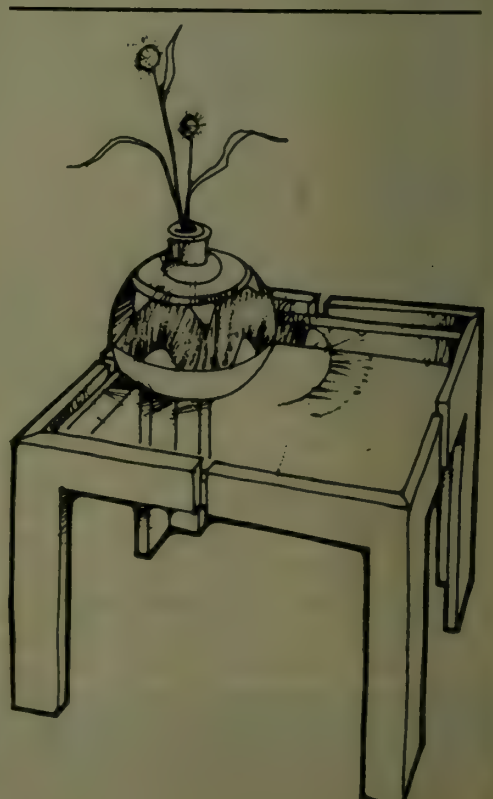
MATERIALS:

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OR FILLER
FOR PLYWOOD EDGES
1 PC ¼" PLATE GLASS
18"x18" POLISHED EDGES
FINISHING NAILS,
GLUE, PUTTY.

¾" PINE 4 PCS - 18⅛"x3"
(MITER BOTH ENDS 45°)









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Your gray hair can be one of the best things you have

Air charters for price-conscious travelers

Recent changes in air charter rules and regulations have opened up a treasure chest of bargains for vacationers. It's no longer necessary to be a member of a club or organization to qualify for a charter fare that could cost 25 to 50 percent less than a regular coach seat. Here's what you should know to pick the charter that best suits your vacation plans.

Charters are offered by most major scheduled airlines and supplemental airlines as well. The airlines sell whole flights to charter tour operators at bargain prices in return for their filling the planes. Tour operators offer tickets to travelers or to travel agents, who sell them to their customers. Civil Aeronautics Board regulations won't permit airlines to offer charter tickets to passengers directly.

There are other charters besides the five shown below, including Special Event Charters (SECs) and Study Group Charters (SGCs). Each has its own requirements.

Shop around carefully before you sign up for any charter. Not all travel agents and tour operators offer the same trips or the same prices. Fares also may vary according to the time of year you fly. Some charters require that you purchase land arrangements as part of the package—hotels, transportation, meals, or sight-seeing—while others do not.

Read the tour operator's contract, including the cancellation policy, before you pay. Remember, too, if you change your mind after you make reservations, it probably will cost you money (cancellation insurance coverage runs about $15 for $500). Also, check into the possibility of price increases after you've signed up.

If you have a complaint, try the airline, travel agent, or tour operator first. Then, if you don't get satisfaction, contact the Office of the Consumer Advocate, Civil Aeronautics Board, 1825 Connecticut Avenue N.W., Washington, D.C. 20428. ■

	OTC (One-Stop Tour Charter)	ITC (Inclusive Tour Charter)	TGC (Travel Group Charter)	ABC (Advance Booking Charter)	AGC (Affinity Group Charter)
Trip Duration	4-day minimum in North America and the Caribbean; 7-day mininum for other destinations.	7-day minimum.	7-day minimum in North America and the Caribbean; 10-day minimum for other destinations.	7-day minimum in nine major Western European countries; minimum stays subject to foreign government approvals. No minimum otherwise.	Unrestricted.
Stopovers	None required; operates between point of departure and destination; may stop en route at other passengers' destinations.	At least a 1-night stay at 3 stops 50 miles or more apart by ground, sea, or air transportation.	None required; may arrive at one city and leave for home from another.	None required; may visit one or several destinations; may arrive at one city and leave for home from another.	None required.
Pricing	Includes round-trip air fare and land arrangements (transfers and hotels worth $15 a day minimum, $7.50 for children).	Includes round-trip air fare and land arrangements (transfers and hotels); many include meals.	Includes round-trip air fare, but many tour operators offer land arrangements as options. Prices can be increased up to 20% of quoted fare if the plane isn't full.	Includes round-trip air fare; land arrangements optional, depending on the tour operator.	Based on prorated cost of the charter.
Advance Purchase	Full payment 15 days before departure for North America and Caribbean; 30 days for other destinations.	Reservations and payment accepted up to departure time; tour operators may require advance payment.	Full payment 60 days before departure; 25% deposit required for confirmation.	Full payment 45 days before departure for major Western European countries; 30 days otherwise.	Varies—as stated in chartering organization's trip plan.
Eligibility	Available to all travelers; no memberships or affiliations required.				Available only to chartering organization's members (for 6 months) and their families.

Remodeling: HOW TO MAKE AN ORDINARY HOUSE SOMETHING SPECIAL

Who'd buy a neglected old house, pump hard-earned money into it, and spend over two years fighting drywall dust, lost belongings, and mass confusion just to make the place livable? Beth and Harold Bexton, to name a couple—and they have lots of company. More and more families are salvaging restorable dwellings, rather than watching them fall prey to a bulldozer. The rewards are obvious: conservation of materials, a good home for the money, and a deep sense of pride.

by David Haupert

The Bextons purchased a home overlooking San Francisco Bay in 1972 for $34,000. Then what started out to be a kitchen enlargement (a four-month project) snowballed into a whole-house remodeling and over two years of constant involvement. The one-bedroom house sprouted a new living room, kitchen, nursery, and bath, and acquired two new bedrooms. A $10,000 loan not only covered the major work upstairs, the kitchen framing and cabinets, and the major structural changes, but also bankrolled materials for later use. The Bextons have added another $5,000 since then. Beth and Harold—both architects—fought off the urge to hurry through the design stage just to save time. The new design had to flow from room to room so the house would visually hang together.

Decisions, Decisions

At times the Bexton team had to decide on priorities. For example, after doing their own plumbing in the kitchen, they speeded up the tempo by hiring a plumber to complete the upstairs. Not all decisions were made jointly, however. As Harold explains, "While tearing apart the upstairs, I was eyeing the ceiling with a crowbar in hand, thinking how nice it would be to pop the space open to the roof. Beth looked at me on her way out to a meeting and said, 'Don't you dare tear anything else apart. We have too much mess already.' As soon as I heard her car pull out, I ripped out the whole ceiling. I was sweeping up the last of the plaster when she drove in the driveway."



1

Postponements Galore

The overall project mushroomed so much that the original completion date was quickly scrapped. In fact, the Bextons' housewarming party was postponed from Bastille Day to Labor Day, to Halloween, to Thanksgiving, to Christmas, to Easter, to Bastille Day, and then to when the first floor was finished. We're not sure they've "housewarmed" yet.

In spite of countless

Photographs: Fred Lyon
Designer ENRAD/Harold Bexton
Plan Drawings: Hired Hand
Source: Helen Heitkamp



2



◆ The addition is at left—kitchen below, guest room above. Harold laboriously covered the entire house with cedar shingles.





delays and unexpected problems, the total remodeling has given Beth and Harold a strong sense of accomplishment. They're proud of the work, time, and care they've invested in their nifty "new" home. And they're quick to encourage others to do the same thing. "Just don't get discouraged," advises Beth. "Get out the 'before' pictures now and then to see how far you've come. It's a lot easier that way."



1. On the right side of the house are the study (first floor) and nursery (second). To the left of the front door (out of the photo) is the new bay window addition off the living room.

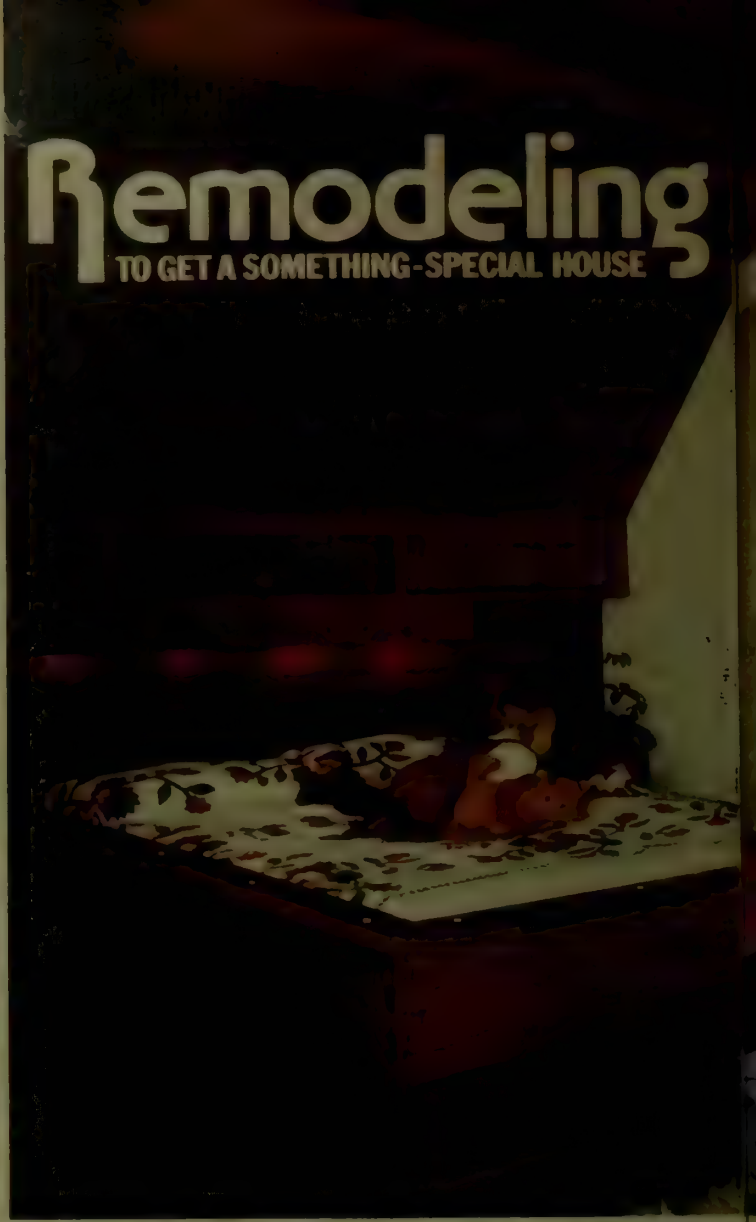
2. What used to be a porch through French doors is now a cozy little bay window area. The new window seat overlooks the front garden. Redwood planking not only contrasts nicely with the white walls, but also gives a sense of depth to the alcove.

3. The Bextons weren't exactly conservative when it came to redoing the kitchen. They knocked out three walls at the same time, leaving one wall, the appliances, and the sink. Beth compared the experience to camping out with the conveniences of home. "I'd get up in the morning and the fog would be rolling into the kitchen. I loved it."

They installed a ten-foot window wall, expanded the kitchen seven feet, and concocted a distinctive light valance to border the ceilings in the kitchen and dining areas. All the kitchen appliances are on one wall so they can't be seen from the adjoining room.

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Remodeling
TO GET A SOMETHING-SPECIAL HOUSE





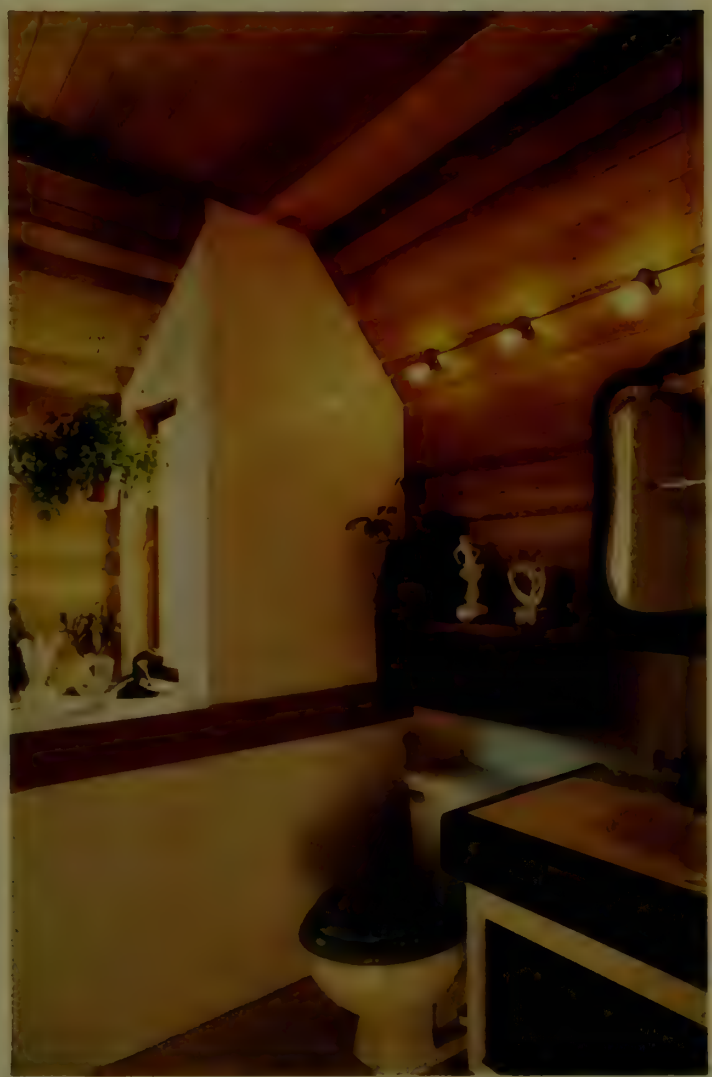


◆ A little niche at the end of the bedroom area turned out to be a perfect spot for a vanity. The same redwood-against-white look carries over from the bedroom. Note the rounded corners on the window trim —one of Harold's special details.

◆ Double-duty built-ins in the master bedroom store pillows and blankets. This dormer space, part of the original house, had two tiny windows which the Bextons replaced with a full bank of glass.

◆ *Above center:* Originally, the master bedroom was a rough storage area, though not as rough as most; it was lined with knotty pine paneling. Beth and Harold grabbed as much living space as possible for the bedroom, then partitioned off the rest for knee-wall storage (behind the headboard). A small door at the end of the closet opens into the storage space. Dovetailing 2x10s and 2x4s form the frame for a water bed that sits on a platform of hollow-core doors.







◆ Not everything goes as planned in any remodeling project. A new addition to the family meant a sudden shift in priorities and a hurried nursery project in the attic. The new dormer took only a weekend to frame and enclose, but the finishing work took considerably longer. Rugged built-ins keep the room neat and uncluttered. The window seat is fitted with roll-out storage drawers and a large lidded chest. A lighting valance accents the built-in desk. The half-circle window replaces an attic vent.

◆ To maximize space, Harold cantilevered the window end of the bath 2½ feet. But instead of putting a window in the end where it would stare directly at the neighbors, he installed glass in both sides of the extension where the views are private and pleasant. The shower area is varnish-treated cedar. ■

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REMODELING

Smart ways to make a basement more inviting

By David Haupert

Basements usually come up in the world for one of three reasons: (1) the homeowners need more living area and go down under to get it; (2) they want to upgrade the looks and livability of an existing basement room; or (3) they're just plain sick and tired of looking at pipes, shop clutter, and heating equipment.

Whatever the motivation, basement remodeling can produce some spectacular results—as you'll see on these next pages. So if you'd like to trade your do-nothing basement for more bedrooms, a family room, even an old English tavern, read on and see how other families pulled off projects like these.

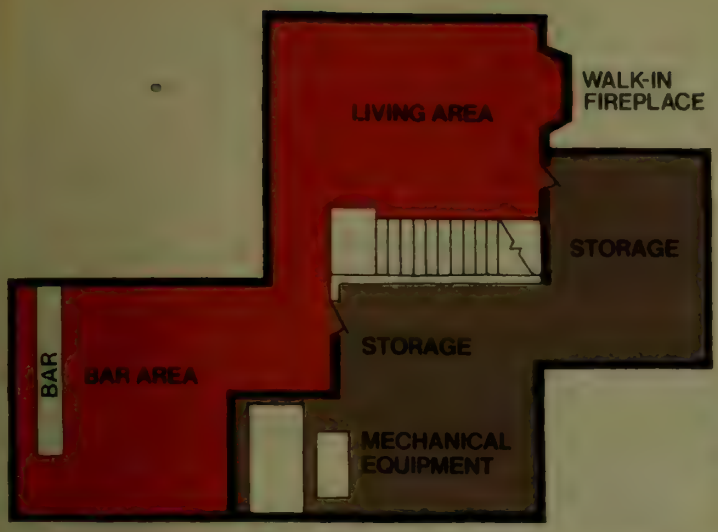


Photographs: Bill Helms

Re-create a Friendly Tavern

This 120-year-old Pennsylvania house traded its dimly lit cellar—complete with cobwebs—for its very own version of General Warren Tavern in Charlestown, Massachusetts. Some of the ideas are the owners' and they did the bulk of the work themselves. As you can see, all the elbow grease paid off handsomely. The family got a basement family room/tavern that's right in step with life and drum—and the rest of the house.









Photos opposite page: The first step was to enclose the stairs and partition off the two main areas (living and bar).

The walk-in fireplace was created by hacking through generations of "improvements" to an outside cellar entrance. After installing a new concrete foundation for the hearth and studding out the back of the fireplace, the homeowners set to work re-creating an honest-to-goodness colonial fireplace. The job started with a layer of moisture-resistant drywall, followed by a course of twisted and bent metal lath. Then a finish coat of thick, brown perlite plaster made the fireplace meld perfectly with the real stone surfaces surrounding it.

Barn siding accented the walls that weren't stone (or a reasonable facsimile). And the ceiling was finished with wood-grain plank ceiling material on a furring channel system, then topped with real wood beams, ordered to size.

Photos above: Of course, no tavern is complete without a bar. This one was constructed by a cabinetmaking firm, then stained and finished by the homeowner. What looks like a shuttered window is a bit of *trompe l'oeil* (trick the eye) decorating done with lights built into a false wall to give the room a non-basement look. The owners also resurfaced the old dented and wavy cement floor with a smooth, ½-inch-thick coat of cement, then installed a resilient vinyl floor. The final step was to add carefully chosen lighting and furnishings.

Set up a dorm for teens

When you have a family of seven and a three-bedroom house, your first concern is increasing the bedroom space —as economically as possible. And in the case of this family, that meant getting down to the basement level where two ordinary underachieving rooms were remodeled into three knockout bedrooms for teen-agers.

Each child had a voice in the planning of his or her room, and the family brainstorming sessions with the architect paid off in these three unique rooms.



Right: Daughter Linda, a high schooler, inherited what had been the basement's only finished room. There is, however, a big difference between "finished" and "cool"—and "cool" is what every teen-ager wants. To get it, Linda asked for a double-deck bed unit. The unit shown here is sized for regular twin mattresses which simply sit on plywood surfaces. The structure also includes tables at either end of the mattresses, plus loads of shelved storage accessible through the door in the side of the unit. Linda's bank of beds is covered in crisp white laminate —but if you're adapting the idea, a couple of protective coats of polyurethane varnish over latex paint would work nearly as well.

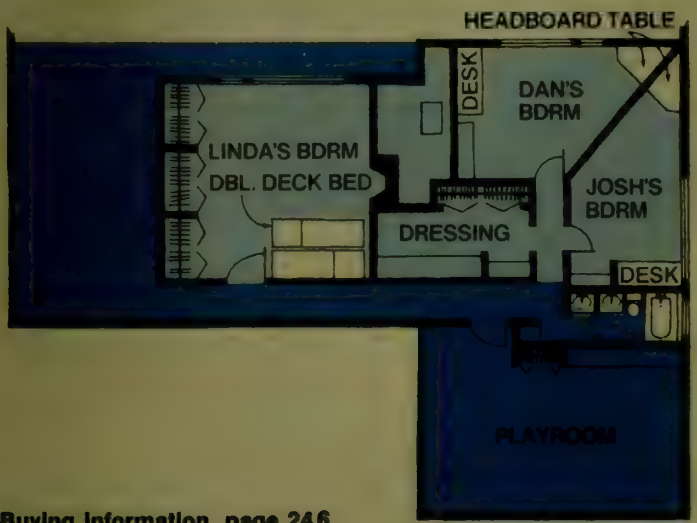
Mattresses are dressed up with fitted covers of eye-popping cotton, topped with matching fabric-covered bolsters and a gang of colorful toss pillows. When the covers come off, the beds are ready for occupancy; the bulky pillows are stashed inside the unit itself.



Left: It's not easy to come up with separate but equal space when you're dividing one room between two boys. And to make matters worse, the room in question had two high windows on two adjacent walls so that no standard layout gave both boys a window and an equal amount of space. Then came the inspiration: pie-shaped rooms. Now Josh and Dan have identical accommodations and a shared dressing/storage area.

Each bed is headed by a built-in unit that serves as headboard and night table. And each room has a two-level ceiling, dictated by overhead pipes.

Photographs: Semarco, Inc. Architect: Maurice Finegold, AIA Source: Estelle Bond Guralnick





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Study areas are identical except that Dan's (with the blue desk) is situated over the entrance to the basement boiler room. So everything you see here comes apart. The bookcase moves forward, the desk lifts out, and the hardboard panels that back the unit can be unscrewed and removed.

Josh's study spot has something unique about it, too. The utilitarian pipe over the desk has been converted into a decorative graphic-in-the-round.

Each of the three basement bedrooms has its own electric heat, so as the young live-ins go off to college, the rooms can be closed off and used only when needed.



Photographs: John Rogers. Designer: Mary Susan Barnhill, A.S.I.D. Source: Barbara Sims/Linda Magazine

REMODELING:

GARAGE CONVERSIONS THAT ADD LOW-COST LIVING SPACE

By David Haupert

If you need more room and you're willing to evict the family car(s), you're a likely candidate for a garage remodeling. It can be a real bargain compared to building from scratch or adding on. By taking advantage of existing—but unused—square footage, you save the construction costs of roof, foundation, and outside walls—and that can add up to a bundle.

You'll find good ideas for your own garage conversion in these three successful redos—a light and airy garden room in Texas, a lively study/guest room in New York, and a cozy family room in Iowa. Each one of these remodelings makes family living a lot more comfortable and enjoyable without adding an inch of new space.

If your house is located in a mild climate zone, you can convert your attached garage into a garden room without a lot of hassle. The Dallas owners of this remodeling have never had any regrets about replacing their cars with comfortable furniture, a game table, and a jungle of plants.

The secret to the bright, wide-open feel of this conversion is its rambling expanses of glass. The owners replaced the old garage doors with four fixed windows, added six more units in an adjacent wall, and topped off the project with double skylights in the mansard-shaped roof. All of the glass is framed in rough cedar boards, and the window ledges are nine inches deep and covered with Mexican baked tile that handles plants with nary a moisture problem.

In conversions like this one, garage floors often are raised to the level of the rest of the house to avoid groundwater seepage. But the owners of this remodeling didn't have this



complication so they opted for a sunken effect, leaving the floor at its original garage level. Now the garden room is an elegant step-down from the entry that separates it from the rest of the dining and living areas of the house. The unglazed Mexican tile used on the floor of the converted area makes just the right contrast to the hardwood floors throughout the house.

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REMODELING: GARAGE CONVERSIONS THAT ADD LOW-COST LIVING SPACE

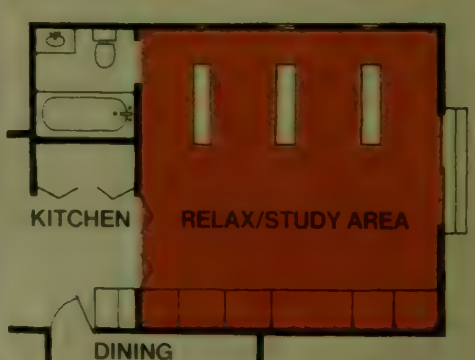


Photographs: Bill Helms. Designer: Jena Hall, A.S.I.D.
Source: Bonnie Mahram



There are as many different approaches to conversions as there are families to undertake them. Some are simple and basic; they get the job done, but without much flare. Others are more elaborate and create a whole new environment, not just a new room. One of the latter is this New York remodeling—a former garage that's now an exciting mix of light, texture, lines—and livability.

When the car was moved out, a few creature comforts had to be added.



The owners extended air-conditioning ducts into the area and added baseboard heating—on a separate thermostat so it can be turned off when the room is not in use. They also installed double-insulated windows and sliding glass doors, and had new skylights (also with insulated glass) cut into the roof. And to make the room even tighter, a contractor shot insulation into the slim roof line. Then, with practicalities out of the way, the designing fun began.

About 90 percent of the drama comes from the surfacing used on two adjacent walls. Pecky cedar planks are laid diagonally, interspersed every so often with plank-shaped mirrors. The planks and mirrors team up with three tall, slim windows to create a visual medley of wood, outside shrubbery, and reflections of the classic contemporary furnishings inside.

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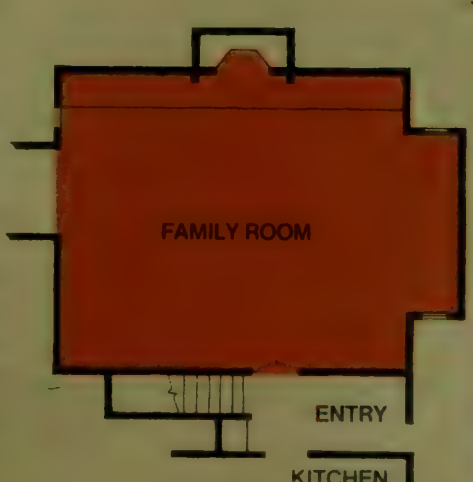
Photographs: William N. Hopkins, Architect: Steve Mead

Even when car storage is essential, it still may make economic sense—as in this Iowa remodeling—to convert an existing attached garage to living space, then invest in another, perhaps pre-built, garage.

The key design element of this project is the two-foot bump-out fitted into the old garage-door opening. Skylights above it and glass at both ends maintain privacy yet allow plenty of light to stream in.

Another important design decision was to open up the garage ceiling to the existing roof line and install rugged wood planks along the ceiling and down the end wall. With the addition of hefty crossbeams and a wood-burning fireplace, the whole room took on the easygoing look of a cozy mountain retreat. ■

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A CUSTOM KITCHEN YOU CAN BUILD YOURSELF



By Joan McCloskey and David Ashe

Great kitchens don't have to be as big as a ballroom or as costly as a luxury cruise. This kitchen is only ten by 12 feet, and its cost is a pleasant surprise because you do the building yourself. But what's most important, you'll get a whale of a kitchen for your money. This custom kitchen is a model of clean, functional design, with a place for every appliance. Besides rating an A in efficiency, the kitchen is smashing to look at.

COLOR SCHEME

If you're looking for a can't-miss way to achieve a smashing kitchen, start with a "basic white" room. It's like an untouched artist's canvas—you can make it anything you want. In this kitchen, matte white walls and cabinets magnify the 10x12-foot space and provide a natural showcase for glassware, pots and pans, and favorite breadboard.

The kitchen's styling has a strong Scandinavian flavor. And here, as in most European kitchens, function and design go hand in hand. Gently curving arches and vertical lines flow from window to exhaust hood to peninsula top.

CABINETS

Most ready-made cabinets aren't tailored for a cook's needs: upper shelves are too high to reach; deep drawers on the bottom require stooping and bending. In this kitchen, we've eliminated all bottom shelves. Instead, cabinets end before they reach the floor.

Photographs: Bill Hopkins



APPLIANCES

The exhaust hood is neatly camouflaged in a custom-made structure that repeats the curved lines of the greenhouse and sink windows. Since the range is located on an exterior wall, the exhaust fan is ducted to the outside.

POTS AND PANS

The corner space near the stove is wasted in most kitchens. We put it to use by hanging pots and pans from hooks in the extension of the exhaust hood structure.

COUNTER SURFACES

Even the counters are customized, with two different surfaces appropriate for specific tasks. The cool, tough Corian counter is ideal for rolling out pastry. The maple counter surrounding the sink and stove is the perfect material for cutting and chopping.

How-to instructions begin on page 233

A CUSTOM KITCHEN YOU CAN BUILD YOURSELF









GREENHOUSE WINDOW

Even in this tiny kitchen we've included more than the basics. The bonus is a lovely arched, paned-glass greenhouse that takes only one square yard of floor space. Quarry tile runs up and over a retainer ledge, covers the floor, and continues up the baseboard area under the curved window.

A plump coleus hangs from a ceiling hook; the floor is filled with a corn plant, dracena, and Swedish ivy. White gravel around the pots hides plant droppings. Behind sliding doors in the end of the peninsula are watering cans, plant food, and small garden tools.

PINT-SIZE PANTRY

We corraled not-so-pretty kitchen clutter in a midget-sized pantry. To accommodate oddsize packages, soda-pop bottles, and tall cereal boxes, we built adjustable shelves from 1x12s. Store-bought cup racks, plate stackers, and canned goods shelves make all pantry contents both visible and reachable. Even the microwave oven is built into the pantry, thus freeing valuable kitchen counter space for other needs. The oven sits on a platform to the left of the pantry door. Behind the oven there's still plenty of room to stash brooms, carpet sweepers, and dustpans.

The tall doors and cabinets are hinged with brushed aluminum hardware that is an integral part of the kitchen's design.







A narrow ledge, just the right depth, is a perfect resting spot for a lineup of kitchen chemistry jars. Beneath the ledge, there's an electrical strip for small appliances.

The two counter surfaces—butcher block and Corian—show kitchen accessories off to best advantage.

APPLIANCE STORAGE

Again, adjustable shelves expand and contract to accommodate tall and squatty appliances on shelves next to the range. We fit in a wine rack below a shelf holding the toaster-oven. Close to the range, just under the mixing counter, are the hand mixer, can opener, blender, and coffee grinder. All appliances are visible, so they're handier to use more often. The outlet is at the end of the Corian counter—convenient for all the electric equipment. A tall narrow niche next to the oven is perfect for storing cookie sheets, cake pans, trays, and broiler pans.

DISHWASHER PLACEMENT

To make the dishwasher as inconspicuous as possible, yet convenient for the person who has to load and unload it, we located it in the appliance wall next to the built-in, side-by-side refrigerator/freezer. The cleanup detail can whisk dishes from the peninsula counter to the dish racks without taking an extra step. Because the dishwasher is 18 inches off the floor, no one has to bend over. The panel directly below the door comes off to make repair work easier.

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Better Homes and Gardens
Project Plan No. 50332
To order, see page 188

COOKING FOR BUSY FAMILIES: HOW OTHER FAMILIES DO IT

By Sally P. Torpey

If you're busier now than ever before, if you've given up finding a workable family "dinner hour" and would settle for just 15 minutes, if preparing a separate meal for activity-loaded family members is a daily battle . . . well, you're not alone. "On busy days, there's just no time to cook!" has become a nationwide lament.

To get a fix on the problem, we started by talking with a cross section of families about their work hours, activities, and eating patterns. Then we singled out the families that seem to be coping most successfully with their busy schedules, despite the odds. The four we feature on the following pages have, we think, come up with some particularly innovative solutions to the time crunch.

How do they do it? To find out, we asked each family to keep a detailed two-week diary of their activities, unexpected events, meal plans and preparation. Then we spent a day with each family observing how they managed and photographing their timesaving recipes to share with you. More than that, you'll discover some practical solutions and tasty recipes to simplify mealtime at your house, too.

THE POWELLS MAKE THEIR OWN CONVENIENCE FOODS









Photographs Hedrich-Blessing Source Pat Carpenter

Left: By cooking in quantity and stocking the freezer, the Powells save a bundle of time. Sharon reheats her frozen **German Beef Stew** and **Stuffed Jumbo Shells Italiano** in the microwave oven. **Pork and Beef Roasts** are cooked together so the flavors mingle. The cooked meat is used for "bag" lunch sandwiches, roast and gravy dinners, and the **Meat and Pepper Pocket Sandwiches** shown here.

Above: About once a month, the marathon cooking agenda includes several dozen pancakes, French toast, and waffles for the freezer. Sharon uses a packaged pancake mix and sometimes adds nuts or flavorings. The food is reheated in the toaster or microwave oven and served with jams, syrups, or fresh fruit. Special **Fruit 'n Honey Pancakes** get a sprinkling of powdered sugar.

Top: Sharon and Dan plan the budget to include a side of beef.
Middle: Stephan and Laura package sandwiches and **Date-Pecan Cupcakes** for sack lunches. Single servings of **Hamburger Soup** go in boil-in-pouch bags.
Bottom: Dan and Sharon assemble **Stuffed Jumbo Shells Italiano** for freezing. The multipurpose **Homemade Italian Sauce** is cooked in big quantities.

Sharon and Daniel Powell of St. Paul, Minnesota, began to develop a cooking system when the children, Laura and Stephan, stopped eating baby food. Sharon organized cooking into a "freeze now—bake later" plan that helps keep them on schedule.

The Powells find themselves particularly short of time in the evenings. Sharon spends 35 hours a week working as a teacher's aid and is also involved in various community activities. Dan is employed by a savings and loan association. In addition, he and Sharon share the landlord responsibilities of owning rental properties. And one or both are usually enrolled in a night course offered by the University of Minnesota.

"I really depend on my own brand of convenience foods," says Sharon. "Saturday is our marathon cooking day. I shop the night before and often buy in quantity. Dan and I start cooking the food that will take the longest—that's usually homemade Italian sauce, soup, or a big batch of chili. We package, label, and freeze the food in individual or family-size portions. Then Dan or I can put the evening meal together simply by reheating a frozen dinner. We don't believe in letting kitchen equipment gather dust, so we make maximum use of our freezer and microwave oven." Dan's office is near their home so he often joins Sharon for a freezer-to-microwave lunch.

The Powells are happy with their system since it saves time on weekday evenings yet allows them to enjoy home-cooked meals. "Our diet is tasty and varied. And we have time to talk at the dinner table," Sharon says.

Recipes begin on page 155
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THE FAULKNERS RECRUIT THE KIDS









Photographs: de Gennaro Source: Pauline Graves

Left: Rice with Chinese Sausage, Wok Majesty Chicken, homemade **Egg Rolls,** and Chinese fortune cookies make a quick but special weekend dinner. The family enjoys Oriental foods, and stir-fry cooking gets the work done fast.

Above: When the family go to the theater together, they plan a late dinner. Wok cooking fits the schedule perfectly. Leslie and Mark slice the vegetables ahead so they are ready for fast stir-fry cooking when the Faulkners return home.

Above: Fresh pineapple marinated in kirsch is spooned over ice cream for simple but elegant **Newport Dessert.**
Below: A grill is common Faulkner cooking gear. Lloyd brushes **Pork Chops with Pineapple-Kumquat Sauce.**

Things are never quiet at the Faulkner house. The phone is ringing, the dogs, Keta and Pauper, are barking, or Mark is practicing his drums (six hours a week). The phone calls are usually business since Suzanne and Lloyd, both interior designers, work out of a studio adjacent to their home in Encino, California. Their teen-age children, Leslie and Mark, help out in the office after school by filing fabric samples or typing, and then give a hand with meals.

"Working at home allows us to share activities with the kids," says Suzanne. Leslie plays tennis with her father, and she and Suzanne work together on pottery and leatherwork. When the kids are out of school in the summer, the whole family may take a break to swim, play tennis, or garden.

"We leave the phone on automatic answer until nine or 9:30 in the morning to give us a chance to eat breakfast," Suzanne says. "Lloyd cleans up the kitchen, and I start something in a slow cooker or marinate meat for dinner. The children eat at school, and Lloyd and I usually discuss new jobs and clients over lunch." Suzanne and Lloyd give lectures and frequently attend evening meetings, so dinners are hurry-up most week nights. "We barbecue often, and Lloyd takes over the job," Suzanne says. "Cooking this way cuts down on cleanup. Sometimes we also make a light meal of onion soup, cheese, sausage, and pickles."

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THE MORGANS USE TIME-SAVING APPLIANCES



Photographs: Helms





Left: Casual entertaining is less work for the host and hostess than a formal dinner is. The **Barbecued Ribs,** fresh **Summer Squash Sauté,** and **Spinach Salad with Lemon Mustard Sauce** are served buffet-style. Later, **Cheesecake Pie** (not pictured) is served around the coffee table.

Above: After Annette precooks ribs in the microwave oven or simmers them on the stove top, Jim finishes them on their counter-top grill with a basting of **Brown Sugar Barbecue Sauce.** (With an electric grill unit, there's no fiddling with a fire or waiting for coals to get hot.)

Above: Jim prepares the filling for **Salmon-stuffed Tomatoes and Cucumbers** in the food processor, while Annette slices mushrooms for the salad. The appetizers can be made early in the day and refrigerated. Annette offers the finger appetizers while everyone enjoys a glass of wine.

Since moving to Hopewell Junction, New York, four years ago, Jim and Annette Morgan have both felt the time crunch. Counting the commute to and from their offices, they each put in almost a 12-hour working day. That doesn't leave much time for outside activities: community service organizations, clubs, and social activities. "We like to share activities, but we also feel it's important to get involved in things that interest us as individuals," Annette explains. Their solution: They share the cooking, rely on some convenience foods, and make use of time-saving kitchen appliances.

"Weekends are about the only time we have to shop," says Jim, "and easy-to-grill steaks, chops, chicken, or fish is always on the list." Jim often does the shopping alone, armed with a basic grocery list jotted on a pad kept on the refrigerator door. The "continuous" shopping list is compiled during the week as he and Annette notice cooking supplies that need stocking. Canned soups and packaged sauce mixes, used as bases for quick fix-ups, are always kept on hand in the pantry.

"The first one home usually starts dinner during the week," says Annette, "but I usually clean up by default!" Since both Jim and Annette enjoy cooking, weekends usually mean an opportunity to fix something special. "We rarely entertain formally, but we have one or two couples in for dinner about once a month. Jim and I share the meal preparation. I generally do the basic foods, and Jim has fun being creative with a variety of appetizers and desserts."

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THE JECKERS REVERSE TRADITIONAL ROLES







Left: While watching Monday-night football, Larry simmers a pot of **Hearty Ham Hodgepodge.** Later he reheats it for a meal. **Chicken Lorenzo** is a crockery cooker favorite. Larry serves **Mexican Fondue** with bread, shrimp, and ham.

Above: Sausage-Peach Breakfast Bake makes a complete meal in one pan.
Top right: Larry shops for groceries on weekends and frequently late in the evening. A farmers' market near his downtown Dallas office is handy for fresh produce.

Above: Crockery cooking fits the Jeckers' life-style. Larry generally starts something cooking in the morning so it's ready when he gets home from work. Canned enchilada sauce makes a spicy gravy for **Chicken Lorenzo.**

"How about talking to some men who cook every day and do all the nitty-gritty, not just the crepes and paella?" asked Larry Jecker. He posed the question over a year ago when he wrote a "protest" letter about our "He Cooks" feature. "Perhaps my situation is unusual," he continued, "but I do all the cooking and grocery shopping for my family. My wife and I have always shared the responsibility of caring for the children and the duties and chores around the house.

"Over the years, my responsibility for preparing our meals has increased because I enjoy doing it and my wife honestly doesn't like to cook." Anne and Larry still get some raised-eyebrow reactions from friends and relatives, but their three boys, Kevin, Paul, and Stephen, are accustomed to the arrangement.

Each workday Larry leaves their home in Plano, Texas, about 7:15 a.m. to reach his Dallas office by eight—then returns about 6 p.m. Anne is a sales representative and works out of their home. Larry organizes meals so that he can have dinner on the table by 6:30 and still have time for evening activities.

He puts corned beef, ham, beef roast, chicken, or turkey on a rack in a slow crockery cooker in the morning and prepares vegetables separately before dinner. Then the meat can be used for two or three different main dishes. "Canned vegetables, soups, gravy mixes, and an occasional frozen pizza are real time-savers for us," says Larry.

"Sometimes Anne and I work together on meals. Co-op cooking is helpful at breakfast and making sack lunches," Larry told us. "Kevin's learning to cook and help clean the kitchen. Stephen and Paul set the table."

"When Larry's job takes him out of town for several days, we all cry," Anne says, only half-joking. She confesses she resorts to canned and frozen convenience foods in such situations.

Recipes begin on page 155.
Buying information, page 246.

Give me



he soup that can do it all– Campbell's Tomato Soup.



From dips to desserts, from soups to sauces, everything Campbell's Tomato Soup gets into gets better: better-tasting, better-looking.

SPAGHETTI WITH MEAT SAUCE

½ pound ground beef
1 cup chopped onion
1 teaspoon basil leaves, crushed
1 teaspoon oregano leaves, crushed
1 large clove garlic, minced
2 cans (10¾ ounces each) Campbell's Tomato Soup
1 can (16 ounces) tomatoes, cut up
½ pound spaghetti, cooked and drained
Grated Parmesan cheese

In saucepan, brown beef and cook onion with seasonings until onion is tender (use shortening if necessary). Stir to separate meat. Add soup and tomatoes. Simmer 30 minutes; stir occasionally. Serve over spaghetti with Parmesan. Makes about 4 cups.

BEST EVER MEAT LOAF

1 can (10¾ ounces) Campbell's Tomato, Golden Mushroom, or Cream of Mushroom Soup
2 pounds ground beef
½ cup fine dry bread crumbs
⅓ cup finely chopped onion
1 egg, slightly beaten
1 teaspoon salt
2 to 4 tablespoons water

Mix thoroughly ½ cup soup, beef, bread crumbs, onion, egg, and salt. Shape firmly into loaf (8 x 4"); place in shallow baking pan. Bake at 375°F. for 1 hour 15 minutes. Blend remaining soup, water, and 2 to 3 tablespoons drippings. Heat; stir occasionally. Serve with loaf. Garnish loaf with onion rings and serve with peas and onions if desired. Makes 6 servings.

PORK LOIN–TO–PERFECTION

3 to 4-pound pork loin rib roast
2 tablespoons shortening
1 can (10¾ ounces) Campbell's Tomato or Golden Mushroom Soup
½ cup water
½ cup chopped onion
1 tablespoon paprika
1 medium bay leaf
½ teaspoon salt
Dash pepper
6 medium carrots, cut in 2-inch pieces
4 medium potatoes, cut in half

In large heavy pan, brown meat in shortening; pour off fat. Add soup, water, onion, and seasonings. Cover; cook over low heat 1 hour 15 minutes. Stir occasionally. Add carrots and potatoes. Cook 1 hour more or until done. Remove bay leaf. Thicken sauce if desired. Garnish with parsley. Makes 4 to 6 servings.

GARDEN DIP

1 package (8 ounces) cream cheese, softened
1 can (10¾ ounces) Campbell's Tomato Soup
2 tablespoons finely chopped celery
2 tablespoons thinly sliced green onions
2 tablespoons finely chopped parsley
2 teaspoons horseradish
Generous dash garlic powder
Generous dash salt
Generous dash pepper
Generous dash hot pepper sauce

With electric mixer or rotary beater, beat cream cheese until smooth. Gradually add remaining ingredients; chill. Serve as a dip with assorted fresh vegetables, crackers, or chips. Makes about 2½ cups.

VEGETABLE MEDLEY

½ pound sliced mushrooms (about 2 cups)
3 small zucchini, sliced (about 3 cups)
2 medium green peppers, cut in strips
1 cup sliced onion
1 large clove garlic, minced
½ teaspoon basil leaves, crushed
2 tablespoons salad or olive oil
1 can (10¾ ounces) Campbell's Tomato Soup
½ teaspoon salt
Grated Parmesan cheese

In large heavy pan, brown mushrooms and cook zucchini, green pepper, and onion with garlic and basil in oil 5 minutes. Add soup and salt. Cover; cook over low heat 15 minutes. Stir occasionally. Uncover; cook 5 minutes more. Serve with Parmesan. Makes about 6 cups.

PENTHOUSE CHICKEN

2 pounds chicken parts
¼ cup seasoned flour
Shortening or salad oil
½ medium green pepper, cut in strips
½ cup sliced onion
⅛ teaspoon thyme leaves, crushed
1 can (10¾ ounces) Campbell's Tomato Soup
¼ cup water
1 teaspoon vinegar

Dust chicken with flour. In skillet, brown chicken in hot shortening (¼-inch deep). Cover; cook over low heat 45 minutes or until done. Uncover last 10 minutes to crisp chicken. Remove chicken to warm platter; pour off all but 2 tablespoons drippings. Cook green pepper and onion with thyme in drippings until tender; add remaining ingredients. Heat, stirring to loosen browned bits. Serve over chicken. Makes 4 servings.

COOKBOOK OFFER: Get more than 600 exciting recipes in Campbell's "Cooking with Soup" Cookbook. Send $1.50 and any two Campbell's Soup labels with your name, address and zip code to: COOKBOOK, BOX 494, Maple Plain, Minn. 55348. Offer good only in U.S.A. May be withdrawn at any time. Void where prohibited or restricted. Allow six weeks for delivery.



Campbell's makes your cooking M'm! M'm! Good!


Dole Pineapple in its own juice.
No extra heavy syrup,
no sugar added–just juice.
Dole
crushed
pineapple
IN UNSWEETENED PINEAPPLE JUICE
(Now think what
it will taste like
creamed
in a crêpe!)



File under Casseroles and one-dish meals

Buying information, page 246

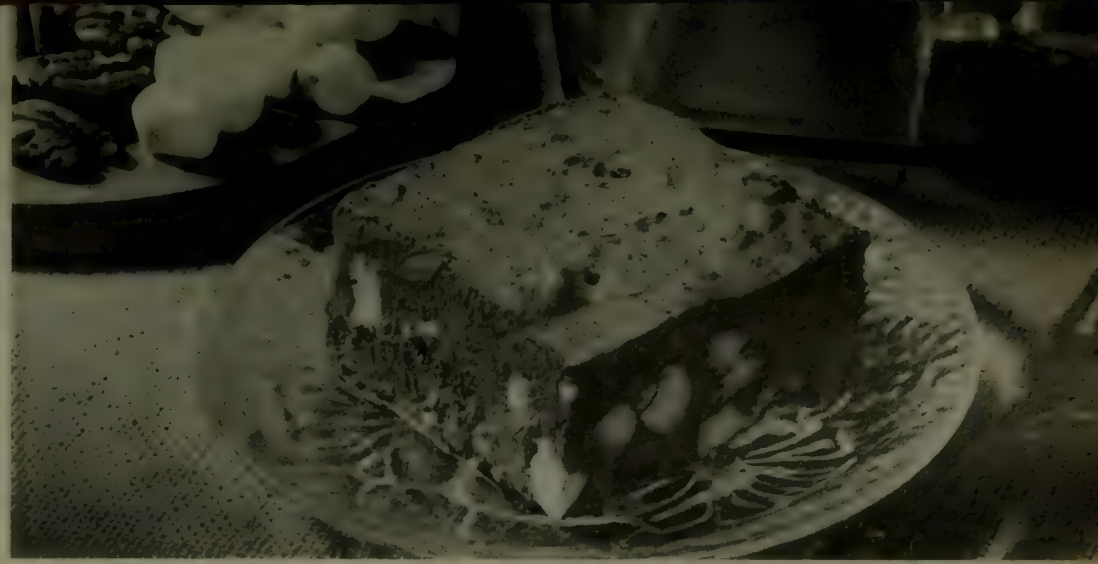
COOKING FOR ONE OR TWO

Shrimp and Wine-Sauced Spaghetti

No leftover problems with this top-rated recipe: it's sized just for two—

- 2 green onions, chopped
- 1 clove garlic, minced
- 2 teaspoons cooking oil
- 1 16-ounce can tomatoes, cut up
- 2 tablespoons dry white wine
- 1 teaspoon sugar
- ¼ teaspoon salt
- Dash pepper
- 1 teaspoon dried basil, crushed
- ¼ teaspoon dried oregano, crushed
- 8 ounces shrimp, peeled and cleaned
- 1 tablespoon cornstarch
- 4 ounces hot cooked spaghetti
- 1 tablespoon grated romano cheese

In small saucepan cook onion and garlic in hot oil till onion is tender. Add *undrained* tomatoes, wine, sugar, salt, pepper, basil, and oregano. Cover and simmer 25 minutes. Add shrimp. Return to simmering and cook, uncovered, 5 minutes or till shrimp is tender. Blend cornstarch and *1 tablespoon cold water*; stir into shrimp mixture. Cook and stir till bubbly. Divide spaghetti between two dinner plates. Spoon *half* of the shrimp mixture over each. Top with cheese. Makes 2 servings. *Anne C. Lent, Melville, N.Y.*



File under Desserts

Photographs: Dieter

COOKING WITH WINES/LIQUEURS

Frozen Rocky Road

Serve this first-place ice cream in squares as a dessert or scoop it into cones for a snack—

- ¾ cup milk
- ¼ cup sugar
- 1 square (1 ounce) unsweetened chocolate, broken up
- 1 teaspoon unflavored gelatin
- 1 tablespoon cold water
- ¼ cup coffee liqueur
- 1 cup whipping cream

• • •

- 1 cup tiny marshmallows
- ½ cup chopped pecans

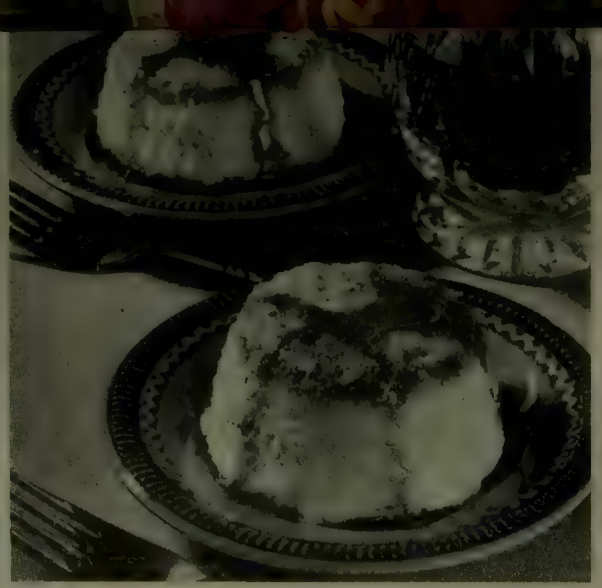
In a small saucepan combine milk, sugar, and chocolate. Bring to boiling over low heat, stirring constantly (flecks of chocolate may be visible). Meanwhile, soften gelatin in cold water; stir gelatin mixture into chocolate mixture till gelatin is dissolved. Cool. Stir in liqueur. Chill till partially set. Whip cream just till it mounds; fold into chocolate mixture along with marshmallows and nuts. Pour into an 8x8x2-inch baking *or* an 8x4x2-inch loaf pan. Freeze firm. To serve, let stand 10 minutes; cut in squares or slices. Makes 8 servings. *Minnie M. Boswell, Dallas, Tex.*



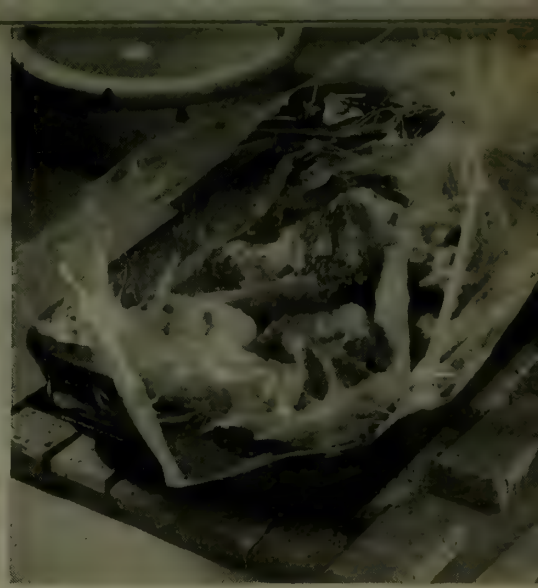
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Strawberry Patch Pie

1¼ cups graham cracker crumbs
½ cup sugar
6 tablespoons butter or margarine, melted
1 quart fresh strawberries
1 envelope unflavored gelatin
⅓ cup water
¼ cup Drambuie
1 teaspoon shredded lemon peel
½ cup whipping cream (optional)

Combine cracker crumbs and *¼ cup* of the sugar; stir butter or margarine. Press into a 9-inch pie plate. Bake in 375° oven for 6 to 8 minutes. Cool completely. Set aside *half* the strawberries. Crush remaining strawberries; measure 1½ cups. In saucepan combine remaining sugar and gelatin; add crushed berries and water. Cook and stir till gelatin is dissolved. Stir in Drambuie and lemon peel. Chill till partially set. Spread *half* of the gelatin mixture in the bottom of prepared crust. Arrange strawberries atop. Spoon remaining gelatin mixture over berries. Chill till firm. Whip cream; spoon around edge of pie, if desired.

Mrs. Linda MacDonald, Vancouver, B.C.

Coffee Cheesecakes

1 tablespoon butter or margarine
½ cup crushed vanilla wafers
1 tablespoon sugar
4 egg whites
½ cup sugar
2 8-ounce packages cream cheese, softened
¼ cup coffee liqueur

Melt butter or margarine. Combine with the wafer crumbs and the 1 tablespoon sugar. Press into bottom of six 6-ounce custard cups. In large mixer bowl beat egg whites to soft peaks (tips curl); gradually add the ½ cup sugar, beating to stiff peaks (tips stand straight). Beat together cream cheese and liqueur. Fold half of the egg mixture into cheese mixture. Return to remaining egg mixture. Fill each prepared custard cup with about ⅔ cup filling. Bake in 350° oven for 20 minutes. (Cakes will puff, then fall when removed from oven.) Cool in cups. To serve, dip bottom of cup in warm water. Loosen sides of cake with knife; invert onto serving dish. Cover; chill. Drizzle with additional liqueur, if desired. Makes 6 servings.

Mrs. Ester Chan, Daly City, Calif.

Egg Cutlets with Mushroom Sauce

1 7½-ounce can *semi-condensed* cream of mushroom soup
⅓ cup fine dry bread crumbs
1 tablespoon snipped parsley
½ teaspoon instant minced onion
⅛ teaspoon dry mustard
Dash pepper
4 hard-cooked eggs, chopped
1 tablespoon butter or margarine
2 tablespoons dry white wine

In medium bowl combine *2 tablespoons* of the soup, *2 tablespoons* of the bread crumbs, the parsley, onion, mustard, and pepper. Add eggs; mix well. Shape into four 4-inch patties. Coat patties with remaining bread crumbs. In 10-inch skillet brown patties on both sides, in hot butter or margarine about 3 to 5 minutes per side. Meanwhile in small saucepan combine the remaining soup and the wine; heat through. Serve patties with mushroom sauce. Garnish with additional hard-cooked egg slices, if desired. Makes 2 servings.

Mrs. William Strieber, Crofton, Md.

Beef Stew for One

Bake in a cooking bag to hold in flavors and reduce cleanup—

10 to 12 ounces beef short ribs, cut in serving-size pieces
½ envelope (⅓ cup) dry vegetable soup mix
¼ cup all-purpose flour
½ teaspoon paprika
¼ teaspoon salt
Dash pepper
1 medium potato, pared and halved
1 medium carrot, halved lengthwise
1 small stalk celery, cut up
1 slice onion
1 cup water
¼ cup dry sherry

Trim excess fat from short ribs. In cooking bag combine short ribs, *dry* soup mix, flour, paprika, salt, and pepper. Shake to mix well. Add vegetables; pour water and wine over all. Seal bag with twist tie; place in shallow baking pan. Pierce top of bag several times with fork. Bake in 400° oven for 1½ hours or till meat is tender. Makes 1 serving.

Mrs. Polly Wooldridge, Sarasota, Fla.

THEY ALL STARTED WITH A CAN OF SPAM®.



EGGS À LA SPAM®

1 can (12 oz.) SPAM Smoke Flavored Luncheon Meat
4 English muffins
4 poached eggs
Hollandaise Sauce or Cheddar cheese soup

Toast muffins. Slice SPAM and brown in hot skillet. Place muffins on plate. Top with SPAM, then a poached egg. Top with sauce or soup. Makes 4 servings.

SPAM® POLYNESIAN

1 can (12 oz.) SPAM Luncheon Meat
1 can (20 oz.) pineapple chunks
2 oranges
2 onions
2 green peppers
1½ cups canned or homemade sweet and sour sauce
3 cups rice

Cut SPAM into ¼" slices, brown in pan and remove. Sauté pieces of green pepper, orange, drained pineapple chunks and onion until partially cooked, about 5 minutes; remove. Heat 1½ cups sweet and sour sauce, stirring constantly until sauce thickens. Add the fruit, vegetables and meat; simmer until hot. Serve over rice. 4-6 servings.

CALIFORNIA SPAM® SANDWICH

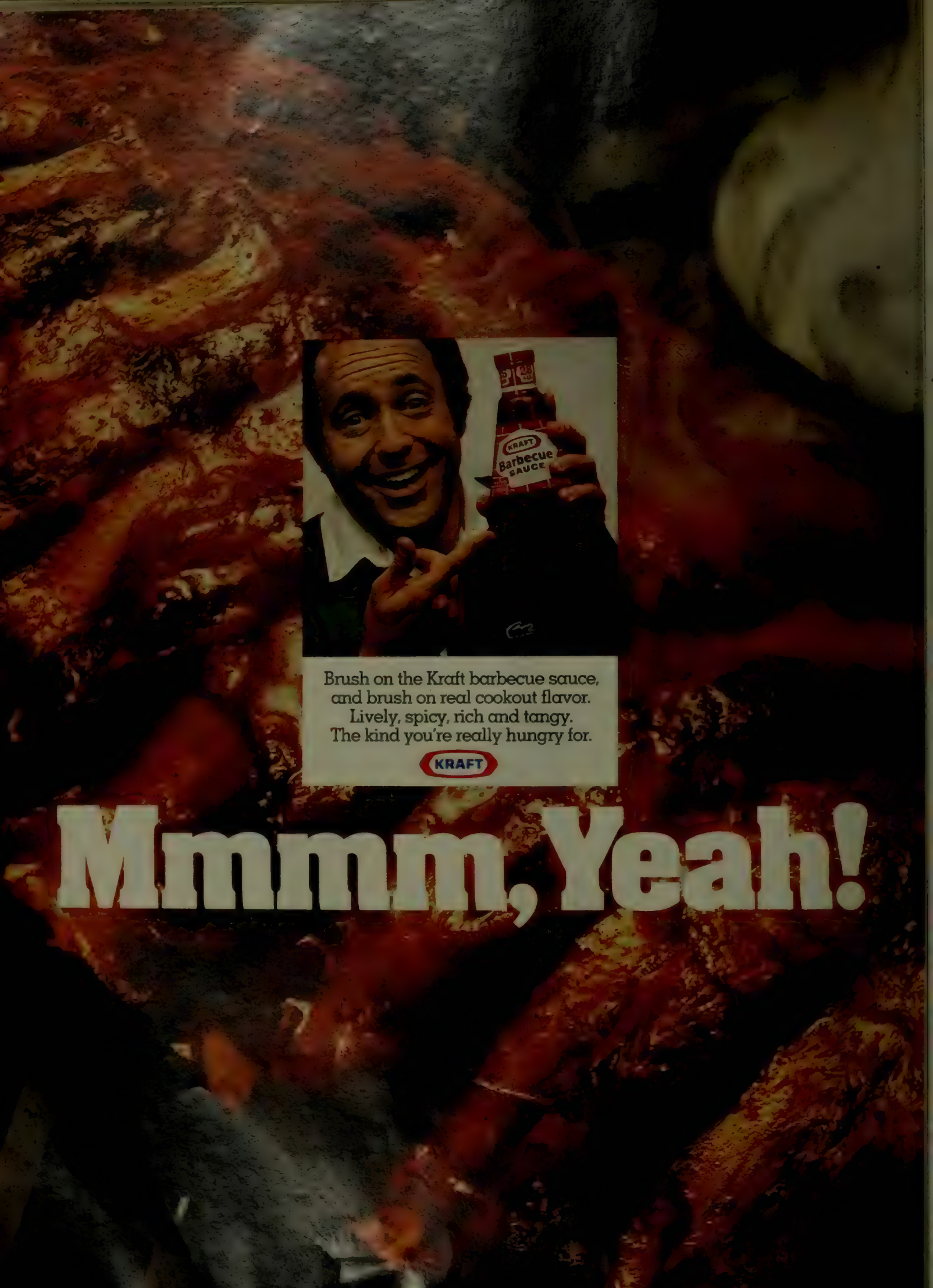
Put sliced SPAM Luncheon Meat on thick bread toasted in frying pan, top with sliced tomato and sweet Bermuda onion. Top with your favorite process cheese; broil until heated through and sizzling.

SPAM® is a registered trademark for a pure pork product packed only by Hormel.



SPAM® Luncheon Meat is a delicious blend of pork shoulder and ham that does a lot more than make great tasting sandwiches.

Hormel


KRAFT
Barbecue
SAUCE
Brush on the Kraft barbecue sauce,
and brush on real cookout flavor.
Lively, spicy, rich and tangy.
The kind you're really hungry for.
KRAFT
Mmmm, Yeah!

begins on page 140

Cooking for busy families

The Powells

GERMAN BEEF STEW

1½ pounds beef for stew, cut in 1-inch cubes
2 tablespoons cooking oil
2 medium carrots, shredded (1 cup)
1 large apple, cored and diced (1 cup)
1 medium onion, sliced (½ cup)
1 cup water
⅓ cup dry red wine
2 beef bouillon cubes
1 clove garlic, minced
½ teaspoon anchovy paste
⅛ teaspoon dried thyme, crushed
1 bay leaf
1 tablespoon cornstarch
¼ cup cold water
¼ teaspoon kitchen bouquet (optional)
4 cups hot cooked noodles
¼ teaspoon poppy seed

In large saucepan or Dutch oven brown meat, half at a time, in hot oil. Add carrot, apple, onion, the 1 cup water, the wine, bouillon cubes, garlic, anchovy paste, thyme, and bay leaf. Cover and cook over low heat for 1½ hours or till beef is tender. Remove bay leaf. Combine cornstarch and the ¼ cup cold water; add to beef mixture. Cook and stir till thickened and bubbly. Stir in kitchen bouquet, if desired. Arrange hot noodles on large serving platter; sprinkle with poppy seed. Spoon stew over noodles. Makes 6 servings.

STUFFED JUMBO SHELLS ITALIANO

Sharon keeps Italian Meat Sauce on hand for freezer casseroles—

20 to 24 (about 8 ounces) jumbo macaroni shells
1 beaten egg
¾ cup soft bread crumbs (1 slice bread)
¼ cup snipped parsley
1 tablespoon minced onion
½ teaspoon salt
1 pound ground round steak
4 ounces mozzarella cheese, cut in small cubes (1 cup)

continued

A prime prospect for freezer burn.



Avoid it.
Wrap in Heavy Duty Reynolds Wrap®



It takes a few extra seconds to rewrap, but isn't a roast beef worth it? Plastic store wrap is fine for display, but it just isn't protective enough for long-term freezing. It lets in air, lets moisture escape, causing meat to dry out and become discolored from freezer burn.



Freeze with Heavy Duty Reynolds Wrap. Place meat on a sheet of Reynolds Wrap. Bring foil up around meat. Double fold. Press down tightly to remove air. Fold up ends to form a tight seal.



There's no better way to freeze meat. Heavy Duty Reynolds Wrap molds and seals tightly to keep out air, help prevent freezer burn. Most other freezer wraps and bags can't mold and seal the way Reynolds Wrap can. It's 18 inches wide for full coverage. And so strong, you can cook in it, too. With all you pay for meat, it pays to protect it in the best wrap around. Heavy Duty Reynolds Wrap.

Also available in the 14 inch width.



The Best Wrap Around.

continued

Cooking for busy families

3 cups Italian Meat Sauce (recipe below)

Cook shells in boiling salted water for 20 minutes or till done; drain. In mixing bowl combine egg, bread crumbs, parsley, onion, and salt; add meat and cheese. Mix well. Stuff shells with meat mixture. Pour about *half* the spaghetti sauce into 2-quart casserole. Arrange stuffed shells in casserole. Pour remaining sauce over. Bake, covered, in 375° oven for 1 to 1¼ hours or till meat is done. (Or, cover and freeze. To serve, place frozen casserole in microwave oven and micro-cook on high setting about 40 minutes, giving dish several quarter turns.) Makes 6 servings.

ITALIAN MEAT SAUCE

Serve the sauce atop hot spaghetti for a quick family main dish—

2 cups chopped onion
4 cloves garlic, minced
2 tablespoons cooking oil
4 cups water
3 30-ounce cans tomatoes, cut up
2 6-ounce cans tomato paste
½ cup snipped parsley
2 tablespoons brown sugar
3 teaspoons dried oregano, crushed
2 teaspoons salt
½ teaspoon dried thyme, crushed
2 bay leaves

In 10-quart Dutch oven cook onion and garlic in hot oil till onion is tender but not brown. Add remaining ingredients. Simmer, uncovered, 2½ hours or till sauce is thick; stir occasionally. Remove bay leaves. Freeze in 1- or 2-cup portions, if desired. Makes about 9 cups sauce.

PORK AND BEEF ROASTS

Serve a hot roast dinner tonight, then use the remaining meat for sack-lunch sandwiches or for Meat and Pepper Pocket Sandwiches—

1 3-pound rolled pork roast
1 3-pound boneless beef rump roast
1 clove garlic, sliced
Salt and pepper
2 medium onions, sliced (1 cup)
1 recipe Onion Gravy

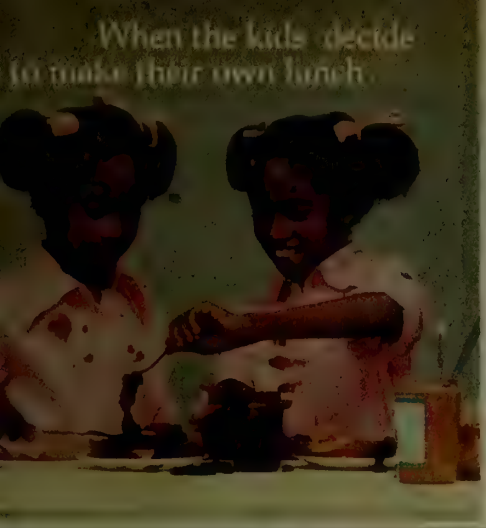
Score fat side of pork roast. Place slices of garlic in slits. Place pork and beef roasts side by side on rack in large roasting pan. Sprinkle with salt and pepper; top with onions. Cover and roast in 350° oven for 2½ hours. Pour pan juices into measuring cup; skim off fat. Set aside 1½ cups pan juices. (Store remaining pan juices in covered container in refrigerator for use in Meat and Pepper Pocket Sandwiches.)

For hot roast dinner: Slice enough pork and/or beef for 4 to 6 servings. *Serve with Onion Gravy:* In saucepan combine *½ cup cold water* and *¼ cup all-purpose flour*. Stir in the *1½ cups reserved juices*. Cook and stir till thickened and bubbly. Season with *½ teaspoon salt* and *⅛ teaspoon pepper*. Add *kitchen bouquet*, if desired. Cook and stir 1 to 2 minutes more. Makes about 1¾ cups gravy.

Wrap remaining meat in foil or place in plastic bags. Chill.

continued









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continued

Cooking for busy families

For cold sandwiches: Slice meat; assemble sandwiches and freeze in individual plastic freezer bags. Thaw and serve.

MEAT AND PEPPER POCKET SANDWICHES

Use the cooked roast beef and pork and the flavorful pan juices to make these fun-to-eat sandwiches—

8 ounces sliced cooked beef *or* pork roast
¾ cup reserved roast pan juices
2 tablespoons all-purpose flour
¼ teaspoon salt
⅛ teaspoon pepper
1 small green pepper, cut in strips
1 small red pepper, cut in strips
6 to 8 Syrian bread pockets

Cut sliced meat into ½-inch strips; set aside. In medium saucepan combine reserved pan juices, flour, salt, and pepper. Cook and stir till thickened and bubbly. Add pepper and meat strips. Cover and cook over low heat 5 minutes or till peppers are crisp-tender. Spoon into bread pockets. Makes 6 to 8 servings.

FRUIT 'N HONEY PANCAKES

Sharon "doctors-up" a packaged mix for a large batch of pancakes, then freezes them for later use—

Pancake mix
Honey
Sliced fresh strawberries, sliced bananas, *or* blueberries
Powdered sugar

Prepare pancake mix according to package directions, adding 2 tablespoons honey per cup of dry mix. Using scant ¼ cup of batter, bake on hot griddle. Cool on rack. Stack pancakes with 2 pieces of waxed paper in between each cake, about 6 to a stack. Place in plastic freezer bags; seal, label, and freeze. To serve, slightly overlap four pancakes on nonmetal plate; cover with waxed paper. Heat in microwave oven on high setting 1 minute, till hot through. Or, place in single layer on ungreased baking sheet; cover with foil and heat in 350° oven for 12 to 15 minutes. Serve with sliced fresh fruit and powdered sugar. Makes about 8 pancakes per cup of dry mix.

DATE-PECAN CUPCAKES

These are sweet no-icing cupcakes for the kids' lunch boxes—

1 8-ounce package (1⅓ cups) pitted whole dates, cut up
1⅓ cups boiling water
1⅓ cups sugar
¾ cup shortening
2 eggs
2¼ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
½ cup chopped pecans

Combine dates with water; cool to room temperature. In mixer bowl cream sugar and shortening till light. Add eggs; beat smooth. Stir together flour, baking soda, and salt; add to creamed mixture alternately with date mixture, beating just to combine. Stir in chopped nuts. Fill muffin pans, lined with paper bake cups, half full. Bake in 375° oven for 18 to 20 minutes. Cool. Sprinkle with powdered sugar. To freeze, place in plastic freezer bags. Seal, label, and freeze cupcakes. Makes 2½ dozen cupcakes.

HAMBURGER SOUP

1 pound ground beef
5 cups water
1 16-ounce can tomatoes, cut up
2 medium onions, chopped (1 cup)
2 medium carrots, sliced (1 cup)
2 stalks celery, chopped (1 cup)
⅓ cup pearl barley
¼ cup catsup
1 tablespoon instant beef bouillon granules
2 teaspoons seasoned salt
1 teaspoon dried basil, crushed
1 bay leaf
Salt and pepper

In large saucepan or Dutch oven brown ground beef, stirring slightly to break up larger pieces. Drain off excess fat. Add water, *undrained* tomatoes, onion, carrot, celery, barley, catsup, bouillon granules, salt, basil, and bay leaf. Bring to boiling; reduce heat and simmer, covered, for 1 hour or till vegetables are tender. Season to taste with salt and pepper. Remove bay leaf. Seal, label, and freeze in 1-cup or 1-pint serving portions. Makes 10 cups soup.

To reheat in microwave oven: Turn frozen soup into nonmetal dish. Micro-cook on high setting for 2 minutes; break up frozen chunks



with fork. Cook 4 minutes more for 1-cup portions and 6 minutes more for 1-pint portions, stirring once or twice. Increase heating time for more servings.

The Faulkners

RICE WITH CHINESE SAUSAGE

Chinese sausage adds a slightly sweet flavor but you can substitute mild smoked pork sausage links—

¾ cup (3½ ounces) sliced Chinese sausage
2 tablespoons chopped green onion
2 cups cooked rice
¼ cup sliced water chestnuts
2 tablespoons soy sauce
1 tablespoon worcestershire sauce
Dash pepper
2 beaten eggs

In wok or large skillet cook sausage and green onion till sausage is browned. Add rice, water chestnuts, soy, worcestershire, and pepper. Heat through. Add eggs. Cook and stir gently till eggs are done and blended through. Turn into serving dish. Makes 4 to 6 servings.

WOK MAJESTY CHICKEN

3 tablespoons cooking oil
2 medium chicken breasts, skinned, boned, and cut in strips
4 green onions, cut in 1-inch lengths
½ teaspoon finely shredded fresh gingerroot
1½ cups water
1 cup bias-sliced celery
1 cup sliced fresh mushrooms

continued

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—Robert Young

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"All right," I said.
"I'll do something different
with my pork chops."
So I added a blend of
two rices with different
herbs and seasonings.



What a success.



original . . . or fast cooking

continued

Cooking for busy families

⅓ cup soy sauce
⅓ cup dry sherry
1 8-ounce can bamboo shoots, drained
2 teaspoons sugar
2 tablespoons cornstarch
2 tablespoons cold water
Hot cooked rice

Heat oil in wok. Stir-fry chicken, onion, and ginger just till lightly browned. Add water, celery, mushrooms, soy sauce, and wine. Cover and cook over low heat about 5 minutes. Add bamboo shoots and sugar. Heat through. Stir cornstarch into cold water; add to chicken mixture. Cook and stir till thickened and bubbly. Serve over hot rice. Makes 4 servings.

EGG ROLLS

Do all the chopping ahead of time, then stir-fry filling just before assembling egg rolls—

4 dried black mushrooms
6 ounces boneless pork
½ cup sliced canned bamboo shoots, rinsed and drained
¼ cup finely chopped onion
1 tablespoon cooking oil
2 tablespoons dry sherry
2 tablespoons light soy sauce
10 to 12 egg roll wrappers
Fat for deep-fat frying

Soak mushrooms in enough water to cover about 30 minutes or till softened; drain. Finely chop mushrooms, pork, and bamboo shoots, keeping items separate. In wok or large skillet stir-fry pork and onion in hot oil till pork is browned. Add mushrooms, bamboo shoots, sherry, and soy. Cook and stir till heated through; set aside. Place egg roll wrapper on flat surface with one corner toward you. Place a rounded tablespoon of filling diagonally across wrapper just below center. Fold point of wrapper nearest you over the filling, tucking point under filling. Fold side corners over, forming envelope shape. Moisten top edges with water; roll up wrapper. Set aside; cover with towel. Repeat with remaining wrappers. Fry, several at

continued



THE SHORT STOP SNACK.



When the game's called on account of hunger, it's time for Mom to break out the Dole bananas. Every young ballplayer we know loves their fresh, natural sweetness and creamy texture. Bananas add vitamins and minerals to a child's diet too without adding a lot of calories. A medium-size Dole banana contains only about 101 calories. Have a bunch ready when the team heads home. And get a big bunch of smiles in return.

The Dôle Banana.



SMOKEHOUSE®
SATURDAY NIGHT

Company's coming. The fire's going nicely. There's plenty of ice. You take one last look around the room before your friends arrive, snitching a Smokehouse® almond from the bowl on the table. Remember what a hit those almonds were the last time? Everytime you turned around, the dish was empty. Fantastic flavor! No wonder they say, **"One Nibble is Never Enough."** It's true.

Smokehouse® Almonds, one of seven different snack almonds from

the Almond People®

California Almond Growers Exchange
P.O. Box 1768, Sacramento, CA 95808

continued

Cooking for busy families

a time, in deep hot fat (365°) 2 to 3 minutes or till golden brown. Makes 10 to 12 egg rolls.

NEWPORT DESSERT

If Suzanne doesn't have a fresh pineapple on hand, she uses canned pineapple chunks—

2 cups diced fresh pineapple (½ medium pineapple)
⅓ cup kirsch
⅓ cup orange juice
1 tablespoon sugar
Vanilla ice cream
Whipped cream
Toasted coconut

Combine fresh diced pineapple, kirsch, orange juice, and sugar. Cover and marinate overnight in refrigerator. To serve, spoon fruit mixture over ice cream in sherbet dishes. Top with whipped cream and toasted coconut. Makes 2 cups fruit topping.



PORK CHOPS WITH PINEAPPLE-KUMQUAT SAUCE

4 pork loin chops, cut 1 inch thick
1 8-ounce can pineapple chunks
¼ cup chopped blanched almonds
2 tablespoons butter or margarine
2 tablespoons brown sugar
1 tablespoon wine vinegar
2 teaspoons cornstarch
⅓ cup preserved kumquats, drained and sliced

continued

Turn little kids into big eaters with Make·a·Better Burger.®

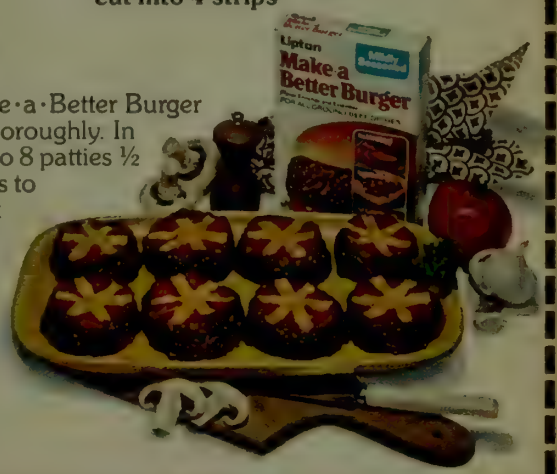
Here are two wacky new burgers your kids will love. They sure clean the plate when you make ground beef recipes with Lipton® Make·a·Better Burger. That's because Lipton has lots of know-how with seasonings and spices. And Make·a·Better Burger has lots of tasty flavors.

Not only the kids will love these two recipes. Grown-ups will, too. More recipes next month.

PIZZA BURGERS À LA MAKE·A·BETTER BURGER

1 package Lipton® Make·a·Better Burger,® Any Flavor
1¼ cups warm water
1 pound ground beef
1 can (8 oz.) tomato sauce
1 can (3 oz.) chopped mushrooms, drained
6 slices American cheese, cut into 4 strips

In large bowl, combine Make·a·Better Burger with water. Add beef; mix thoroughly. In baking pan, form mixture into 8 patties ½ inch higher around the edges to form a center "well". Bake at 375° for 30 minutes; drain. Fill centers with tomato sauce mixed with mushrooms; arrange 3 cheese strips on top. Bake 8 minutes or until cheese is melted. Makes 8 patties.



B.L.T. BURGERS À LA MAKE·A·BETTER BURGER

1 package Lipton® Make·a·Better Burger,® Any Flavor
¾ cup warm water
1 pound ground beef
¼ cup catsup
1 tablespoon Worcestershire sauce
1 cup finely chopped tomato
8 slices bacon
Lettuce
8 frankfurter rolls

In large bowl, combine Make·a·Better Burger with water. Add beef, catsup, Worcestershire sauce, and tomato; mix thoroughly. Shape into 8 oblong burgers; wrap with bacon and secure with wooden toothpicks. Grill or broil, turning occasionally, until done. Serve with lettuce on rolls. Makes about 8 servings.



FREE recipe booklet. Send your name and address to: Thomas J. Lipton, Inc. MABB 7, P.O. Box 1675, Englewood Cliffs, New Jersey 07632

continued

Cooking for busy families

Grill pork chops over *medium* coals for 20 minutes. Meanwhile, drain pineapple, reserving syrup. Add water to syrup to make ½ cup; set aside. In 8-inch skillet cook pineapple and almonds in butter or margarine about 5 to 6 minutes stirring constantly. Combine reserved juice, brown sugar, vinegar, and cornstarch; add to mixture in skillet. Stir in kumquats. Cook and stir till thickened and bubbly. Keep sauce warm. Brush chops with some sauce; grill 10 to 15 minutes more or till done. Pass remaining sauce to spoon over chops. Makes 4 servings.

The Morgans

BARBECUED RIBS

To save time on the grill, you precook the ribs in boiling water—

- **4 pounds country-style pork loin ribs**
- **1 recipe Brown Sugar Barbecue Sauce (recipe below)**

In large saucepan or Dutch oven cook ribs, covered, in enough boiling salted water to cover 45 to 60 minutes or till tender. Drain well. Grill ribs over *slow* coals about 45 minutes, turning every 15 minutes and brushing generously with sauce till well glazed. Makes 6 servings.

BROWN SUGAR BARBECUE SAUCE

The Morgans keep this sauce on hand to baste grilled meats and poultry—

- **½ cup light molasses**
- **½ cup catsup**
- **½ cup chopped onion**
- **2 teaspoons finely shredded orange peel**
- **⅓ cup orange juice**
- **1 tablespoon vinegar**
- **1 tablespoon cooking oil**
- **1 tablespoon bottled steak sauce**
- **1 tablespoon butter or margarine**
- **½ teaspoon prepared mustard**
- **½ teaspoon worcestershire sauce**
- **¼ teaspoon garlic powder**
- **¼ teaspoon salt**
- **¼ teaspoon pepper**
- **¼ teaspoon bottled hot pepper sauce**
- **3 whole cloves**

In small saucepan combine all ingredients; bring to boiling. Reduce heat and simmer, uncovered, 10 minutes. Remove cloves. Makes about 1½ cups sauce.

SUMMER SQUASH SAUTE

Use convenient canned precooked bacon to sprinkle atop—

- **½ cup chopped onion**
- **3 tablespoons butter or margarine**
- **6 small (1½ pounds) zucchini**
- **4 small (1 pound) yellow crookneck squash**
- **1½ teaspoons salt**
- **⅛ teaspoon pepper**
- **1 2-ounce jar pimiento, drained and chopped (¼ cup)**
- **¼ cup canned cooked bacon slices**

In 12-inch skillet cook onion in butter or margarine till tender but not brown. Meanwhile, cut squash in thick slices. Add squash to skillet. Sprinkle with salt and pepper; stir to coat. Cook, covered, over medium-low heat about 20 minutes or till squash is just tender stirring occasionally. Drain excess liquid. Add pimiento and bacon pieces. Cover and heat 1 to 2 minutes more. Makes 6 to 8 servings.

SPINACH SALAD WITH LEMON MUSTARD DRESSING

Use a blender or food processor to make the tangy dressing that coats this fresh green salad—

- **10 ounces (10 cups) fresh spinach**
- **2 cups (5 ounces) sliced fresh mushrooms**
- **½ cup (2 ounces) crumbled blue cheese**
- **¼ cup thinly sliced green onion**

• • •

- **1 cup olive or cooking oil**
- **¼ teaspoon finely shredded lemon peel**
- **2 tablespoons lemon juice**

• • •

- **1 egg yolk**
- **3 cloves garlic, minced**
- **¾ teaspoon salt**
- **½ teaspoon dry mustard**
- **½ teaspoon dried thyme, crushed**
- **¼ teaspoon sugar**
- **⅛ teaspoon freshly ground pepper**

Rinse spinach leaves; remove and discard stems. Pat dry with paper toweling. Tear leaves into large salad bowl. Add mushrooms, cheese, and green onion; toss. Cover and chill. In blender container or food processor combine oil, lemon peel, and juice. Add egg yolk, garlic, salt, mustard, thyme, sugar, and pepper; cover and blend till smooth. Transfer to jar. Cover; chill well. To serve, shake dressing; pour over salad. Toss. Makes 6 to 8 servings.



CHEESECAKE PIE

This easy cheesecake bakes in just 35 minutes. Spread the sour cream on top while the pie is still hot—

- **2 8-ounce packages cream cheese, softened**
- **⅔ cup sugar**
- **¼ teaspoon almond extract**

• • •

- **3 eggs**

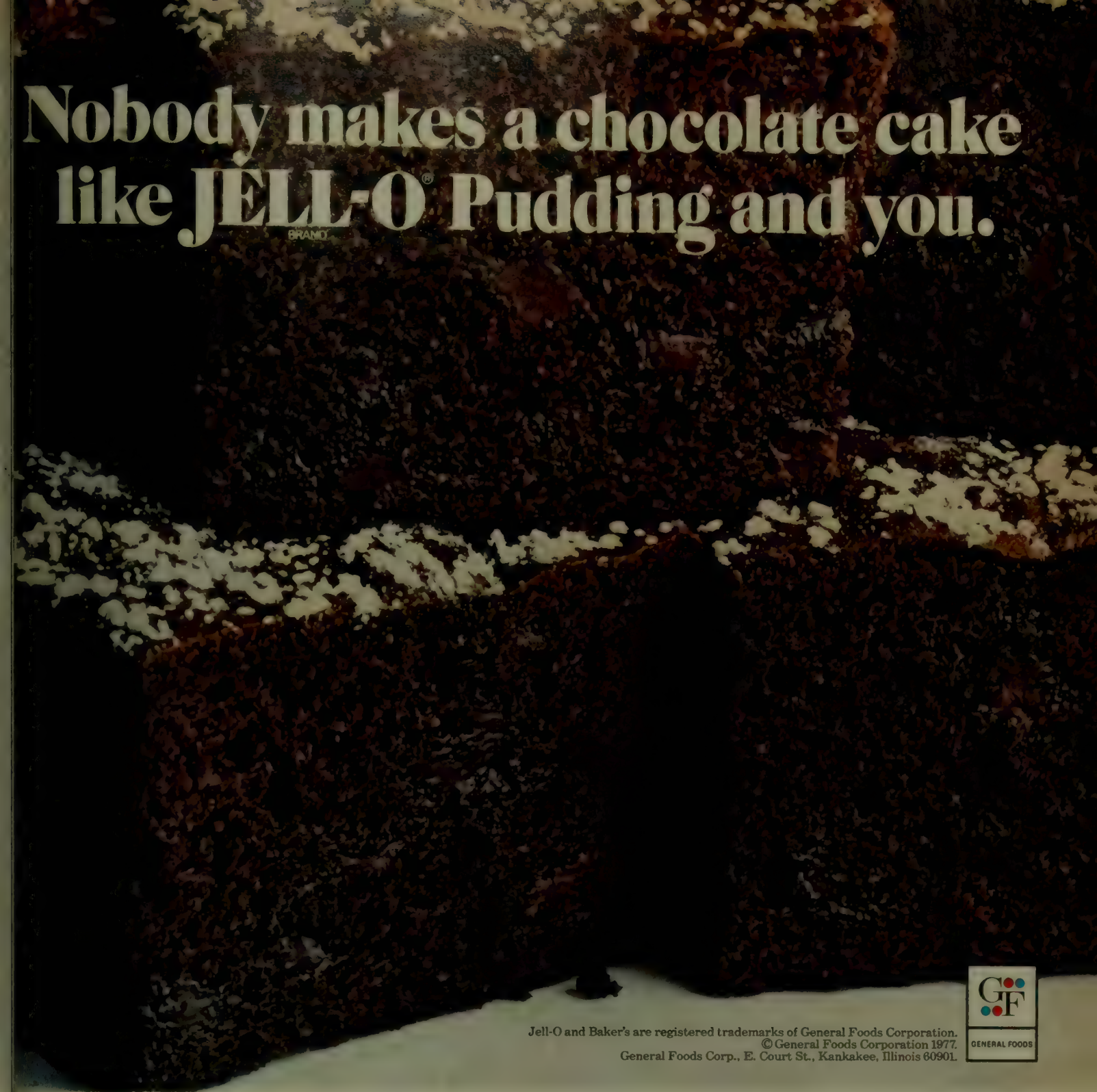
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- **1 cup dairy sour cream**
- **3 tablespoons sugar**
- **1 teaspoon vanilla**
- **Baking chocolate**

In mixer bowl beat together cream cheese, the ⅔ cup sugar, and the almond extract till fluffy. Add eggs, one at a time, beating after each at low speed just till blended. Pour into an ungreased 9-inch pie plate. Bake in 350° oven for 35 minutes or till set and knife inserted just off-center comes out clean. Stir together sour cream, the 3 tablespoons sugar, and the vanilla; carefully spread atop hot "pie." Cool. Using vegetable peeler, shave thin "curls" of chocolate over top of pie. Cover and chill until serving time. Makes 6 to 8 servings.

continued

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GF GENERAL FOODS

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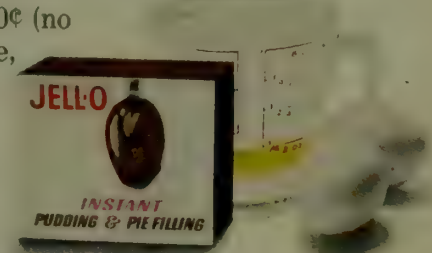
So give everyone a triple chocolate treat. Make a chocolatey, chocolatey Triple Chocolate Cake.

iple Chocolate Cake Recipe

package (2-layer size) chocolate cake mix
package (4-serving size) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling
eggs • 1¼ cups water • ¼ cup oil
cup BAKER'S® Chocolate Flavor Baking Chips
mbine all ingredients in a 13x9-inch pan and stir with ork until blended, about 2 minutes.* Bake at 350° for 40 45 minutes, or until cake springs back when lightly essed. Cool in pan and cut into squares. Sprinkle with nfectioners sugar, if desired.

high altitudes, increase water to 1¼ cups, add ¼ cup flour, bake at 350° for 40 min.

Get "The Jell-O® Pudding Sampler," an award-winning book of 40 delicious dessert recipes. Send 50¢ (no stamps) with your name, address, and ZIP Code to: Sampler, Box 3122, Kankakee, Ill. 60901. Allow 6 to 8 weeks to process request.



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When your armchair champs call time out for a snack,

drain. Halve cucumbers lengthwise and remove seeds; set aside. Insert metal blade in food processor. Add salmon, eggs, mayonnaise, horseradish, tomato paste, and lemon juice. Process till smooth. Add celery; process till mixed. Season to taste with salt and pepper.

To make appetizers: Fill pastry tube with salmon filling. Pipe into individual cherry tomatoes; replace tops. Pipe remaining filling into hollow of cucumbers. Cover and chill vegetables thoroughly. Just before serving, cut cucumber into 1-inch diagonal slices. Arrange tomatoes and cucumbers on platter; garnish with parsley. Makes about 48 appetizers.

The Jeckers

HAM HODGEPODGE

- **1 medium head cabbage, coarsely chopped (5 cups)**
- **6 large (1 pound) carrots, cut in 1-inch lengths**
- **2 large potatoes, peeled and chopped**
- **2 cups (10 ounces) diced cooked ham**
- **1 medium onion, chopped (½ cup)**
- **3 cups water**
- **½ teaspoon salt**
- **½ teaspoon seasoned salt**
- **⅛ teaspoon pepper**
- **1 16-ounce can garbanzo beans**

In large saucepan or Dutch oven combine cabbage, carrots, potatoes, ham, onion, water, and seasonings. Cover and simmer about 1 hour or till vegetables are done. Add *undrained* garbanzo beans and cook, covered, 10 to 15 minutes longer. (Add more water, if necessary.) Ladle into individual serving bowls. Makes 6 to 8 servings.

CHICKEN LORENZO

For colorful yellow rice, add 1 teaspoon ground turmeric to the rice cooking water—

- **3 to 4 large chicken breasts, split**
- **½ cup chopped onion**
- **½ cup chopped celery**
- **1 clove garlic, minced**
- **1 10-ounce can enchilada sauce**
- **1 teaspoon salt**
- **⅛ teaspoon pepper**

continued

continued

Cooking for busy families

SALMON-STUFFED TOMATOES AND CUCUMBERS

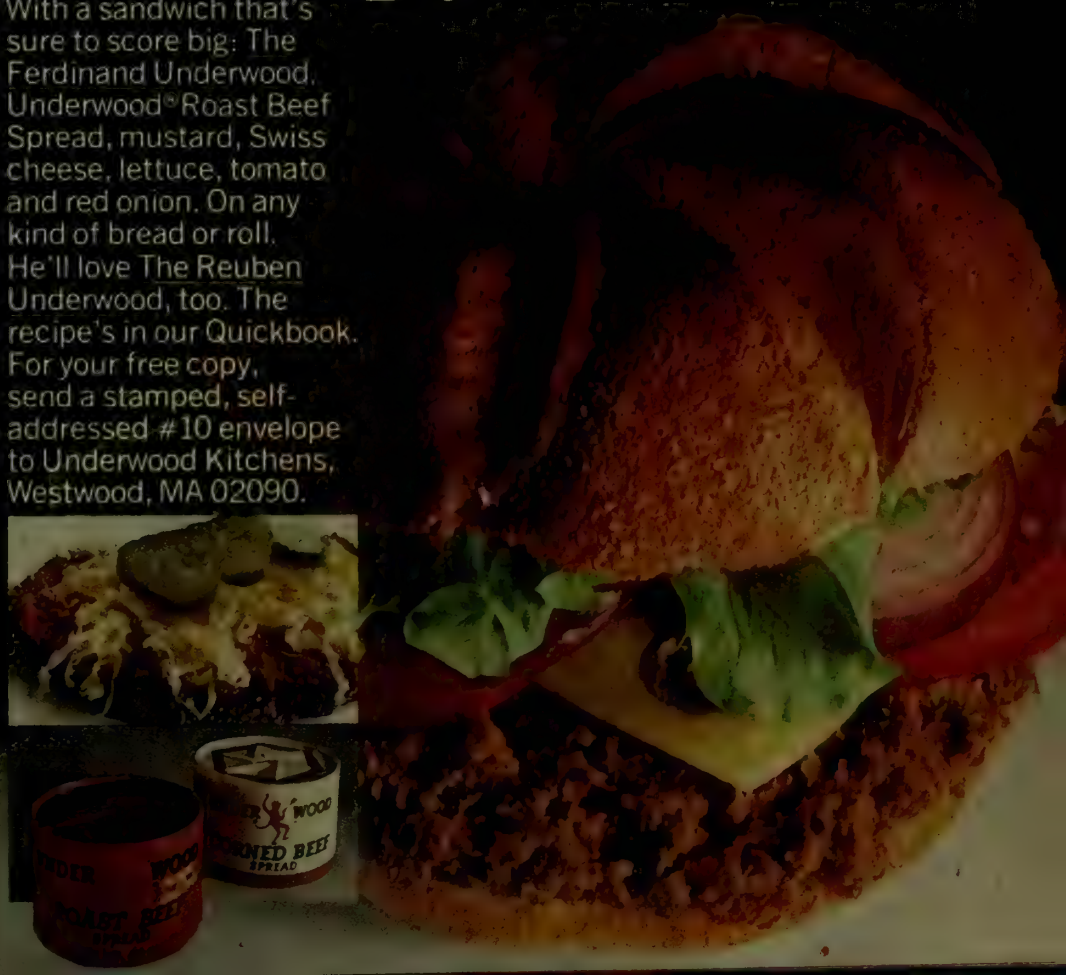
A food processor or blender makes a smooth creamy filling in seconds—

- **24 cherry tomatoes**
- **Salt**
- **2 medium cucumbers**
- **1 8-ounce can salmon, drained and cartilage removed**
- **3 hard-cooked eggs, cut up**
- **¼ cup mayonnaise or salad dressing**
- **1 tablespoon prepared horseradish**
- **1 tablespoon tomato paste**
- **1 teaspoon lemon juice**
- **1 stalk celery, cut up (½ cup)**
- **Salt and pepper**
- **Parsley sprigs**

Cut a thin slice from the top of each cherry tomato; set tops aside. Remove and discard seeds and pulp from tomatoes; sprinkle insides with salt. Invert on paper toweling to

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continued

Cooking for busy families

2 tablespoons cornstarch
2 tablespoons cold water
Hot cooked rice

If desired, brown chicken breasts in a small amount of hot cooking oil. Place chicken breasts in 3½-quart crockery slow cooker. Add onion, celery, garlic, enchilada sauce, salt, and pepper. Cover and cook on low heat for 6 to 6½ hours. (Or, cook on high heat for 3 hours.) Remove chicken; keep warm.

Transfer juices to saucepan; skim off fat. Combine cornstarch and water; stir into juices. Cook and stir till thickened and bubbly. Arrange chicken atop rice; spoon some sauce over chicken; pass remaining sauce. Makes 6 to 8 servings.

MEXICAN FONDUE

If green chili enchilada sauce is unavailable, you can substitute a can of red enchilada sauce and ¼ cup canned green chilies, drained, seeded, and chopped—

1 10-ounce can green chili enchilada sauce
3 cups (12 ounces) shredded muenster cheese
¼ teaspoon chili powder
1 teaspoon cornstarch
1 tablespoon cold water

• • •

French bread, cubed
Cooked ham, cubed
Cooked peeled shrimp

In saucepan, heat enchilada sauce. Add cheese, a little at a time, stirring till cheese melts. Stir in chili powder. Combine cornstarch and water; add to sauce mixture. Cook and stir till thickened and bubbly. Turn into fondue pot. Keep warm. Serve with French bread, ham, and shrimp for dipping. Makes about 3 cups sauce.

SAUSAGE-PEACH BREAKFAST BAKE

Bake this in the evening and serve it the next morning. Just cover with foil and refrigerate overnight. Then heat in a 350° oven for 20 minutes—

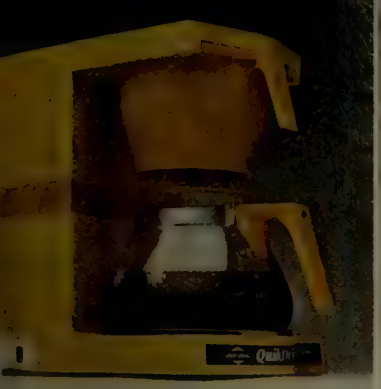
2 cups pancake mix
1 16-ounce can canned peach slices
1 8-ounce package brown-and-serve sausage links

• • •

¼ cup sugar
1 tablespoon cornstarch
¾ cup maple-flavored syrup
1 tablespoon butter or margarine

Prepare pancake mix according to package directions *except* use 1 cup liquid in place of the amount called for on the package. Turn into greased 13x9x2-inch baking dish. Drain peaches, reserving ½ cup syrup; set aside. Halve each sausage link crosswise. Arrange peaches and sausages atop batter. Bake in 350° oven for about 30 minutes or till wooden pick inserted just off-center comes out clean. Cut into squares. Serve with Peach Syrup: In saucepan combine sugar and cornstarch; stir in the reserved peach syrup. Cook and stir till mixture is thickened and bubbly. Stir in maple-flavored syrup and butter or margarine till butter melts. Serve syrup warm over hot breakfast squares. Makes 6 to 8 servings. ■

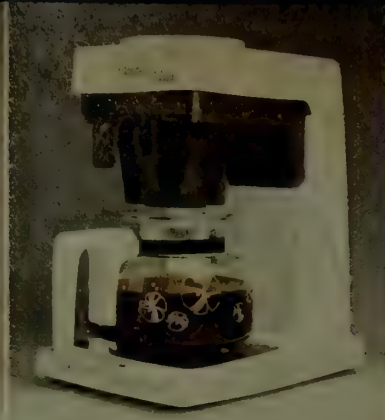




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begins on page 84

Stitchery painting

Editor's note: **The fabrics and yarns used in our stitchery paintings were not specially purchased, for the most part. These stitcheries are designed to make maximum use of your accumulated yarn and fabric scraps. Therefore, almost any materials can be added at your own discretion.**

The how-to directions that follow include color, fabric, and yarn suggestions. However, feel free to experiment on your own to create a very personal stitchery painting. Use a wide variety of yarn and fabric weights and textures for the best results.

Scaled stitchery patterns are included below. To order full-size patterns, turn to page 188.

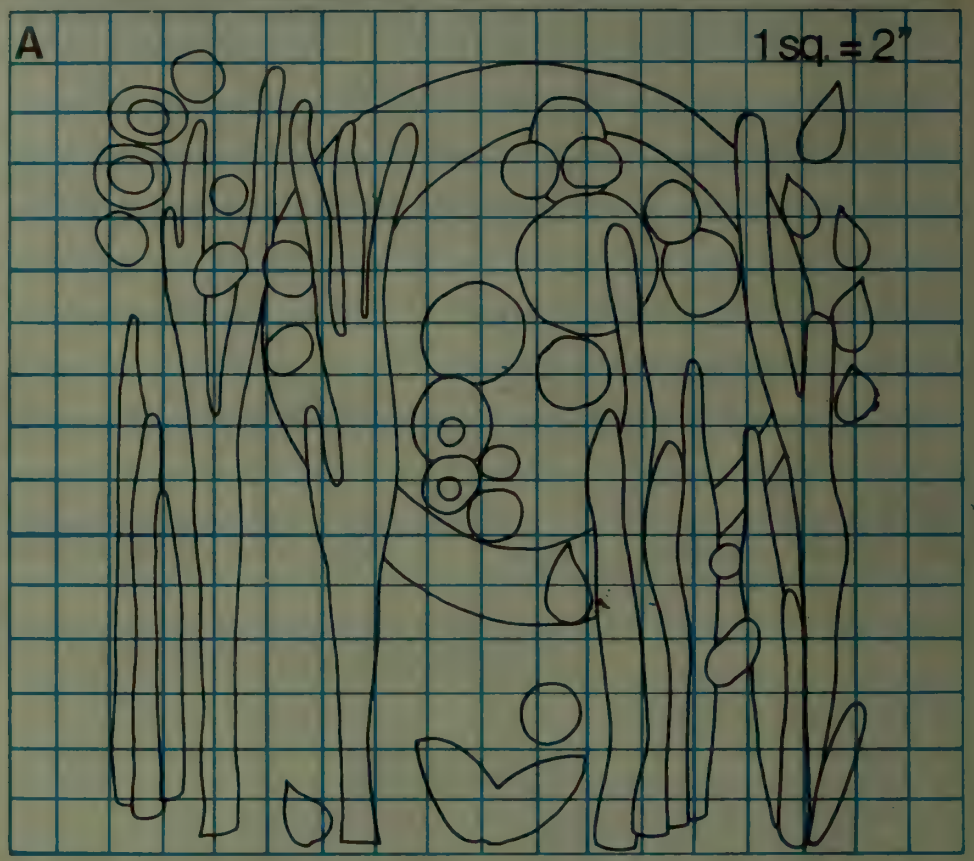


MOON FLOWERS, page 84

(Finished size = 32x36 inches.)

Materials: 1½ yds. brown burlap fabric for background; ¾ yd. pink fabric; ¾ yd. coral fabric; fabric scraps in the following colors and textures: black, brown, green, and pink velvet; green and gold burlap; pink netting; assorted fabrics in shades of yellow and green; lengths of yarn in the following colors: off-white, brown, yellow, green, coral, rose, and powder pink (mix plies, shades, and textures).

Also: two 32-inch and two 36-inch artists' stretcher bars (available at most art supply stores); thumbtacks, staples and staple gun; tissue paper; white glue; straight pins; purchased frame (optional); soil-retardant spray.



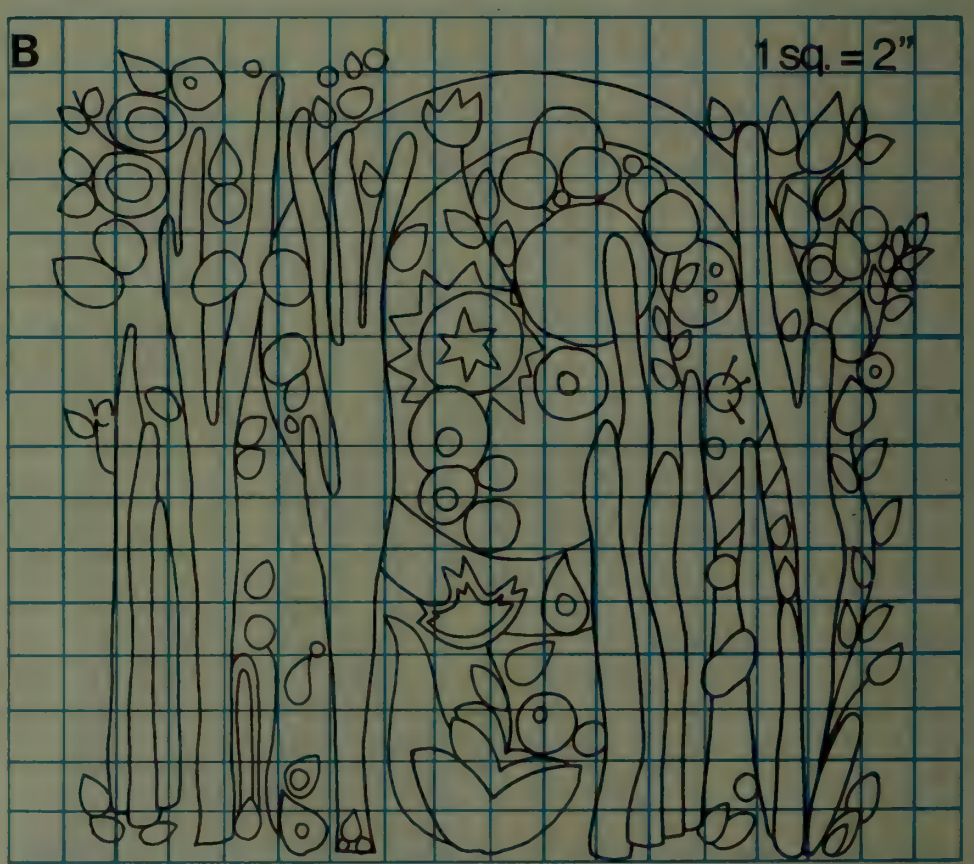
Instructions:

1. Cut a piece of brown burlap that is 36x40 inches. Hand-baste a 2-inch margin around all four sides to delineate your design area.

2. Enlarge diagram A shown above onto a sheet of tissue paper. Cut out each outlined pattern piece from appropriate fabric in your choice of colors (see diagram A above for basic fabric shapes).

3. Apply a thin line of white glue

continued



Ivory Liquid's 3 little words are big news for your hands!



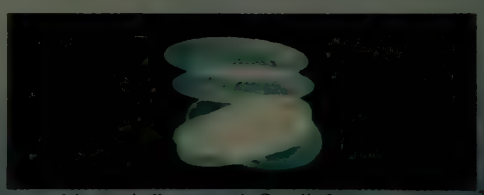
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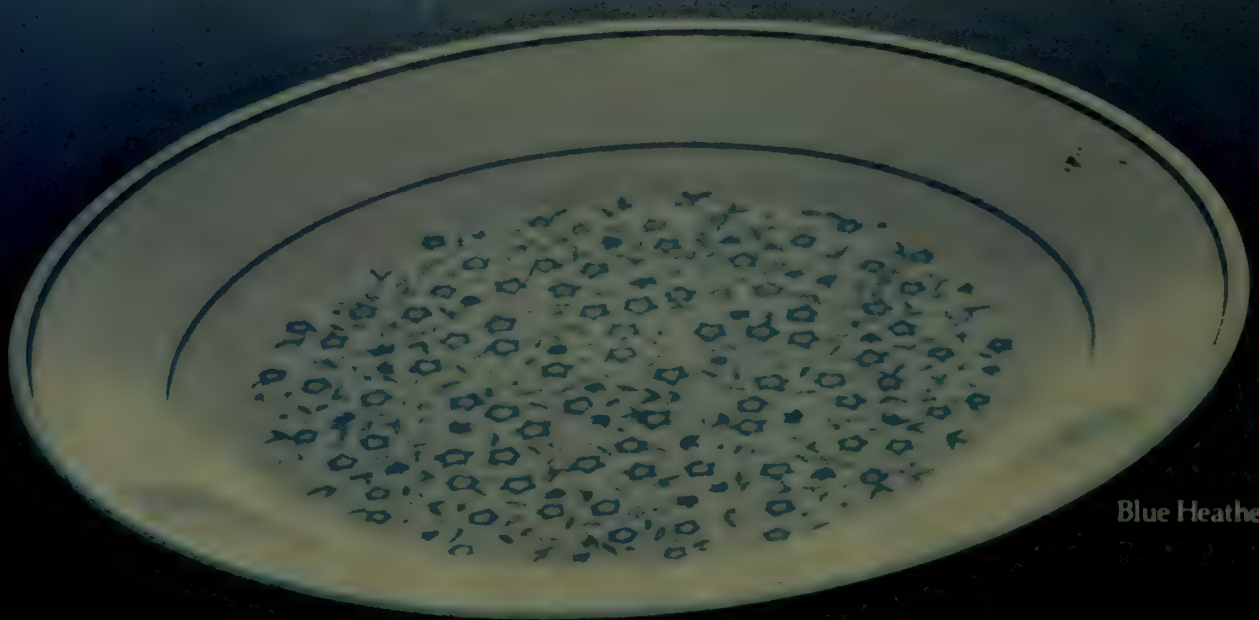
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April



Indian Summer



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Fortunately, there's nothing new about Mrs. Smith's pies. Today, we make pies that are every bit as good as the pies made by the original Mrs. Smith. And Mrs. Smith's chocolate and lemon Boston Cream Pies are only a part of our Thaw 'n' Serve line, which includes mello-rich cream pies, lemon meringue pie and pecan pie. Try one tonight. Pick up Mrs. Smith's Thaw 'n' Serve pies in your grocer's freezer.



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continued

Stitchery painting

to the raw edges of each cut fabric piece to prevent raveling. This will dry clear.

4. Assemble your 32x36-inch artists' stretcher frame. Staple along the mitered corner lines to keep the wood from shifting as you work. Using thumbtacks, attach the basted piece of brown burlap to the frame along all four sides. This will provide a sturdy working area as you experiment with placement of fabric to make a pleasing arrangement of shapes. Pin the shapes to the burlap as you decide on placement. When all fabric pieces have been attached, remove the burlap from the frame; hand-baste the shapes to the burlap and remove the pins.

5. Embroider the large shapes onto the burlap using any appropriate stitch (see Stitch Guide for suggestions). We used buttonhole, stem, chain, and straight stitch for the tree forms; leaf forms consist of leaf, satin, stem, buttonhole, and chain stitch. Moon and flower forms contain backstitch, chain, buttonhole, French knots, and straight stitch. Several of the circular shapes contain a series of closely spaced buttonhole stitches which are threaded with a second yarn color. Add as much embroidery as you like. (See color photo, page 84, for a more detailed view of the stitchery).

See diagram B on page 172 to determine outline of completed embroidered areas.

6. When the embroidery is done, press the *wrong* side of the stitchery with an iron.

7. Place the stitchery right-side down on a flat surface. Center the wooden frame on top of the stitchery's wrong side. (Use the stitchery's 2-inch bastings as a centering guide.) Starting at the corners, pull the burlap fabric from the front to the back of the frame; secure the fabric with staples. End by stapling along the sides of the frame, pulling the fabric tightly as you move around the frame. Remove all basting stitches.

8. Cover the front of stitchery with

continued

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KRAFT

continued

Stitchery painting

a light coating of soil-retardant spray for additional protection. Add a purchased frame, if desired.



BLUE VASE WITH FLOWERS, page 86

(Finished size = 44x34 inches.)

Materials: 1½ yds. green burlap for background; fabric scraps in the following colors and in assorted weights: rose, yellow, red, mustard, orange, pink, lavender, blue; lengths of yarn in the following colors: green, blue, brown, yellow (mix plys, shades, and textures); one skein yarn in red, orange, white, pink, purple, black, and burgundy; embroidery floss in green, tan, turquoise, and orange.

Also: two 44-inch and two 34-inch artists' stretcher bars (available at most art supply stores); thumbtacks; staples and staple gun; tissue paper; white glue; straight pins; purchased frame (optional); soil-retardant spray.

Instructions:

1. Cut a piece of green burlap that's 48x38 inches. Hand-baste a 2-inch margin around all four sides to delineate your design area.

2. Enlarge diagram A shown above onto tissue paper. Cut out each pattern piece from appropriate fabric (see diagram A).

3. Apply a thin line of white glue to the raw edges of each cut fabric piece to prevent raveling. This will dry clear.

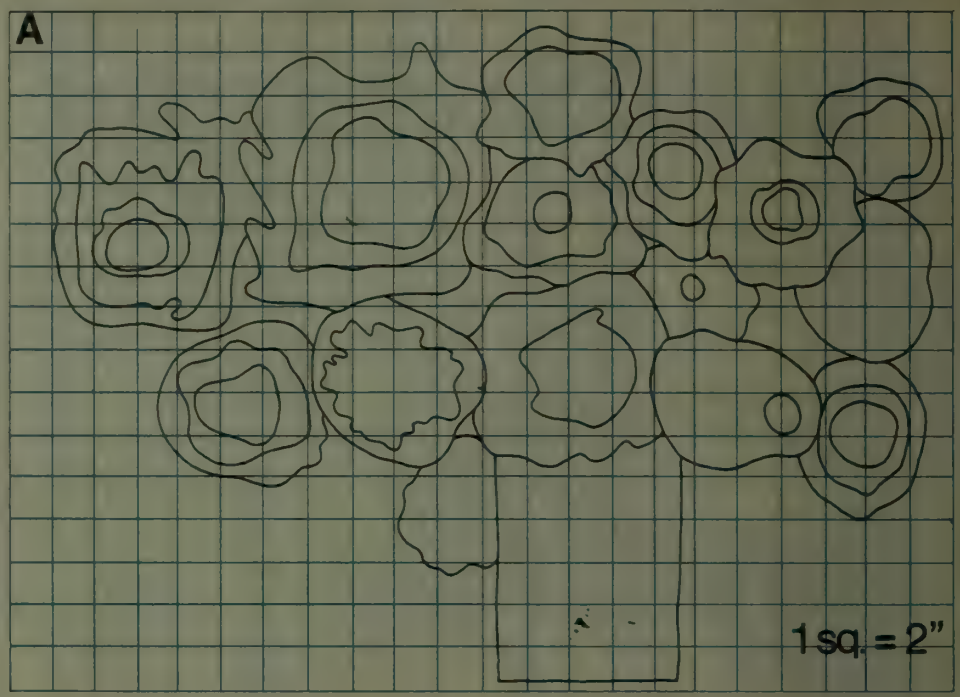
4. Assemble your 44x34-inch artists' stretcher frame. Staple along the mitered corner lines to keep the wood from shifting as you work. Using thumbtacks, attach the basted piece of brown burlap to the frame along all four sides. This will provide a sturdy working area as you experiment with placement of fabric to make a pleasing arrangement of shapes. Pin the shapes to the burlap as you decide on placement. When all fabric pieces have been attached, remove the burlap from the frame; baste the shapes to the burlap and remove the pins.

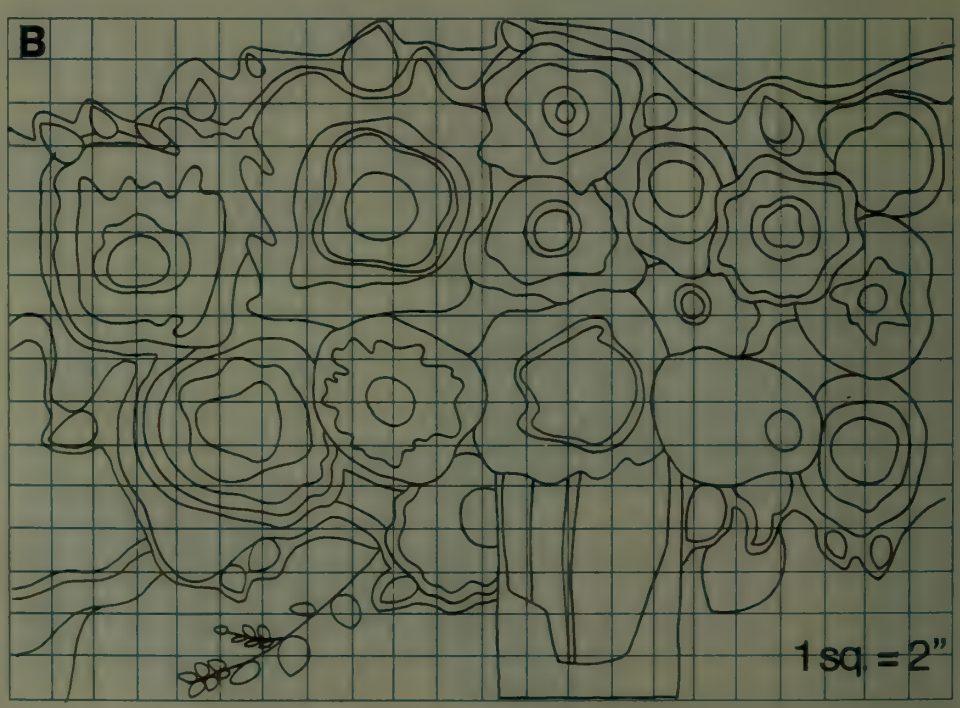
5. Embroider the large shapes onto the burlap using any appropriate stitch (see diagram B below for outline of completed embroidery and Stitch Guide for suggestions). Our foliage areas consist of laid work with couching. Other stitches used include satin, buttonhole, chain, cross-stitch, spider web, leaf stitch, and long and short straight stitch. Add as much embroidery as you'd like. (See color photo, page 87, for a more detailed view of the stitchery.)

6. When the embroidery is done, press the *wrong* side of the stitchery with an iron.

7. Place the stitchery right side down on a flat surface. Center the

continued

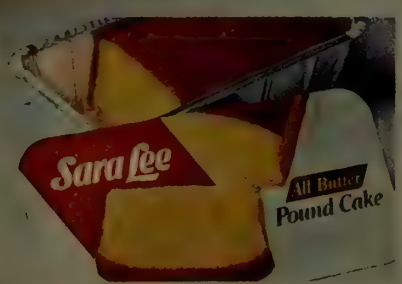




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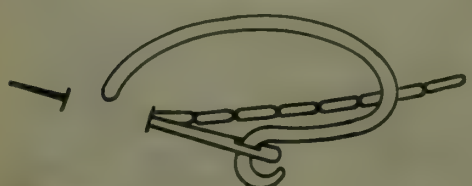
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Stitchery painting

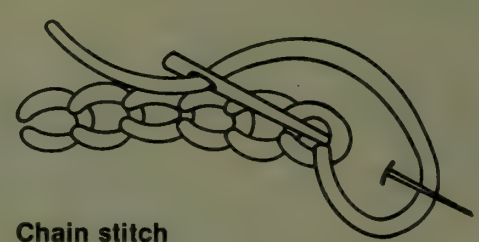
wooden frame on top of the stitchery's wrong side. (Use the stitchery's 2-inch bastings as a centering guide.) Starting at the corners, pull the burlap fabric from the front to the back of the frame; secure the fabric with staples. End by stapling along the sides of the frame, pulling the fabric tightly as you move around the frame. Remove all basting stitches.

8. Cover the front of the stitchery with a light coating of soil-retardant spray for additional protection. Add a purchased frame, if desired.

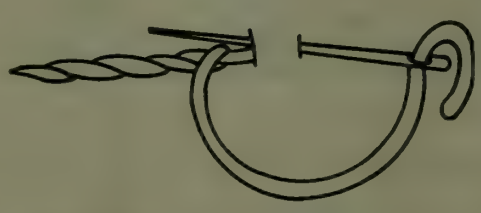
Stitch guide



Backstitch



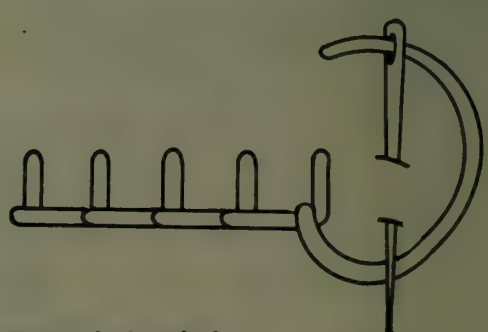
Chain stitch



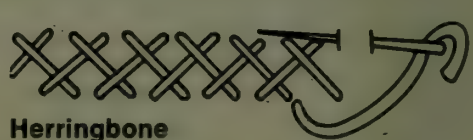
Stem stitch



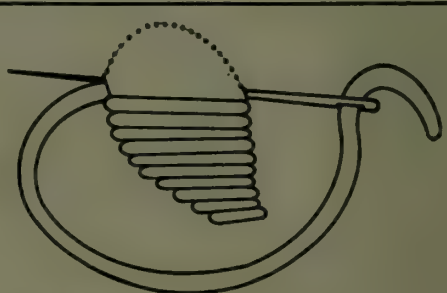
Straight stitch



Buttonhole stitch



Herringbone



Satin stitch

continued

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Limit one coupon per purchase of one box Bran Chex cereal. Any other use constitutes fraud.

Expires 5/31/78 127 AX 127

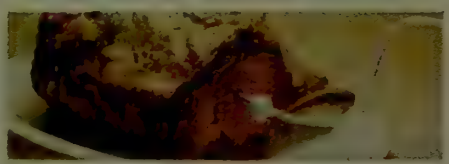
10¢



If you think microwave ovens can't brown, look into a Tappan.

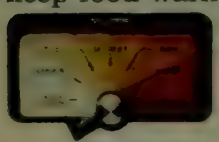
See that element at the top of our Microwave Oven. That's Tappan's patented built-in browner. It lets you brown any food perfectly — crisp and delicious. Just press a button.

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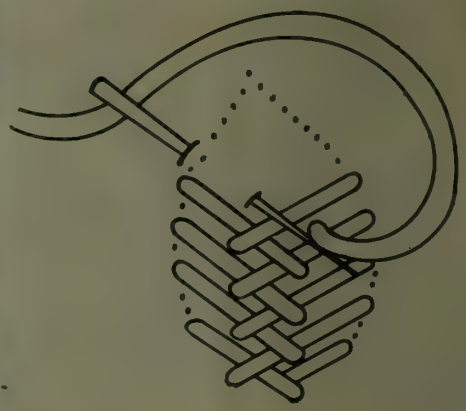


TAPPAN

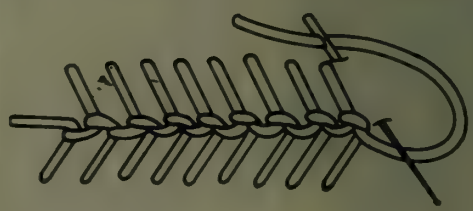
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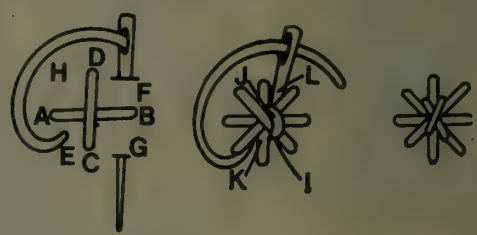
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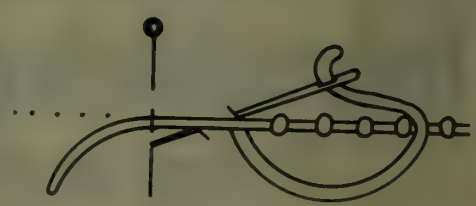
Leaf stitch



Long-armed featherstitch



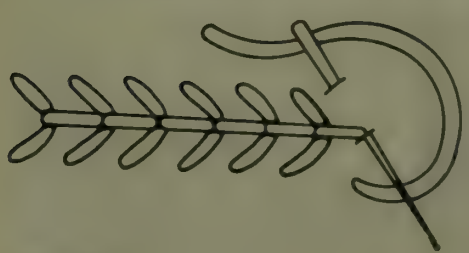
Star stitch



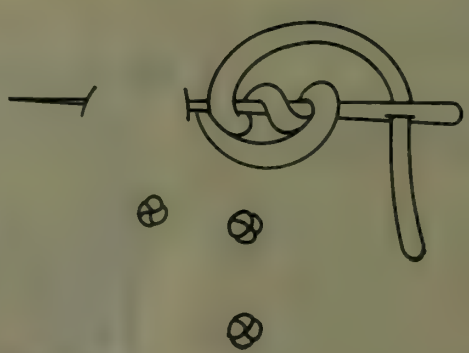
Couching

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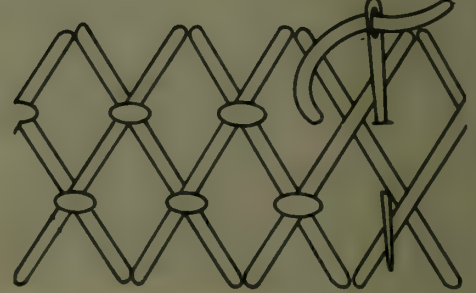
Stitchery painting



Fly stitch



French knot



Laid work ■

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Pillsbury

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SPECIAL DIETS

Recipes for a fat-controlled diet

Perhaps your doctor has prescribed a modified diet such as recommended by the American Heart Association and many cardiologists and other physicians to reduce the amount of cholesterol and other fatty substances in your blood. If so, you may have some questions about the food modifications your doctor has suggested and about how to cook for your new eating pattern.

How does this diet compare to a usual American diet? *A "fat-controlled" diet regulates both the amount and the type of fat you eat.* First of all, you consume less fat in general. In addition, you substitute *polyunsaturated* fats for *saturated* fats and you eat foods that are *low in cholesterol.*

What are polyunsaturated fats? Generally, these are liquid oils that are of vegetable origin. Examples include corn, cottonseed, peanut, and safflower oils.

Saturated fats are usually the solid fats of animal origin such as the fats in whole milk, cream, cheese, butter, and meat. However, coconut oil, chocolate, and many commercially blended solid shortenings are also high in saturated fat.

In a fat-controlled diet, cholesterol-rich foods are restricted or eliminated. These include egg yolks, shrimp, and organ meats. The diet also calls for serving beef, lamb, pork, and ham less often and in smaller portions than you are probably used to. That means you'll be eating more poultry, fish, and veal.

You can still enjoy many of the same foods as before simply by substituting polyunsaturated fats for the saturated fats in the recipes. To demonstrate, we've adapted a breakfast treat and a dessert. We think you'll like the results.

Photograph: Dieter



ORANGE FRENCH TOAST

Orange peel and juice double the fresh fruit taste in the crumb-coated slices—

⅔ cup orange juice
½ cup frozen egg substitute, thawed
10 slices French bread, cut 1 inch thick
½ cup fine dry bread crumbs
Cooking oil
1 cup light corn syrup
1 teaspoon finely shredded orange peel
¼ cup orange juice

In shallow bowl, beat together the ⅔ cup orange juice and the egg substitute. Dip French bread slices into juice mixture, then into bread crumbs, coating evenly on both sides. In a skillet, cook French bread slices in a small amount of hot oil (about 1 tablespoon for each 4 slices) over medium-high heat for 3 to 4 minutes or till golden, turning bread slices once.

Meanwhile, in a small saucepan, combine corn syrup, orange peel, and the remaining ¼ cup orange juice. Bring to boiling; reduce heat and simmer 5 minutes. Pass hot syrup to drizzle over each serving of toast. Makes 5 servings.

SOUTHERN PECAN PIE

1 cup dark corn syrup
¾ cup frozen egg substitute, thawed
⅔ cup sugar
¼ cup cooking oil
1¼ cups pecan halves

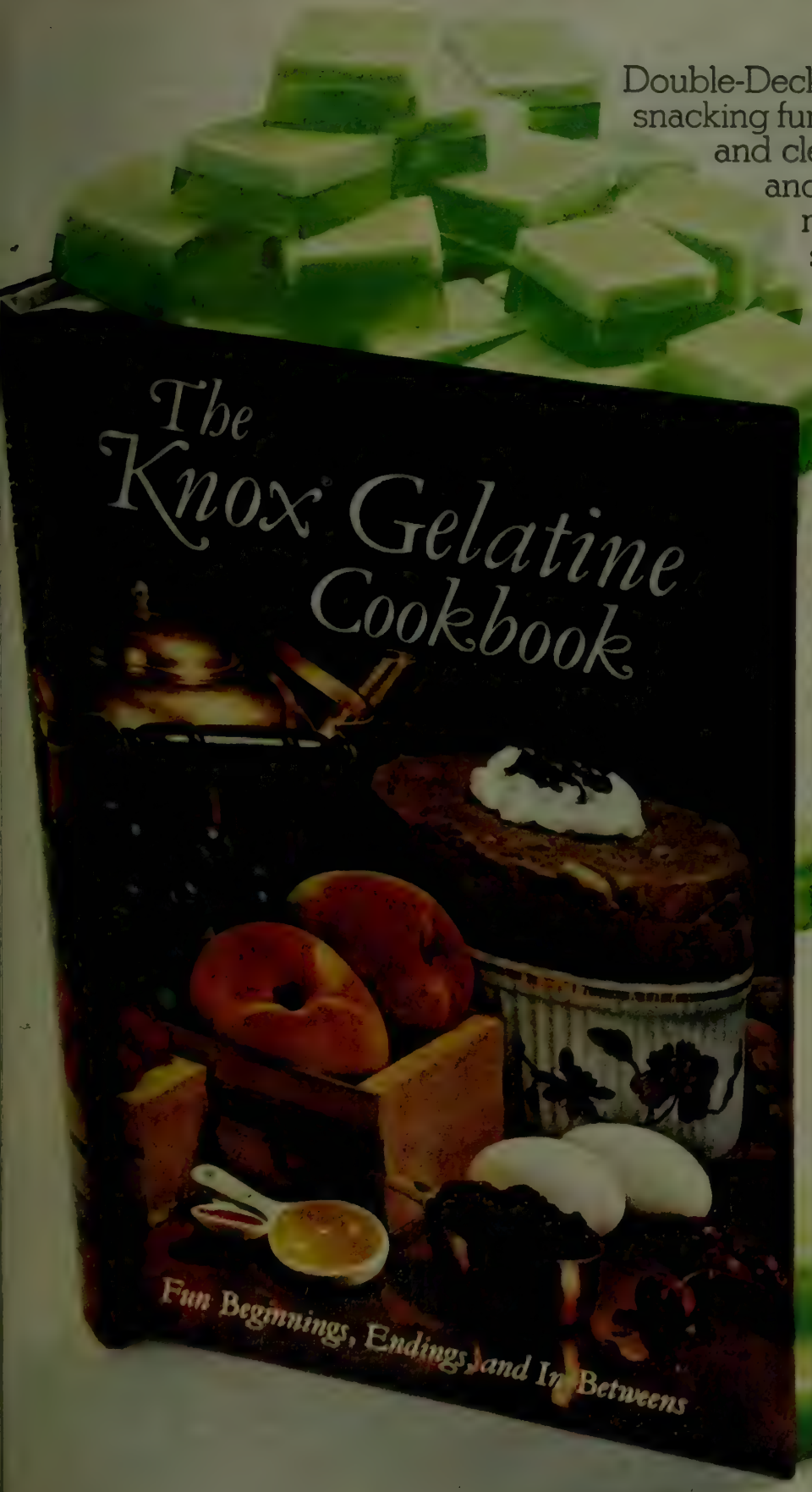
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1 9-inch unbaked Oil Pastry Shell

In a mixing bowl, combine corn syrup, egg substitute, sugar, and oil; mix well. Stir in pecans. Pour into unbaked Oil Pastry Shell. Bake in 350° oven for 45 to 50 minutes, or till knife inserted halfway between center and edge comes out clean. Makes 6 servings.

To make Oil Pastry Shell: In mixing bowl, stir together *1¼ cups all-purpose flour* and *1 teaspoon salt.* Measure *5 tablespoons cooking oil;* add *3 tablespoons cold water* (do not stir). Add all at once to flour mixture. Stir lightly with fork. Form into ball. Roll out between two 12-inch squares of waxed paper. When dough is rolled in circle to edges of paper, it will be the right thickness for crust. Peel off top sheet of paper and fit dough, paper side up, into pie plate. Remove paper. Turn edges under and flute. Do not prick. ■

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about 100 squares
(Page 24 in the new Knox Cookbook)
4 envelopes Knox Unflavored Gelatine
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In a large bowl, combine unflavored gelatine and flavored gelatine. Add boiling water and stir until gelatine is completely dissolved. Add cream; stir well. Pour into shallow baking pan, about 9 x 13 inches; chill until firm. To serve, cut into 1-inch squares.

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Fresh SPINACH salads

For a change of pace, substitute fresh spinach for lettuce in your spring salads. Here are some tips on buying, storing, and using spinach, plus two tasty recipes.



Buying information, page 246 Photograph: Dieter

"HAVING CHICKEN TODAY? HAVE IT WITH OCEAN SPRAY®!"



Ocean Spray Cranberry Sauce tastes just as good with everyday chicken dishes as it does with the Holiday Turkey.

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INDIAN SPINACH

- ¼ cup white wine vinegar
- ¼ cup salad oil
- 2 tablespoons chutney, chopped
- 2 teaspoons sugar
- ½ teaspoon salt
- 1½ teaspoons curry powder
- 1 teaspoon dry mustard
- 8 cups (10 ounces) fresh spinach, torn in bite-size pieces
- 1½ cups chopped unpared apple
- ½ cup light raisins
- ½ cup peanuts
- 2 tablespoons sliced green onion

In screw-top jar, combine vinegar, oil, chutney, sugar, salt, curry powder, and mustard. Cover and chill. Place torn spinach in large salad bowl; top with apple, raisins, peanuts, and green onion. Shake dressing; pour over salad and toss. Makes 6 to 8 servings.

CREAMY SPINACH SALAD

- ½ cup dairy sour cream
- ¼ cup creamy French dressing
- ⅛ teaspoon salt
- Dash pepper
- 8 cups (10 ounces) fresh spinach, torn in bite-size pieces
- 1 11-ounce can mandarin orange sections, chilled and drained
- ½ medium cucumber, sliced
- 1 cup (4 ounces) shredded sharp cheddar cheese

Blend sour cream, French dressing, salt, and pepper together. In large bowl combine spinach, orange sections, cucumber, and cheese. Pour sour cream mixture over greens. Toss lightly. Spoon into salad plates. Makes 6 servings.

SPINACH POINTERS

- Choose spinach with large leaves that have a rich green color. Avoid yellowed leaves.
- Even the best spinach lasts only a few days. So store spinach, covered, in your refrigerator's vegetable crisper and plan to use it quickly.
- Before using spinach, place leaves in a pan of lukewarm water. After a few minutes, lift out the leaves. Repeat the rinsing process until no sand appears in the bottom of the pan. For salads, dry spinach lightly with paper toweling. ■



Louise loved the lobster salad.

Ann was crazy about the china.

Judy asked for the cheesecake recipe.

And Gertrude noticed the spotty glasses.

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How to order material from the magazine

STITCHERY PAINTING PATTERNS, available below. Packages include full-size pattern and instructions for completion.

PROJECT PLANS for the Custom Kitchen shown in this issue are available below. Package includes large professional drawings, woodcutting diagrams, list of required materials, and simple instructions.

GRANDMOTHER'S FLOWER GARDEN QUILT—An EXCLUSIVE from Better Homes and Gardens® (as featured on our April cover). Quilt kit (89 x 109 inches) includes die-cut calico and solid fabrics (prints may vary slightly), quilting thread, and instructions. Batting is optional. Coordinated Dust Ruffle Kit (for queen-size bed) includes fabric and instructions. Refer to the April issue of Better Homes and Gardens for information and photographs.



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	No. 00420 GRANDMOTHER'S QUILT KIT with all fabric, thread, batting, and instructions $74.95			
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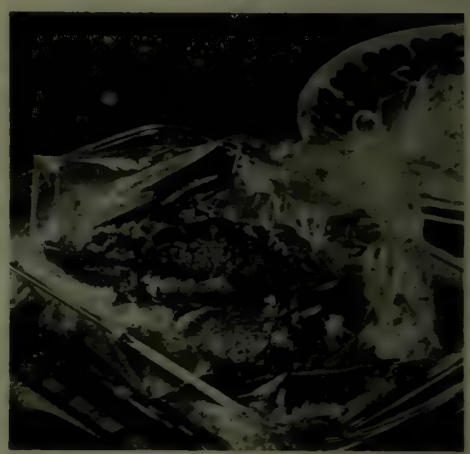
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FOOD

MICROWAVE COOKING

An elegant roasting-bag recipe



Photograph: Dieter

To make speedy microwave cooking even easier, try using oven roasting bags. They make cleanup a snap because they keep food from spattering the oven walls and sticking to baking dishes. You can use this technique for any of your favorite microwave recipes, but you'll have to experiment with cooking times. **Note: Timings are for high setting and are approximate. Counter-top microwave ovens vary by manufacturers.**

PORK AND RICE A L'ORANGE

1 tablespoon all-purpose flour
½ cup Minute Rice
½ cup orange juice
¼ cup water
2 tablespoons raisins
2 teaspoons brown sugar
¼ teaspoon salt
⅛ teaspoon ground cinnamon
2 pork rib chops, cut ½ inch thick

Shake flour in a 20x14-inch oven roasting bag to coat sides of bag. Place in a 10x6x2-inch baking dish. In bag mix the rice, orange juice, water, raisins, sugar, salt, and cinnamon. Sprinkle chops with a little *salt*, *pepper*, and *paprika*. Place chops atop mixture in bag. Close bag securely with a rubber band, string, or a ¾-inch strip cut from the open end of the bag (do not use twist tie). Prick top of bag in several places with fork. Micro-cook 8 to 9 minutes, giving dish a half turn after 5 minutes. Makes 2 servings. ■

Carol Lawrence presents Orange Cappuccino.



"I love Italy. I love oranges. I love coffee. I suppose that's why I love everything about Orange Cappuccino."

"Of all the countries I've visited, I've always had a special affection for Italy, land of good food, good art and lots of my good relatives.

So it wasn't surprising how much I enjoyed Orange Cappuccino. This flavor from General Foods International Coffees, inspired by Italian Cappuccino, is a delightful treat.

It has a creamy brown color and a delicate aroma. Yet it's a wonderfully full-bodied coffee with an extra note of flavor: the enticing taste and bouquet of lively orange.

Orange Cappuccino has such a satisfying flavor I drink it the way the Italians drink their own Cappuccino—in a relaxed and unhurried way. As you know, Rome wasn't built in a day."



GF
GENERAL FOODS

GENERAL FOODS® INTERNATIONAL COFFEES • **It's our flavor that makes us special™**

©General Foods Corporation 1976





Kitchen Bouquet makes the difference.

We brushed only the right side of this steak with Kitchen Bouquet® and left the other side plain. After cooking, you can see the Kitchen Bouquet side has the richer browner crust. Kitchen Bouquet also helps bring out the meat's own natural, juicy flavor. (It makes great homemade gravy, too.)

So judge for yourself. Side by side, Kitchen Bouquet makes a difference.

Kitchen Bouquet. No kitchen should be without it.





FRUITCAKES AND CHRISTMAS COOKIES

Do you serve an untraditional fruitcake for the holidays? Is your house filled with the aroma of special Christmas cookies you bake? Send us your recipes—you could win next December. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and 10 Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next December. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to help you

Fruitcakes

You can start with fresh, canned, dried, or candied fruit. Do you bake your fruitcake in loaves, soup cans, rings, or paper bake cups? Do you add nuts, seeds, or liqueurs? Tips: **coconut-orange fruitcake, fruitcake bonbons,** or **no-bake fruitcake torte.**

Christmas Cookies

These can be fancy treats that you shape, roll and cut, drop, or cut into bars. Does your family adapt an ethnic favorite? Do you add a special frosting? Hints: **gingerbread pinwheels, brown sugar spritz,** or **shimmering jelly drops.**

THIS MONTH'S WINNERS

(See recipes on pages 151 and 152.)

Cooks-of-the-Month

Minnie M. Boswell, Dallas, Tex.
Anne C. Lent, Melville, N.Y.

Runners-Up

Mrs. Esther Chan, Daly City, Calif.
Mrs. Linda MacDonald, Vancouver, B.C.
Mrs. William Strieber, Crofton, Md.
Mrs. Polly Wooldridge, Sarasota, Fla.

Honor Roll

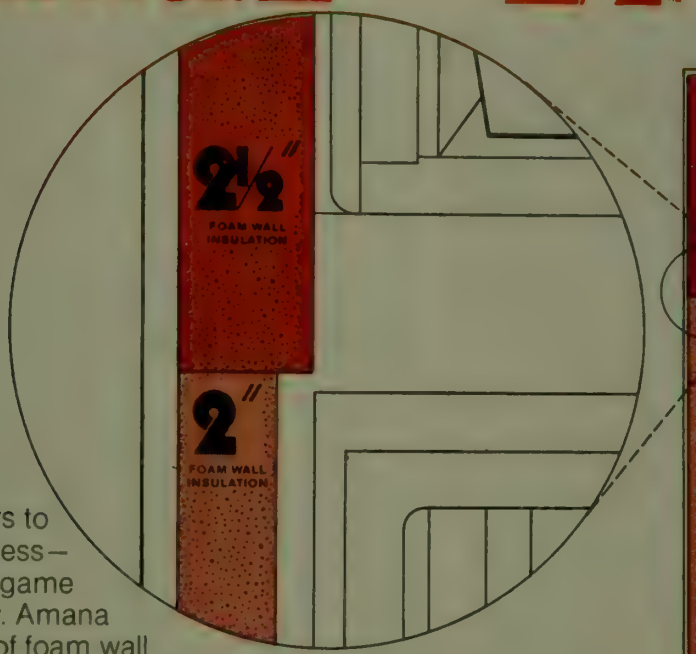
Nancy Doran, Richland, Wash.
Rosalie Douglas, Salisbury, Md.
Mrs. Laura Getschmann, Bremerton, Wash.
Margaret Goodman, New York, N.Y.
Mrs. Marjorie Lindsay, Bonaparte, Iowa
Sona Manjikian, Canoga Park, Calif.
Mrs. Pearl Plavin, Fairless Hills, Pa.
Terrie A. Pohjola, Marinette, Wis.
Mrs. Paul Rangen, Olympia, Wash.
Mrs. M. Segal, Los Angeles, Calif.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "December Fruitcakes" or "December Christmas Cookies."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, May 31. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7705 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

It makes sense to buy an Energy Saving Refrigerator today that you can afford to operate tomorrow.

Amana® 2 PLUS 2½™ = THE SENSIBLE WAY TO SAVE ENERGY!



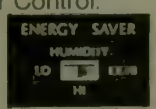


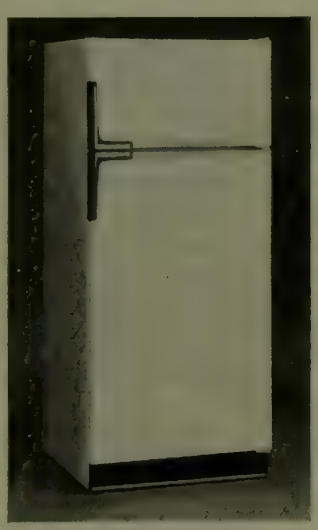
MODEL ESRFC-14A
with optional add-on
Automatic Ice Maker
(extra cost).

The name 2 PLUS 2½ refers to insulation thickness—the name of the game in saving energy. Amana puts 2½ inches of foam wall insulation around the zero degree freezer, where it's needed most (typical refrigerators have 1¾" of foam around the freezer). Here's why Amana uses 2½ inches of foam insulation. The freezer must maintain a temperature of 0°F. When the room temperature is 80°F., there's a difference of 80° between the inside of the freezer and the outside. That's why Amana engineers used good sense and put 2½" of foam wall insulation around the freezer. The refrigerator is approximately 38°F. inside—42° colder than room temperature. This doesn't require as much insulation, but Amana put 2 inches of foam wall insulation around the refrigerator anyway, ¼" more than typical refrigerators. *That makes good sense, too.*

Amana didn't stop with thicker foam wall insulation—the major part of the Amana energy saving answer. There's the seamless 1-piece Insuliner™ *plus* superior foam door insulation *plus* Magna-seal door gaskets. All combine to seal out heat and help keep electric bills down.

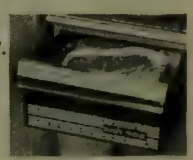
Save even more energy with Amana 3-Position Energy Saver Control: Heater strips minimize condensation around the freezer section during high humidity. Under most conditions, you would set the Energy Saver Control on "LO" position—which shuts them completely off to provide maximum savings. "HI" is for high humidity, and uses 50% less electricity than "EX.HI" which is for extremely hot, steamy conditions.





MODEL ESRFC-14A

Amana 2 PLUS 2½ Refrigerators are as long on features as they are stingy with electricity.



Free O' Frost models provide the Amana "Refrigerator-within-a-refrigerator" meat keeper that keeps meat fresh longer because super cold air surrounds the outside without drying out the meat. And no defrosting ever! Totally Free O' Frost freezer and refrigerator sections. Some Free O' Frost models also feature five half-width cantilever shelves. Sensible Amana!



6 Space Saving Models—Just 28 Inches Wide.
Fully featured Free O' Frost models are available in 14 and 16 cubic foot sizes. Extra energy saving models which require occasional defrosting of the freezer only are available in 12 and 14 cubic foot sizes.

Doesn't all this make a lot of good sense? See your Amana Retailer. Or write Ann MacGregor for further information. Dept. 617, Amana, Iowa 52204.

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Amana Refrigeration, Inc., Amana, Iowa 52204.

A Raytheon Company

CINNAMON POPOVERS





Photographs: Hedrich-Blessing; Dieter

Buying information, page 246

Seventeen-year-old Bob Wolf, a student at Coral Gables High School in Florida, is "popping" with pride about his latest cooking feat. He produced a 5½-inch-high popover, and as far as we know, that sets a new record.

But cooking isn't the only "sport" Bob enjoys. He pole-vaults, sails, and scuba dives, too. During the summer he strings tennis rackets at a sporting goods store. Between times, he likes to dream up new recipes. We think his super-size Cinnamon Popovers are something special, and they're simple enough for beginners. (Bob uses a blender for easy mixing and quick cleanup.) Even though you may not beat his record height, you can match the delicious taste with his ingenious popover recipe.

CINNAMON POPOVERS

For a breakfast treat, try serving these spiced popovers with apple jelly—

3 eggs
1 cup milk
1 cup all-purpose flour
3 tablespoons butter or margarine, melted
1 teaspoon ground cinnamon
¼ teaspoon salt

In blender container, combine eggs, milk, flour, butter or margarine, cinnamon, and salt. Cover and blend 30 seconds or till combined. Fill 6 to 8 well-greased custard cups half full. Bake in 400° oven for 40 minutes. Remove from custard cups. Serve hot with butter or margarine, if desired. Makes 6 to 8 popovers.

POPOVER POINTERS

- If you don't own a heavy iron popover pan, use glass custard cups, or 2½-inch muffin pans.
- Be sure to grease cups or pan thoroughly so the popovers will come out of the pan without tearing.
- Fill cups half full—the batter puffs as it bakes.
- For crispy popovers, prick tops with a fork to let the steam escape before removing popovers from oven.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes submitted become the property of Meredith Corporation.



What makes Wish-Bone® Italian Dressing, America's favorite.

Among all Italian salad dressings, one stands apart.

Wish-Bone Italian. America's favorite Italian salad dressing. Famous for true Italian flavor.

Many have tried to duplicate that great flavor over the years. But without success.

Because only the people who make Wish-Bone Italian know just the right combination of select herbs and spices.

How to get just the perfect balance of rich golden oil, tangy vinegar and lemon juice.

And how to carefully blend all these good things to the peak of flavor.

The finest ingredients. The care and skill that go into making a salad dressing when it's the only thing you put your name on.

That's what makes Wish-Bone Italian Dressing, America's favorite.

Wish-Bone. Salad dressing is the only thing we put our name on.

Lamb's-Quarters: A WILD FOOD WORTH DISCOVERING



Photographs: Dieter

You may already have experienced the outdoor adventure of gathering morels, dandelions, mulberries, or black walnuts, in addition to enjoying your own "harvest." But if you haven't yet discovered lamb's-quarters (also called goosefoot or pigweed), be sure to add it to your "hunting" list this spring. It's easy to identify and common to most areas of the country.

Lamb's-quarters grows from two to seven feet tall, but the young plants, up to about 12 inches, make the best eating. Older plants are stronger flavored, so strip and use only the younger topmost leaves. The leaves of lamb's-quarters are pale green with a mealy underside. The shape of the leaf vaguely resembles a lamb's quarter—hence the name. Like its close relative, spinach, lamb's-quarters cooks down to about one-fourth the original bulk, so be sure to gather plenty of fresh leaves for cooking.

To appreciate the sassy flavor of lamb's-quarters, try it in a fresh tossed salad or cooked in one of these two tasty recipes. If you're up to experimenting, you might like to substitute other "greens" in these dishes.

Buying information, page 246



LAMB'S-QUARTERS IN SOUR CREAM SAUCE

- 2 tablespoons sliced green onion
- 2 tablespoons butter or margarine
- 4 cups young lamb's-quarters leaves
- 1 cup fresh mushrooms, sliced

• • •

- 1 tablespoon all-purpose flour
- ½ cup milk
- ½ cup dairy sour cream
- Salt and pepper

In saucepan cook onion in butter or margarine till tender but not brown. Add lamb's-quarters and sliced mushrooms. Cover and cook over low heat 5 minutes. Blend in flour; add milk all at once. Cook and stir till thickened and bubbly. Stir in sour cream. Heat through but *do not boil.* Season with salt and pepper. Makes 4 servings.

LAMB'S-QUARTERS QUICHE

Enjoy a "wild" cheese pie—

- 1 9-inch unbaked pastry shell
- 4 cups young lamb's-quarters leaves, cut up
- ¼ cup chopped onion
- 2 tablespoons butter or margarine
- 1 tablespoon all-purpose flour
- ½ teaspoon salt
- 3 eggs
- 1¾ cups milk
- 2 cups (8 ounces) shredded natural Swiss cheese

Partially bake pastry shell in 450° oven for 5 to 7 minutes or just till lightly browned. Remove from oven; reduce heat to 325°. Set shell aside.



In saucepan cook lamb's-quarters and onion in butter or margarine just till leaves are limp and onion is tender. Stir in flour and salt. In mixing bowl beat together eggs and milk; add cooked vegetables. Sprinkle cheese in partially baked crust; pour egg-vegetable mixture over. Bake in 325° oven for 40 to 45 minutes or till knife inserted just off-center comes out clean. Let stand 10 minutes. Makes 6 servings. ■

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IT'S BURSTING WITH FLAVOR!

HAWAIIAN PUNCH
DRINK MIX
CONTAINS NO FRUIT JUICE
RED PUNCH
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Hawaiian Punch Powdered Drink Mix. It's got a taste like no other powdered drink mix– because it's bursting with the full, rich taste of Hawaiian Punch.



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December 1, 2 and 3:

A Mercury Marquis is rated superior overall to a 1977 Cadillac deVille based on 30 tests.

The new Cadillac deVille is a fine automobile about the same size as the new Mercury Marquis. But out of 30 individual tests of automotive qualities, the Marquis won 26. And was rated superior overall by 37 out of 50 big-car drivers. Call toll-free 800-443-4221 and hear some of the reasons why.





Ride. Based on smoothness, steadiness and quietness over various types of roads, Marquis won all tests.



Convenience. The Mercury Grand Marquis' convenience features won 8 tests, Cadillac's won 2.



Judges for all tests, big-car owners drawn at random from L.A., rode/drove the cars over various types of roads.



6-passenger seating comfort. Marquis won 43 to 7 with the judges actually seated in both front and rear.



Trunk Capacity. Marquis held more and was judged more convenient to use, winning 48 to 2.



Quality. Marquis won 5 out of 6 tests of quality, including door solidness, carpeting, even stereo performance.

Test Program	Number Preferring Marquis	Cadillac
Styling		
1. Front End	34	16
2. Side View	36	14
3. Rear End	29	21
4. Overall Exterior	34	16
5. Interior Styling	25	25
Ride		
6. Riding Comfort	33	17
7. Handwriting Test	27	23
8. Quietness	35	15
Driving		
9. Cornering Ability	28	22
10. Right Front Visibility	35	15
11. Parking Brake	36	14
12. Windshield Washer Operation	48	2
Quality		
13. Door Solidness	34	16
14. Carpeting	40	10
15. Upholstery	24	26
16. Sun Visor	30	20
17. Stereo Performance	37	13
18. Trunk Carpeting	48	2
Convenience		
19. Door Handle Operation	38	12
20. Rear Door Window	48	2
21. Glove Compartment	49	1
22. Window & Door Lock Controls	35	15
23. Ash Trays	23	27
24. Assist Straps	21	29
25. Front Center Arm Rest	46	4
26. Key Design	45	5
27. Interior Lighting	41	9
28. Spare Tire Convenience	47	3
Six Passenger Comfort		
29. Seating Comfort	43	7
Trunk Capacity		
30. Spaciousness/Convenience	48	2
Superior overall	37	13



To hear what impressed some of these big-car owners about the Marquis, call 800-443-4221 (except Wyoming). Or write: Nationwide Consumer Testing Institute, Box 700, Times Square Station, New York, N.Y. 10036. Better yet, go to your Lincoln-Mercury dealer and test Marquis yourself.

MERCURY MARQUIS

LINCOLN-MERCURY DIVISION Ford

How to connect a second wall switch to your ceiling light

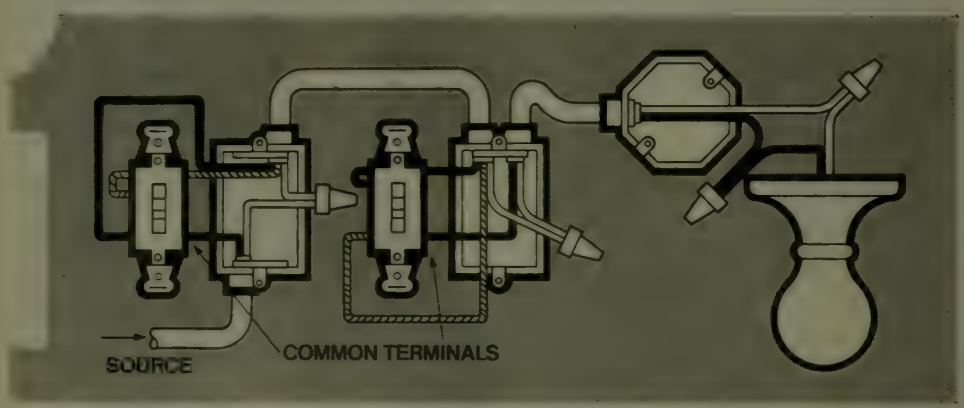
If you're tired of running upstairs to turn off the light you left on, why not solve the problem—in just a few hours—by adding a second switch *downstairs*? The job isn't as difficult as you think. Just be sure to ask your local code authorities which procedures and materials are approved in your area. Also find out if you need to get a permit before you start working. Once you get the green light, you're ready to put the following tips to work.

The key to your do-it-yourself project is a device called a *three-way switch*. You'll need two of them—one to replace the existing switch upstairs, the other to be installed downstairs. A three-way switch has three terminals instead of the usual two. The location of one of them, the "common" terminal, varies depending upon the brand. Check the instructions on the package so you'll know which terminal is which. (There's a fourth terminal, but it's painted green and is only to be connected to the bare ground wire.)

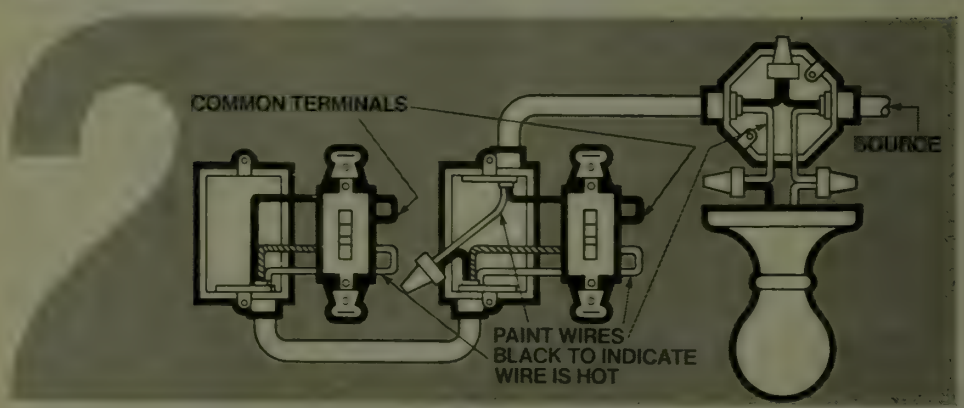
You'll probably be working with nonmetallic cable, and the type to use between the two switches will contain three insulated wires—a black, a white, and a color (often red)—plus a bare ground wire.

Our sketches show you how to connect the wiring in each of three possible situations. (We haven't shown the ground wires, but they connect to the green terminals of both switches.)

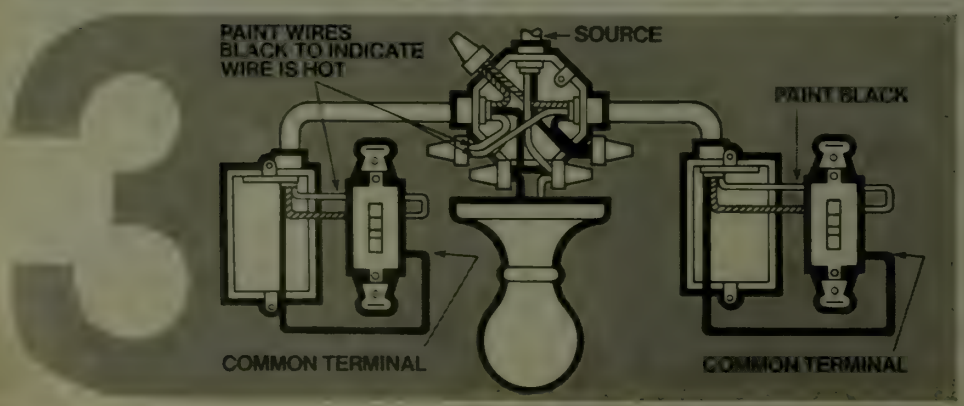
One last tip: Before you start, remove the fuse or flip off the breaker that controls the circuit you're reworking; then you can work safely and free of trepidation.



In this circuit, the source comes to the first switch. Connect the black source wire to the "common" terminal of this switch; run another black wire between the common terminal of the second switch and the light. Two "traveler" wires—a black and a red—connect the other two terminals of each switch.



Here, the source feeds into the fixture box. Black wires are usually the only "hot" wires in a circuit, but in this particular configuration some of the white wires have to serve as blacks. As shown in the sketch, the whites that do become blacks must either have their ends painted or taped black to show they're no longer neutrals.

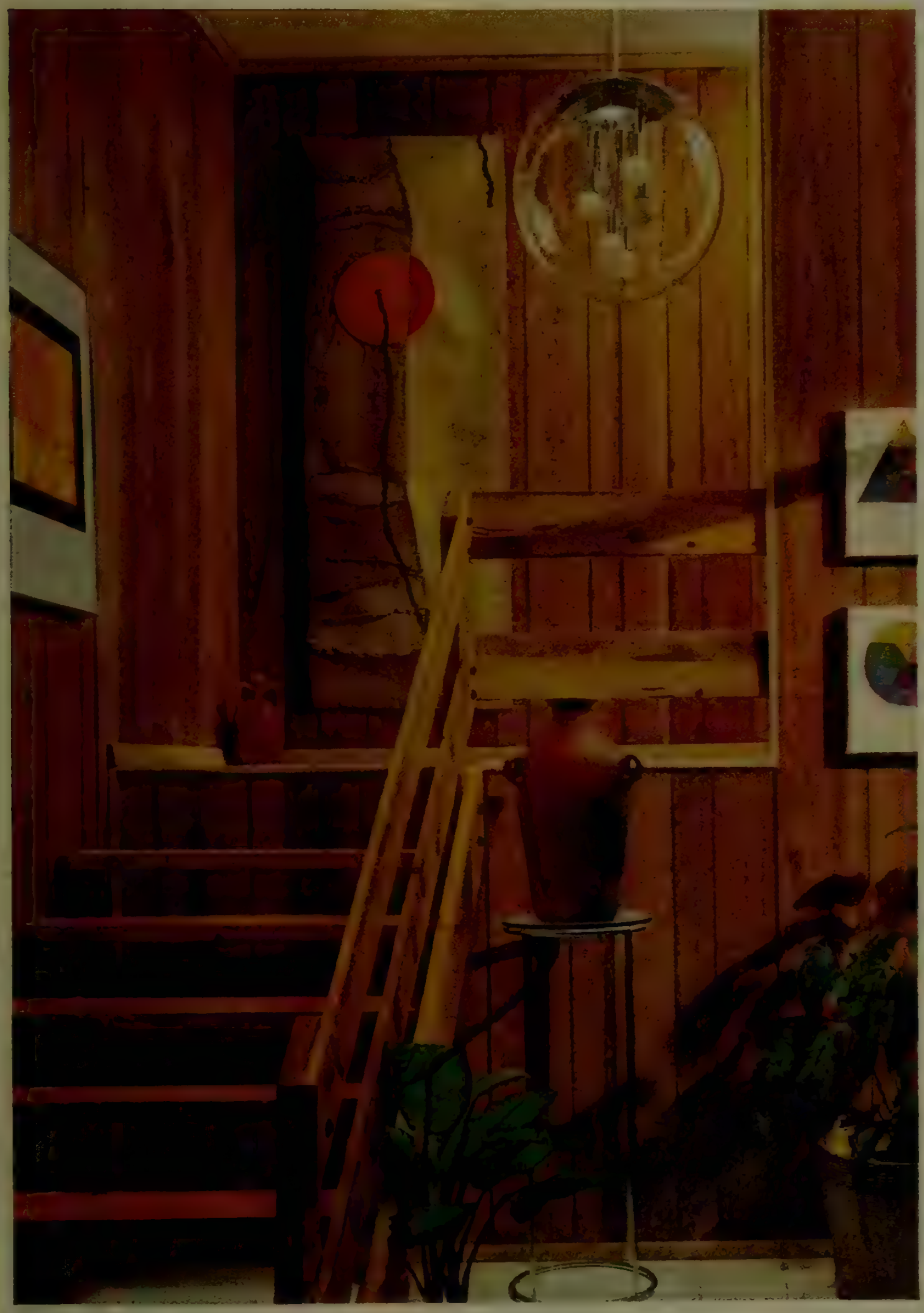


Because the wiring in this situation must branch out from the box in *two* directions, the connections for this setup are slightly different than in the other two examples. Note that some of the whites take on "hot" roles here, too. ■

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We make Weldwood paneling. And we make all kinds of other building products like lumber, sheathing and Weldwood® sidings. You can find them all at your Headquarters/Champion Building Products Dealer (formerly U.S. Plywood). He's listed in the Yellow Pages under "Paneling."

And if you'd like to know more about the paneling, send for our full-color booklet, "All About Wall Paneling." It's filled with decorating hints, and it's yours when you send your name, address and 50¢ to Champion Building Products, Box 61, N.Y., N.Y. 10046.



Centennial 2
Riverview Hickory



Craftsman
Gloaming Hickory



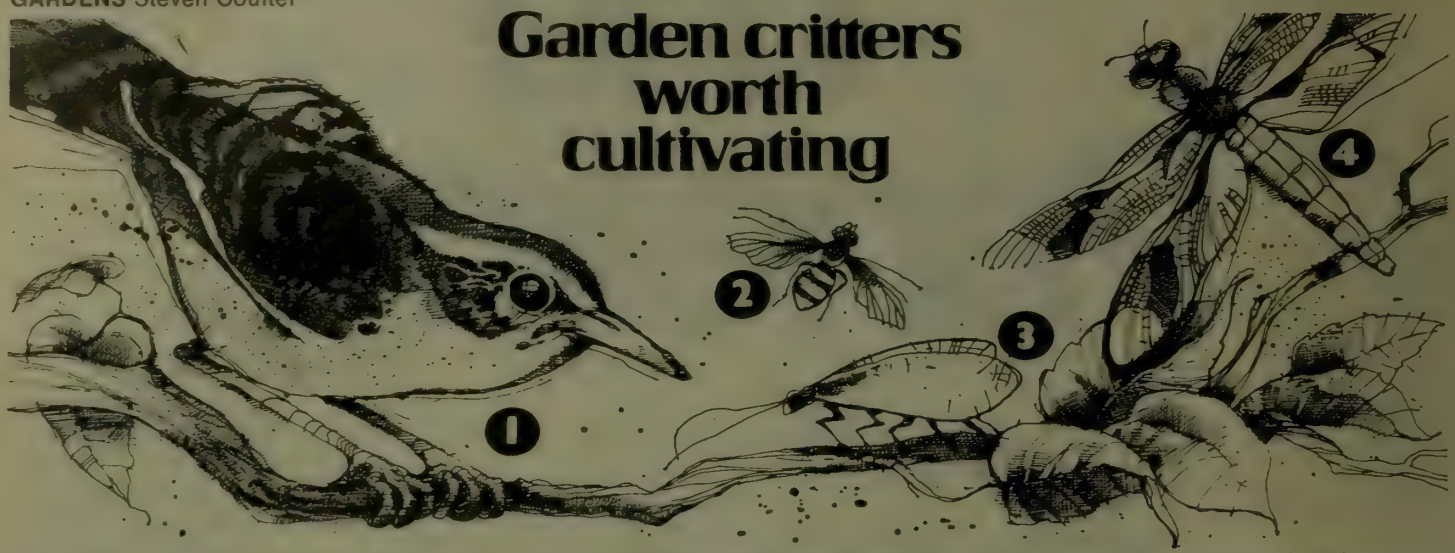
Country Place
Smokey

Weldwood® PANELING

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Garden critters worth cultivating



Many creatures inhabit your garden. Some are harmful; some are not. The surprising fact is that you need both types in order to maintain the balance of nature. It is only when the vegetarian insects become numerous enough to damage your garden yield that they become pests. Without any of these vegetarians around, the beneficial creatures who depend upon them for food would vacate the area, leaving your garden susceptible to new invasions of chewing, sucking insects.

Who are these garden allies? They include spiders, birds, and toads, as well as many insects that gobble up or parasitize their vegetarian relatives in amazing numbers.

Cannibal insects

Ladybug (7). Probably the best known of these garden benefactors is the ladybug—which is actually a beetle, not a bug, and is more properly called a ladybird. The most common variety sports 12 or 13 black spots on its reddish back. Both the adult ladybug and the larvae (juvenile stage) consume vast quantities of soft-bodied insects such as aphids, mealybugs, leafhoppers, scale insects, and the eggs and larvae of these and other small pests. A single ladybug will eat 50 aphids a day—and never tire of them as a steady diet.

Praying mantis (10). Not as colorful, but more dramatic in shape and with an equally voracious appetite is the stately praying mantis. Its name refers to the way the mantis stands poised to grab an unsuspecting aphid, caterpillar, grasshopper, or whatever soft-bodied insect wanders by.

Both ladybug and praying mantis egg cases can be ordered by mail from various nurseries around the country. A quart of hungry ladybugs should be enough for a large garden. A mantis egg case will contain upwards of 200 eggs; these will hatch when the weather is warm enough to bring out the native insects that make up the entire diet of the patient but extremely hungry mantis fledglings.

Lacewing (3). You'll know the lacewing by its seemingly oversize, pale green, gauzy wings and red-gold beady eyes. It's also called aphid lion because of its fondness for those delectable green meals, but it won't turn up its nose at a chance to eat a mealybug, mite, or thrip.

Ground beetle (8). Ever turn over a board or stone and see a metallic or iridescent, dark-colored beetle dart away? Chances are it was a ground or carabid beetle, which thrives on slugs, caterpillars, and other destructive insects.

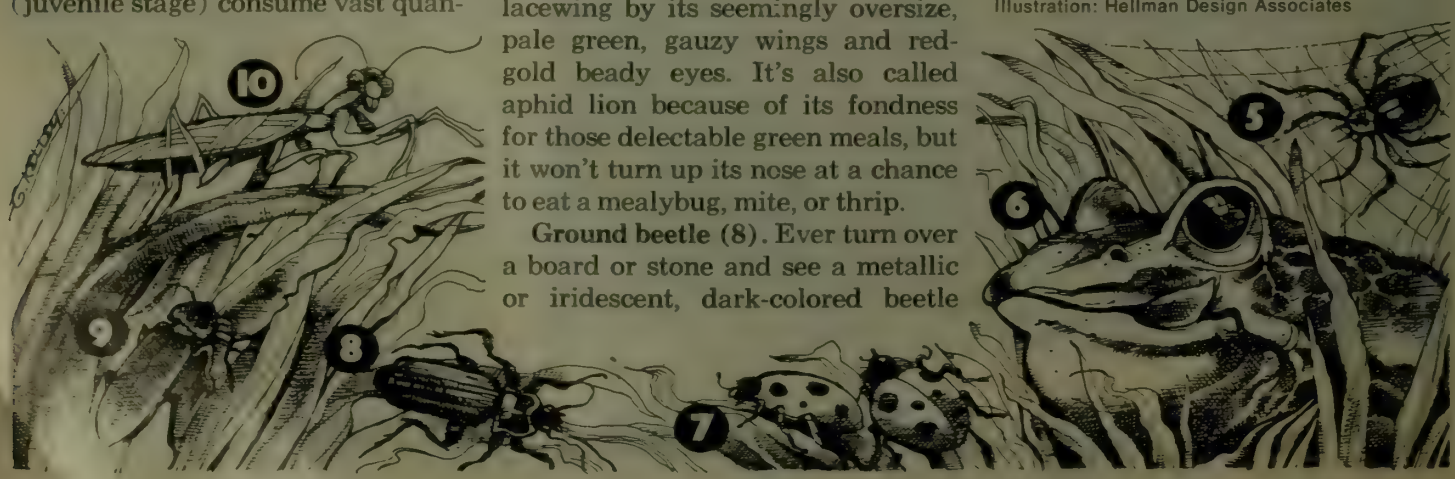
Syrphid fly (2). The adults are bright yellow and black and may be mistaken for bees because the flies also hover over flowers to feed on the nectar—thus helping with pollination. The syrphid fly lays long white eggs among groups of aphids. The larvae that emerge are brown, gray, or mottled and resemble slugs. One syrphid fly larva can destroy aphids at a rate of one a minute for long periods of time.

Firefly (9). Remember chasing these flashing fantasies on summer nights and bottling them up for psychedelic light shows? (Oxidation of a substance called luciferin in a heatless reaction produces the flashes of light which some authorities claim are mating signals.) Also called lightning bugs, fireflies are really beetles whose favorite feasts include cutworms, snails, and slugs.

Dragonfly (4) and damselfly. The

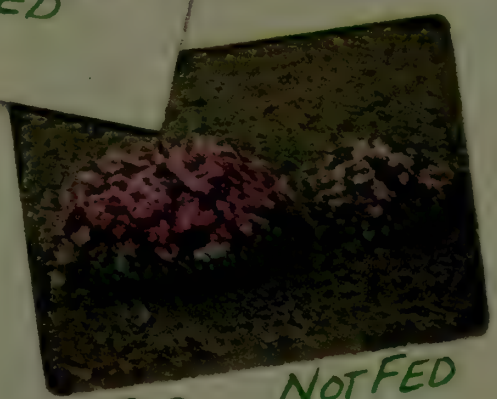
continued

Illustration: Hellman Design Associates









Same soil. Same water. Same sun. Almost twice the flowers. What a fertilizer this is.

Every beautiful flower you've ever seen had a firm stem and a fine root under it. The root's job is to reach out for food and water. All you have to do is make sure the food and water are there for the taking.

We know some people make it seem more complicated. They say you need one thing for annuals, another for perennials and something else for roses. But you just plain don't.

We make a fertilizer for flowers here at Scotts in Marysville, Ohio, and we just call it Grow Flowers. You use it on all flowers, seeds, seedlings and full-grown perennials.

Scotts fertilizers for flowers, shrubs, trees and transplants.

What flowers need most is nitrogen, phosphorus and potassium. Almost all fertilizers have nitrogen but many of them "release" it right away. After that, your flowers do without.

We make "Grow Flowers" our own way so it releases nitrogen slowly for weeks and weeks. This longer feeding makes the stems strong and gives you more blooms and bright colors. Food helps put color in roses' cheeks just like people's.

As you can see from these boxes, we also have a few other ideas for your garden just as simple as "Grow Flowers."

If the name makes it all sound easier than you're used to, maybe it's because plain talk is all we use in this town.





Jan Adam
San Francisco

"With chicken my husband prefers potatoes. He's just a potato man."

GUESS AGAIN

"Stuffing! You've got to have stuffing with chicken."
Braun Adam

Was Jan Adam surprised! It never occurred to her that her husband would prefer stuffing to potatoes. But honestly, isn't delicious, perfectly seasoned stuffing a natural with chicken? Bet your husband would prefer it, too!



STOVE TOP® STUFFING
OR POTATOES?
ASK YOUR HUSBAND

GF
GENERAL FOODS

continued

Garden critters

exotic dragonfly and its delicate cousin, the damselfly, are both beautiful and beneficial. As they fly, their legs form basket-like nets to capture small insects, which are eaten on the wing as the predators continue their flights. Before "winning their wings," young damselflies and dragonflies consume vast quantities of mosquitoes and other water insects.

Parasite insects

Trichogramma wasp. Among the parasitic insects, the trichogramma wasp is tiny but effective. The adult has a wingspread of only about 1/50th of an inch. Trichogramma lays its minute eggs inside the eggs of some 200 species of harmful pests, including tomato and cabbage worms and fruit moths. The larger host eggs are destroyed before the vegetarian larvae can emerge to eat leaves. Trichogramma wasp larvae are available by mail order.

Braconid wasp. This small parasite zeroes in on aphids and the larvae of many beetles and moths (including tent caterpillars and cutworms). The white, egg-shaped cocoons you see attached to a tomato hornworm are often the pupae of wasps that went through the larval stage inside the worm's body—after the eggs were deposited there by an adult wasp.

Other helpful insect parasites include the **polistes wasp** (attacks tobacco hornworm, corn earworm, and armyworm); **ichneumon fly** (controls tomato worms and fruit moths); and **tachinid fly** (preys on caterpillers, Japanese beetles, moths, squash bugs, tomato worms, and grasshoppers).

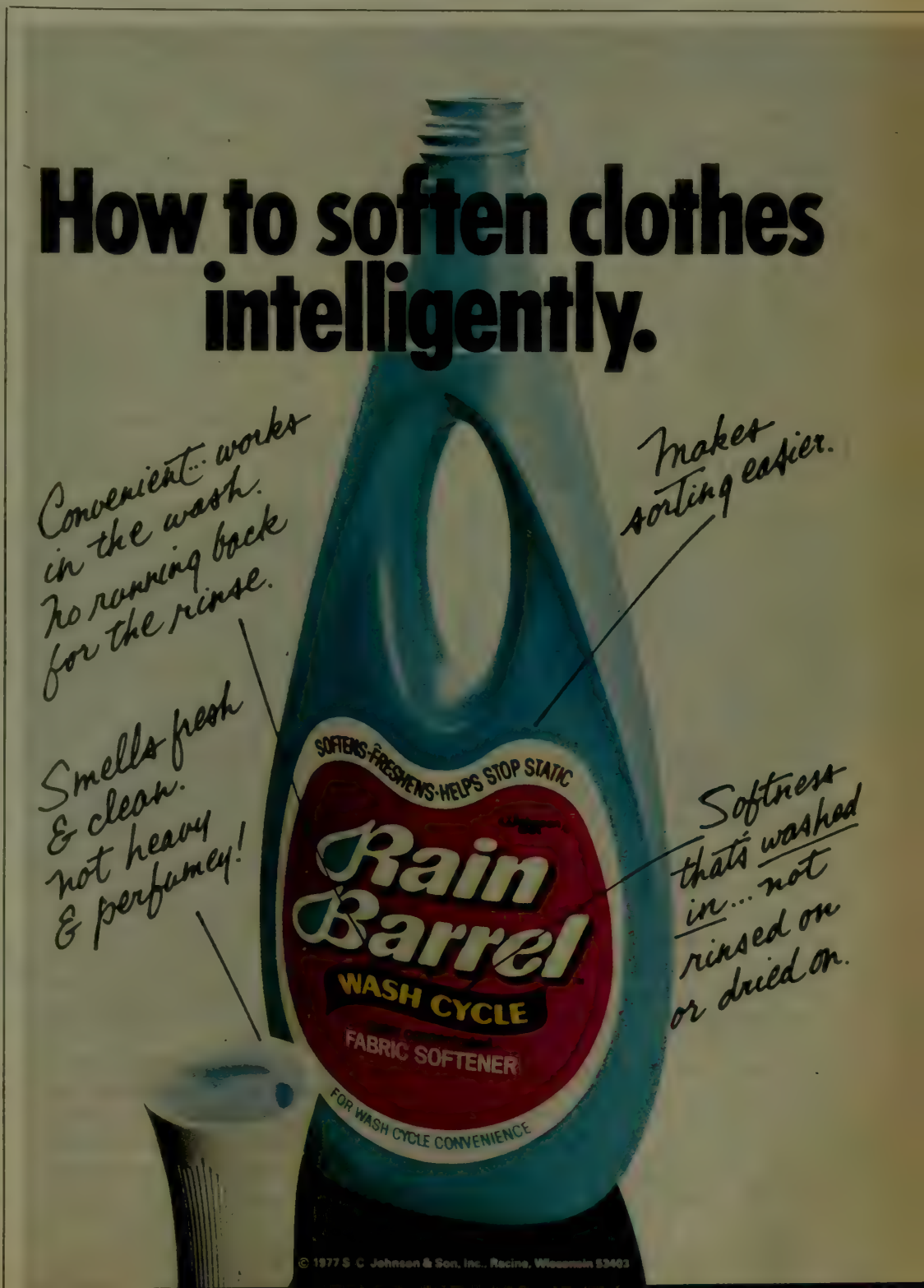
Other garden allies

Spider (5). This shy arachnid is also a helpful ally in the garden since its diet consists mainly of insects. The golden orb spider, for example, helps eradicate Japanese beetles from raspberry bushes. The brown wood spider that builds its nest in garden mulch has an insatiable appetite for grasshoppers.

Wren. (1). Many birds like to augment their insect diets with your vegetables, berries, and other fruits. But the friendly wren is first and foremost an insect-eater, with a preference for leafhoppers, plant lice, scale insects, whiteflies, and even the tiniest insect eggs. Install a wren house to encourage a pair to set up housekeeping in your area.

Titmouse and bushtit. The food preferences of these small birds are similar to the wren's. **Purple martins** and **other swallows** scoop up flies, wasps, and other bugs on the wing. Keeping a birdbath filled with regularly freshened water will attract birds to your garden.

Toad (6). Don't kiss the picturesque toad, despite the fairy tales. If it turns into a handsome prince or princess, you've lost a real garden ally. During the night, toads eat just about any pest that moves, especially cutworms, slugs, and potato beetles. One toad devours up to 15,000 insects in one garden season. Provide a shallow container of water to encourage toads to remain in your garden. ■



GOOD NEWS

Fail-safe clock radios



Ever get to work three hours late because the power (and your alarm) went off during a storm in the middle of the night? These clock radios solve that problem with an energy cell that keeps the clocks running for up to four hours after a power failure. And a blinking light lets you know about the interruption.

All three of these clock radios also have electronic digital clocks for silent timekeeping. But each has a different type of radio. The "Commander" *(left)* features AM-FM stereo, the "Metropolitan" *(center)* presents AM-FM sound through a special 360-degree speaker, and the "Chancellor" *(right)* offers AM-FM.

Power Reserve Clock Radios: "Commander," about $100; "Metropolitan," about $70; "Chancellor," about $55. Zenith Radio Corp., 1900 North Austin Ave., Chicago, Ill. 60639.

Hidden fresheners



Chase away evil odors with these clever stick-on air fresheners. You can hide them anywhere—in a cabinet, under a table, behind your car's dashboard, and even over the cat's litter box. Three scents—"Spring Forest," "Fresh Lemon," and "Evergreen"—are available.

Stick Ups, about 89 cents per package of two. Airwick Products, 380 North Street, Teterboro, N.J. 07608.

Tiny track lights



Design your own miniature track lighting system to highlight shelves, plants, or kitchen counters. The 1¼-inch-high tracks are pre-wired and finished in satin aluminum or brass. Choose from three light styles and several track lengths.

LyteTrim Miniature Track Lighting System: basic light, about $1.50; spotlight (in black, chrome, or brass), about $10-12; fluorescent light, about $15; 15-in. track, about $15; 28-in. track, about $22; 31-in. track, about $24.50; 40-in. track, about $28; and 40-in. joiner track, about $25. Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305.

Garden-size tiller



Photographs: Hopkins

Want to avoid a wrestling match with a heavy rental rotary tiller that always wants to go the wrong way? You can, with this 18-pound electric tiller that has an adjustable handle to help keep you firmly in control. Cultivating tines are included; you can add planting tines, side shields, and a lawn-thatcher.

Model 8350 Mini-Tiller, about $130. Black and Decker, Towson, Md. 21204.

continued

Your breath smells the way your mouthwash smells.



Scope® fights bad breath without giving you medicine breath.

Pour some of your mouthwash into a glass and smell it.

If it's one of the antiseptic mouthwashes, it may smell like medicine. So as it fights bad breath, it leaves your breath smelling like medicine.

Now, pour some Scope into a glass and smell it. Scope smells minty fresh. So as it fights bad breath, it leaves your breath smelling minty fresh.

The choice is yours. But, since Scope gets your breath clean like an antiseptic mouthwash, doesn't it really make sense to use Scope?



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Beautifies as it Protects.® Sound reason to use Rust-Oleum®.
BRAND

Rust-Oleum® coatings snap rusty metal back to sparkling new life. Brush, spray or roll in many handsome colors. Ask your retailer for our booklet *"101 Rust-Fighting Tips"*— or mail the coupon below.

RUST-OLEUM coatings say STOPS RUST! BRAND right on the label.



Rust-Oleum Corporation,
2398 Oakton Street, Evanston, Illinois 60204
Please send me a copy of the Rust-Oleum booklet *"101 Rust-Fighting Tips"*

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Address _____

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GOOD NEWS

Super safe lawn mower



From the top, this looks like a conventional lawn mower. But take a look underneath, and you'll see why this mower is much safer than the kind you've probably been using. Three plastic pins replace the usual steel blade.

The pins do a good job of cutting grass, but they bend on impact when they hit rocks, toys, or other foreign objects that aren't so foreign to yards where kids play. As a result, this mower gently discharges articles instead of shooting them out at high speed.

Whip Stik Lawn Mower, about $155. Roper Corporation, 1905 West Court Street, Kankakee, Ill. 60901.

Do-it-yourself blood pressure kit



Designed for home use, this kit takes the mystery out of blood pressure measurement. Everything you need is packaged in a compact plastic storage case, including: a panel with "check list" instructions, an easy-to-read dial with accuracy check, stethoscope pre-positioned on the washable cuff, and six months' supply of record charts.

Deluxe Blood Pressure Measurement Kit about $60. Taylor Instrument, Consumer Products Division, Sybron Corporation, Arden, N.C. 28704.

Products shown in Good News are available nationally in department, discount, hardware, home improvement, rental, or specialty stores. For further information or the name of the retail outlet nearest you, please contact the manufacturer at the address listed. All prices are approximate and subject to change.

Kenmore gets 'em up!



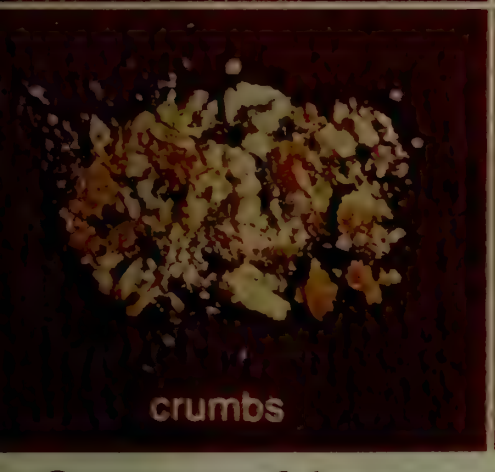














Sears powerful vacuums really tackled this problem dirt

We spilled all eight kinds of dirt in the picture on the surface of a plush rug.

Then the Good Housekeeping Institute witnessed while we picked them up, first with the Powermate® Canister, then with the Powerease® Upright.

Both have a beater brush for getting at deep-down dirt. Both clean right up to the edge of the rug.

The Powermate extra-long hose reaches under a king-size bed.

The Powerease is self-propelled —so you push it with a touch of your finger. And it adjusts to *seven* carpet heights.

Come see how powerful our Kenmore vacuums are before you buy.

Get a demonstration at most Sears, Roebuck and Co. stores. Also sold through the catalog.



The Powermate. The Powerease. Solid as Sears

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Chevrolet

Your complete shoppin

Everything you need in wagons under one roof, including a full range of available wagon options and personal attention from sales people who know wagons. There are almost 6,000 Chevrolet Wagon Stops across the country.

Chevrolet Wagon Stop

The New Chevrolet. More of the things you want in a wagon.

The New Chevrolet is a very timely large wagon. It takes up less space in garages and parking spaces, is more maneuverable in city traffic and offers more mileage than 1976 full-size Chevrolet wagons. 20 mpg highway and 16 mpg city are its EPA estimates with the new standard V8 and automatic transmission. EPA estimates are lower in California.*

The New Chevrolet offers more convenience, too. The rear door-gate opens down for cargo, or out for people when they're entering the available third seat.

There are concealed compartments in the side and under the floor to keep valuables locked up tight, out of sight. Handy utility trays built into the wheel wells hold things that usually clutter seats and floor.

And the seats fold flat in nothing flat when you want to haul paneling, railroad ties, grandfather clocks or what have you.

Big wagons are supposed to be roomy and practical. But nowhere does it say they also have to be quiet, comfortable and smooth riding. But this one is, and that's more like it. See for yourself at your Chevy dealer's Wagon Stop. *The mileage you get will vary depending on your type of driving, driving habits, car's condition and available equipment.



Caprice Classic with available Estate equipment.

GM

We've go

Wagon Stop.

enter for wagons.



Vega with available Estate equipment

Vega. 5-year/60,000-mile engine guarantee.

Vega is a great starter wagon for small families. It seats four with room for gear behind. Vega's Dura-Built engine guarantee is an added value feature that's good for 5 years or up to 60,000 miles, whichever comes first. It covers repairs to the cylinder block and head, manifolds, water pump and all internal engine parts made necessary due to defects in materials or workmanship. It means that should something go wrong with the engine your Chevy dealer will fix it free. It does not cover repairs required because of accident, misuse or lack of proper maintenance. Your Chevy dealer has the complete guarantee statement.



Chevelle Malibu Classic

The smart, mid-size Chevelle.

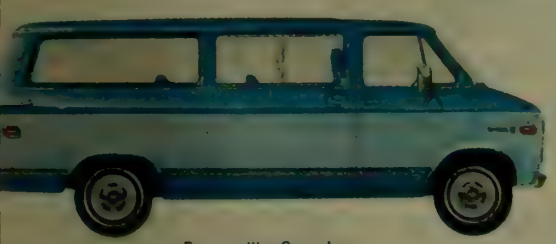
Sensible value in a glamorous mid-size, that's part of Chevelle wagon's strength. The other part is a wagonload of practical features. Automatic transmission, steel-belted radials and power steering and brakes are standard. The liftgate swings up and out of the way. There are storage trays in the wheel wells and concealed space under the floor. Full Coil suspension system with front stabilizer helps it handle roads as well as loads.



Silverado Suburban

Suburban. Our superwagon.

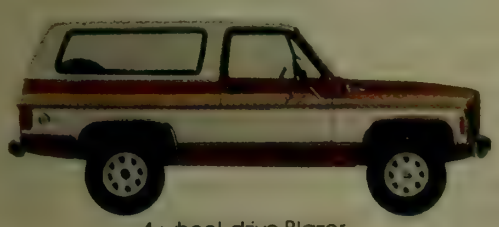
This is our superwagon that holds more than most wagons and tows more than many trucks. Properly equipped, a C20 Suburban can move up to 15,000 lbs. of Suburban, passengers, cargo and trailer. Super also describes Suburban's inside space. There's available seating for up to nine with 35 cubic feet left over for cargo. With seats removed, Suburban can handle 144 cubic feet of cargo. And you'll find a wide range of available options to make it convenient, personal and complete.



Beauville Sportvan

Sportvan. Our people mover.

Got a crowd to move? We've got something just for you at the Chevrolet Wagon Stop. Sportvan can take up to 12 passengers with available seating. Passengers enter through a wide-opening, easy-sliding side door. Take out the quick-release rear seats, throw open the wide double rear doors, and you've got your own personal moving van with up to 260 cubic feet of cargo space. 125" or 110" wheelbase available.



4-wheel-drive Blazer

Our 4-wheel-drive Blazer.

It's tough enough to take you to parts of the U.S.A. you never knew were out there. With the full-time 4-wheel-drive system that's standard when you order automatic transmission, it looks and feels easy. And Blazer offers many fine wagon attributes. There's seating for up to five, generous cargo space and a wagon-type tailgate for rear access. Standard Blazer has a steel front half top and removable rear fiber-glass-reinforced plastic top.

the wagon for you.

Chevrolet

Vacation Discoveries In Canada's National Parks

CANADA

BY GEORGE BUSH



Photographs: George Bush

Canada's National Parks provide a happy combination of comfortable family vacationing and rare wilderness adventures. This crag-framed, snow-packed alpine gulch lies within an easy ten-minute walk of the summit parking area on British Columbia's Mount Revelstoke (see page 219).

You don't have to travel far afield in Canada's vast parklands to discover entirely new worlds. Take even a well-known spot like Lake Louise in Banff National Park, Alberta. Thousands of visitors come here every summer to marvel at the reflection of Victoria Glacier. But only a handful of these thousands ever venture into the realm where real discovery begins. At best, they'll walk as far as the Plain of Six Glaciers Teahouse, which perches in a saddle about two hours up the valley from the Lake. There, after a pleasant snack, they usually call it quits, unaware that a rare wilderness experience lies within easy grasp.

For it would have been only one more hour's hike to the Glacier itself. You walk through wildflower meadows and the last straggly timber, up into an alpine immensity whose silence is broken only by the rush of waterfalls, the tinkle of glacier streams, the whistles of marmots, and the distant thunder of avalanches. On hot, sunny afternoons, you can watch the avalanches from a safe distance.

You have to be careful the last two-tenths of a mile, where the trail balances on the crest of a lateral moraine, with a sheer drop to the glacier on one side. But you don't have to be concerned about the footing; it's stable, and anyone in reasonably good health can make this trip. In fact, once you've reached the Teahouse, the steepest section of the trail is behind you.

There are many such easily overlooked adventures to be found throughout Banff National Park, and in the other famous Canadian national parks as well—in Jasper, Fundy, and Cape Breton Highlands. Just request trail maps and check with the wardens, as park rangers are called in Canada.

But vacationing in Canada's national parks isn't all outdoor adventuring by any means. Unlike most of our own national parks, Canada's offer comfortable lodgings aplenty in all but the newest and most remote nature reserves. Indeed, some of the major parks actually embrace complete resort complexes, with golf, tennis, shuffleboard, and other activities you wouldn't ordinarily associate with a national park visit.

The town of Banff, for instance, is a full-fledged resort community within the park that shares its name. And the famous Château Lake Louise is one of the finest vacation palaces anywhere—some people here even dress up for dinner.

Farther north in the Rockies, Jasper Park is no less well endowed with recreational facilities and accommodations, including a lodge that competes with Château Lake Louise in size (more than 750 beds) and in imperial splendor. In eastern Canada, at Nova Scotia's Cape Breton Highlands National Park, the gleaming white Keltic Lodge above Ingonish Beach is smaller but also luxurious.

On the following pages however, we'll concentrate on parks you've probably not heard so much about, like Riding Mountain National Park, a delightful resort-cum-wilderness preserve on the Manitoba escarpment, where families from Canada's midwest find relief from the relentless summer heat of the plains; Pacific Rim in British Columbia, one of the newest additions to the Canadian Park system; and La Mauricie, a canoer's paradise and a favorite Sunday picnic destination only a few miles off the road between Montreal and Quebec City.

All in all, Canada has 28 national parks that encompass some 50,000 square miles of many types of terrain and ecological zones from coast to coast, and from the U.S. border to the Arctic. You'll find a listing at the end of this article, with brief descriptions of the parks that are not covered in depth.

continued

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Vantage perfects low-tar 100's.



Introducing Vantage 100's.

You may not have known it, but those extra long 100's that so many smokers find popular are usually extra long in tar.

And that means they couldn't be Vantage. Because Vantage was made for smokers who wanted a cigarette that was low in tar and high in flavor.

So we resisted the trend. Until we could perfect a 100 with the famous Vantage combination of full flavor and low tar.

Well, we've done it. In new Vantage 100's. A blend of flavor-rich tobaccos with tar levels held down to the point where good taste still comes through.

That's the Vantage point. And that's the point of Vantage 100's. There's never been a long cigarette quite like it.

Try a pack today. We think you'll go along with us.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

11 mg. "tar", 0.9 mg. nicotine av. per cigarette, by FTC method.

You've always done it.



Cola, cola, cola, cola, cola. Is that the way you always do it? Well, now you can UNdo it with 7UP,® The Uncola.®

The UNdo process is really quite simple. You just substitute an Uncola for a cola in your standard routine.

You can start off gradually. Try cola, cola, Uncola, cola, cola. Then maybe cola, Uncola, cola, Uncola, cola, Uncola.

After that it's easy. You'll be able to UNdo it anytime you want. 7UP, The Uncola. A refreshing change of taste for any routine.

Now UNdo it!™

SEVEN-UP, 7UP, THE UNCOLA AND UNDO ARE TRADEMARKS IDENTIFYING THE PRODUCT OF THE SEVEN-UP COMPANY

BRITISH COLUMBIA:

KOOTENAY, GLACIER, & YOHO

Hot springs and backwoods

CANADA



Deep in a Kootenay canyon, Radium Hot Springs pool is popular, but the Park's vast backcountry remains virgin.

Within the boundaries of British Columbia there's an unparalleled diversity of scenery and climate. In the central valleys you'll encounter deserts, endless timber, and fertile orchards. The coastline is a rugged, rain-forested shore with quiet coves, picturesque villages, and bays sprinkled with islands. And the Province's eastern ramparts are guarded by ice-gripped summits, sentinels of the continental divide.

The best of this generous natural heritage is preserved in five national parks: Pacific Rim on Vancouver Island; unique Mount Revelstoke just off the Trans-Canada Highway and three parks—Kootenay, Yoho, and Glacier—that clock in thousands of admissions each day, since major highways cut right through them. But actually, the latter three are seldom *really* visited. Most travelers you find at these unusual reservations are on their way to or from Banff and Jasper and make only brief roadside stops to take photographs.

Only Radium Hot Springs at the southern gateway of Kootenay Park (on Highway-93) draws staying visitors in appreciable numbers. Here, in a dramatic canyon, you can luxuriate in an outdoor pool fed by thermal springs. The experience is one of delightful contrasts; your body soaks up the Hot Springs heat while your head and shoulders are exposed to the crisp, dry mountain air.

You'll find accommodations galore at the Springs and at Radium Junction, just outside the Park. Near the Springs there's also a big campground with trailer hookups, and if that's full and/or you'd rather avoid the crowds, drive on to McLeod Meadows, 16 miles up the road. It's a lovely spot to spend the night deep in the woods. Although no hookups are available, there are roomy, semi-secluded sites, kitchen shelters, and showers.

But don't just stick to the highways and campgrounds when you pass through Kootenay, Yoho, and Glacier Parks. You'd be hard put to find more fascinating backcountry than in these preserves: high meadows aglow with lupine, Indian paintbrush, and glacier lilies; ice fields spilling into hidden lakes; sparkling waterfalls that cascade for hundreds, even thousands, of feet over sheer cliffs. And you'll see an astounding array of wildlife—marmots, mountain goats, eagles, chipmunks, deer and elk, and even some bighorn sheep.

Keep in mind, though, that this is what Canadian woodsmen call "heads up" country. Once on backcountry trails you must watch your step. Not only is the terrain rugged, but all three parks—particularly Glacier—provide ideal habitat for grizzlies, and there's quite a number of them.

Here are some particulars on the Parks:

Kootenay—An easy day hike here on the 2.6-mile trail to the meadows below Stanley Glacier is especially rewarding during the wildflower season in late spring or early summer.

For overnight backpacks, plan to climb the nine-mile Tumbling Glacier Trail, and —best of all—the more strenuous 6.5-miler to Floe Lake, so named for the ice floes that break into it from a small glacier that rims the Lake's rock-wall cirque. The Park campground at Marble Canyon, 54 miles north of Radium Hot Springs, is the most convenient base for these off-the-beaten-track tours.

Glacier—on the Trans-Canada Highway, between Banff Park and Revelstoke. Lodgings: Northlander Motor Lodge (about $30 for four). Loveliest campground: Illecillawaet. Best day hikes: Asulkan Valley and Great Glacier Trail (easy), and Avalanche Crest and Glacier Crest (strenuous in parts). For overnight backpacks, the Bald Ridge. Address: Box 350, Revelstoke, British Columbia V0E 2S0.

Yoho—on the Trans-Canada Highway, immediately west of Banff Park. Several lodges and chalets at its eastern gateway. Fine campgrounds all along the Highway. Best day hikes: Paget Lookout (short but tough), and Lake Oesa (quite easy). Several grand high-alpine tours are possible from Lake Oesa. Address: Box 99, Field, British Columbia V0A 1G0.

Hiking Information

For detailed descriptions of the many hikes possible in these and other western parks, order a copy of *The Canadian Rockies Trail Guide* from Eastern Mountain Sports, 1041 Commonwealth Avenue, Boston, Massachusetts 02215 ($6.95, including shipping).

continued

BRITISH COLUMBIA:

PACIFIC RIM

Beaches, islands, coastal canyons

CANADA



Rain forests, verdant and mysterious, grow in a dense tangle between Pacific Rim's beaches and the snow-dusted mountains behind them. A nature trail gives easy access to this realm.

Pacific Rim National Park, on the ramparts of Vancouver Island, actually is three unique parks in one.

The Long Beach section, North of Barkley Sound, is the Park's most popular unit. Fourteen miles of wide beaches are decorated with a phenomenal clutter of bleached driftwood and backed by rain forests. Out of the forests rise mile-high peaks that don't doff their snowcaps to summer.

Long Beach is accessible by paved road (Route-4 via Port Alberni), and even if the water isn't warm, you can brave it for invigorating dips. Along the rocky headlands that frame the beaches, sea anemones sway in tidal pools, and out beyond the breakers, gray whales sound and blow.

The Long Beach park service offers an extensive interpretive program that includes riptide demonstrations, guided canoe paddles in back-bay waters that are the habitat of harbor seals and dolphins, and —best of all—offshore boat trips to sea-lion-covered rocks. You pay $8 for a canoe; the rest is free.

There's only one campground in the Long Beach section, and its 92 sites fill up first thing in the morning. However, there are two commercial campgrounds at Tofino, a fishing village ten miles north of Long Beach, and several small but pleasant motels in Ucluelet, another fishing village just south of Long Beach.



This Park's many pleasures range from picnics on driftwood-rich beaches to backpacking on the West Coast Trail.

The Broken Islands section is a cluster of nearly a hundred islets, some nothing more than wave-washed rocks in whose cracks a few trees managed to grab hold. These islands shelter each other from the ocean swells that roll into Barkley Sound. Usually the channels between the islands are so calm that you can paddle your canoe or rubber raft from shore to shore until you find just the right spot for picnicking or camping.

Camping and individual fishing and sight-seeing excursions in the Broken Islands depart from the town of Ucluelet. You can arrange for drop-off and pickup at $15 per hour boat time; fishing costs $20 per hour.

The West Coast Trail, south of Barkley Sound, provides the most remote, most rugged hiking imaginable. The Trail, a 45-mile cliff-hanger, was carved out of the wilderness early in the century to give sailors shipwrecked on these treacherous shores a chance to make their way back to civilization.

Access to the Trail's northern terminus is by a 63-mile gravel road out of Port Alberni; here you can park your car and camp for a nominal fee at the Indian Reserve near Bamfield on Pachena Bay. However, unless you're experienced backpackers, you'll not want to cover more than the first seven miles of the trail from Bamfield to the wilderness campground at Pachena Lighthouse. Afterward, the going gets really tough.

For specifics on Pacific Rim Park, write to its headquarters, Box 280, Ucluelet, British Columbia V0R 3A0.

continued

"You say Secret anti-perspirant is strong enough for a man?"

"Right. But it's made for a woman. Sorry fella."

Ladies, let's put an end to the feminine weakness myth.

Secret happens to be a very effective anti-perspirant. Effective enough for the he-man in your life.

Yet Secret has a soft, gentle, beautiful fragrance that tells you it's for a woman.

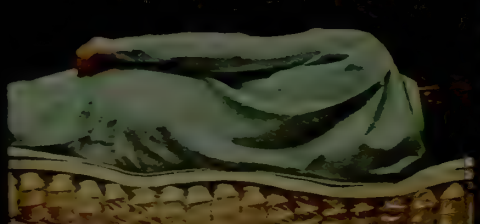
Secret.® Strong enough for a man, but it's made just for you.





MOST PEOPLE MOVE ABOUT FORTY TIMES A NIGHT. THEIR MATTRESS SHOULD MOVE WITH THEM.

When you sleep on a Beautyrest, it doesn't just lie there. It moves with you. Something ordinary mattresses can't do as well. Because the springs in ordinary mattresses are all wired together. When you push one, it pulls lots of other springs down. When you lay down, the mattress treats your body like one big chunk.



A Beautyrest is different. It has individually pocketed coils that can react separately to support whatever part of your body they're under.

A Beautyrest is built to treat you like an individual. It can conform to your body and give every part a good night's rest whether you sleep like a rock or a Flying Wallenda.



Feel the difference between Beautyrest and ordinary mattresses at your Simmons dealer. And you'll be able to buy the right mattress with your eyes closed.

BEAUTYREST BY SIMMONS. THE MATTRESS FOR YOUR WHOLE BODY.

Get your copy of "How to buy a mattress" booklet. Send 25¢ to Simmons Co., 1 Park Avenue, New York, N. Y. 10016

BRITISH COLUMBIA:

MOUNT REVELSTOKE

A hairpin highway into high wilderness

CANADA



Mount Revelstoke's meadows, gentle enough for easy family excursions, are carpeted with wildflowers. Due to heavy snows in this region, the bloom usually doesn't peak until mid-August.

Mount Revelstoke, like Colorado's Pikes Peak, is one of those rare summits that can be conquered with a minimum of effort: you simply twist your automobile around a few switchbacks. And, like Pikes Peak, Revelstoke then rewards you with a powerful panorama. But there the resemblance stops. Once on Pikes Peak, about all you can do is drive back down. On Revelstoke, the adventure really starts where the road ends. Revelstoke's summit is but the first crag of a ridge that stretches off into the alpine wilds.

Even if you do no more than walk the gentle one-mile trail that curves around Heather Lake below the summit parking lot, you'll get a taste of what real mountains are like. You'll cross meadows carpeted with wildflowers, cut through rock gorges that are always packed with snow, traverse an avalanche slope between stands of weatherbeaten alpine fir, cross a boulder field that echoes with the shrill calls of marmots—and all the while ice-draped peaks crowd your horizons.

But it would be a shame to go no farther afield. Two of this continent's most beautiful alpine lakes, Eva Lake and Miller Lake, lie within easy day-hike distance of the Mount Revelstoke summit. You walk four miles each way, but hardly any climbing is involved. You'll want sturdy shoes, a sweater, and rainwear, but you don't have to be especially athletic to enjoy this excursion.

The trail splits just before you reach the Lakes. It's another ten minutes to Eva on the left, and about the same distance to Miller on the right. Visit both, and if you enjoy fishing, give both a try for native cutthroat trout. But if you're short on time, go to Miller: there are small islands in its turquoise waters—wade out and cool your feet in the snowpack runoff.

For a longer, more strenuous trip, you can continue past Miller to the Jade Lakes, two miles farther on. It'll take you about 90 minutes to two hours on this terrain. The trail involves a steep 800-foot climb about midway before you dip down to the Jades. Many hikers turn around at the top of this rise, which offers a spectacular view.

All this territory can be covered in a single day, but if you want to get started on overnight backpacking, this is the place to do it: you are in high country all the way, yet never so remote that you can't get back to your car in a couple or three hours. Wilderness camping is permitted anywhere along the trails beyond a point three miles from a highway or road. Pack along some warm gear in case of a sudden snowstorm, something that's not unheard of here even in midsummer. Open campfires are not allowed, so bring a portable cooker.

There is no roadside camping in Mount Revelstoke National Park, however. For this you have to use the facilities of Glacier National Park, some 30 miles to the east along the Trans-Canada Highway, or stay in one of the commercial campgrounds between Glacier Park and the town of Revelstoke. The Revelstoke KOA, three miles east of the Mount Revelstoke Park road turnoff, is the most convenient and, moreover, one of the neatest, best-kept campgrounds in the KOA system ($5 without hookups, $6 with full hookup; plus 50 cents per child over four).

Motels and hotels in all price ranges, and additional campgrounds, may be found in the town of Revelstoke, five miles west of the Park. For literature on Mount Revelstoke National Park, write Box 350, Revelstoke, British Columbia V0E 2S0.

continued

MANITOBA:

RIDING MOUNTAIN

A cool retreat in the hot prairies

CANADA



Buffaloes inhabit a special 1,300-acre reservation in Riding Mountain National Park. They are most active toward evening; on hot days they seek refuge in the woods.

This park—a happy combination of vacation resort and nature preserve—has long been a favorite summer destination of Canadians from the midwestern farm belt. It should prove equally refreshing to residents of our own northern plains. That's because Riding Mountain National Park sits on the rolling, wooded plateau of the Manitoba escarpment, which rises some 1,500 feet from the surrounding countryside. That's high enough so that the air is comparatively dry and cool.

Wasagaming, the Park's resort village, offers just about every kind of recreation you can name: golf, tennis, horseback riding, boat and canoe rentals, lawn bowling, even lawn chess and lawn checkers with three-foot-high pieces. There is a fine lake beach for lifeguard-supervised swimming, and you'll find a wide choice of cottages, motels, and restaurants. Rates are uniformly reasonable, like $25 for a week of unlimited golf on the local 18-holer, and $20 a night for a housekeeping unit that sleeps four in comfort and six in a pinch.

Riding Mountain Park's backcountry—about 1,100 square miles of it—is great for short excursions as well as for getting away from it all. Along Highway-19 east of Wasagaming (which also presents the escarpment's best panorama of the endless prairies), you'll often see moose, and there are short nature trails that lead to beaver ponds whose denizens are so blasé about being watched that they'll come quite close to the boardwalks.



Lake Wasagaming's lifeguarded beach is Riding Mountain Park's most popular recreation center.

North of Wasagaming, you can drive through a buffalo enclosure. Elk and white-tailed deer are quite common along the Park's many trails, which range from short nature walks to ten- and 20-milers for overnight backpacks through aspen and spruce forests.

The fishing is generally good, and Lake Katherine, on whose shore you'll find a most pleasant roadside campground, is stocked with trout. Wasagaming's Clear Lake harbors pickerel. Deep Lake, at the western end of the Park, is home to rainbows.

Riding Mountain National Park is located about 180 miles northwest of Winnipeg on Highway-10. The Park's address is Wasagaming, Manitoba R0J 2H0.

continued



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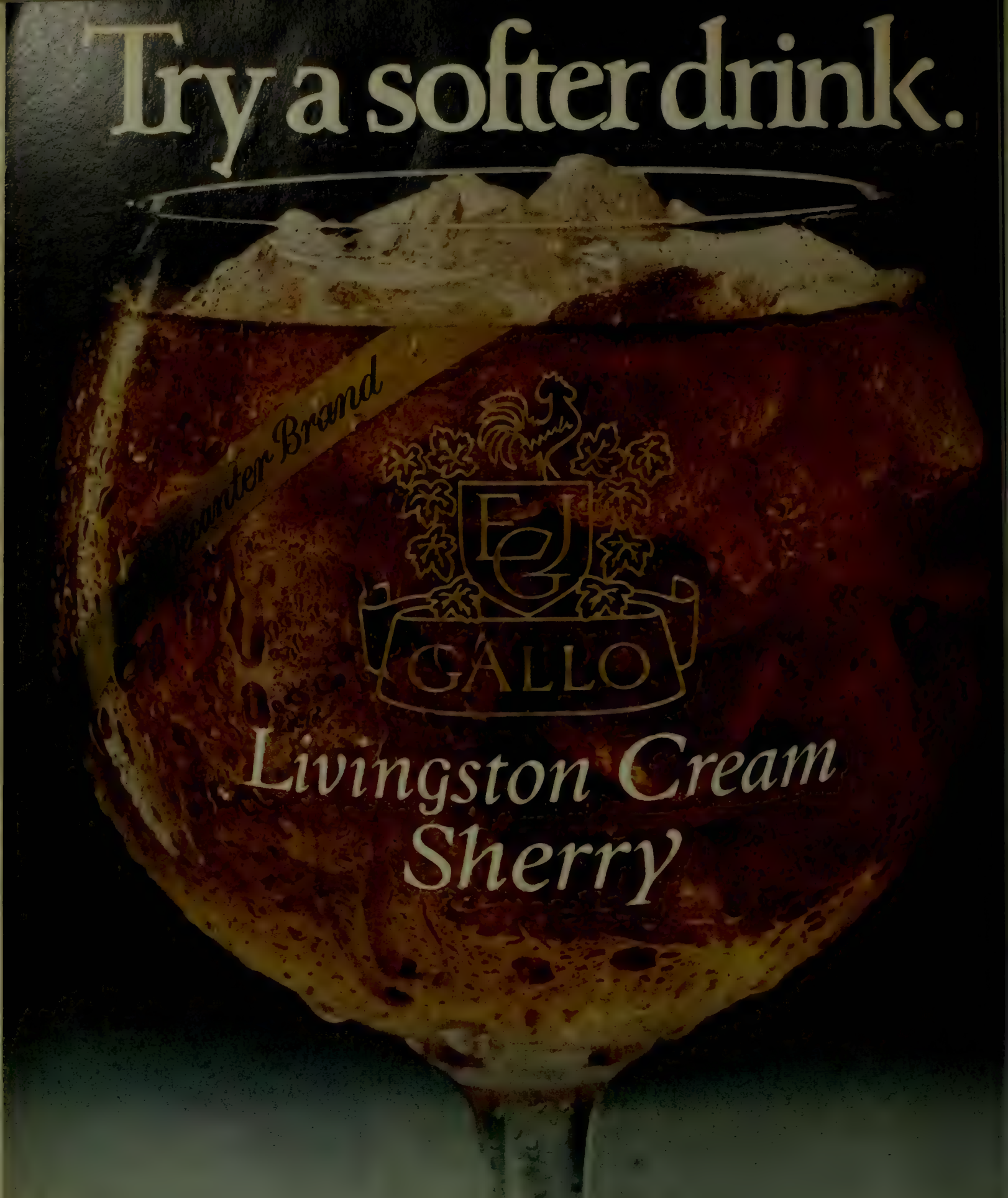
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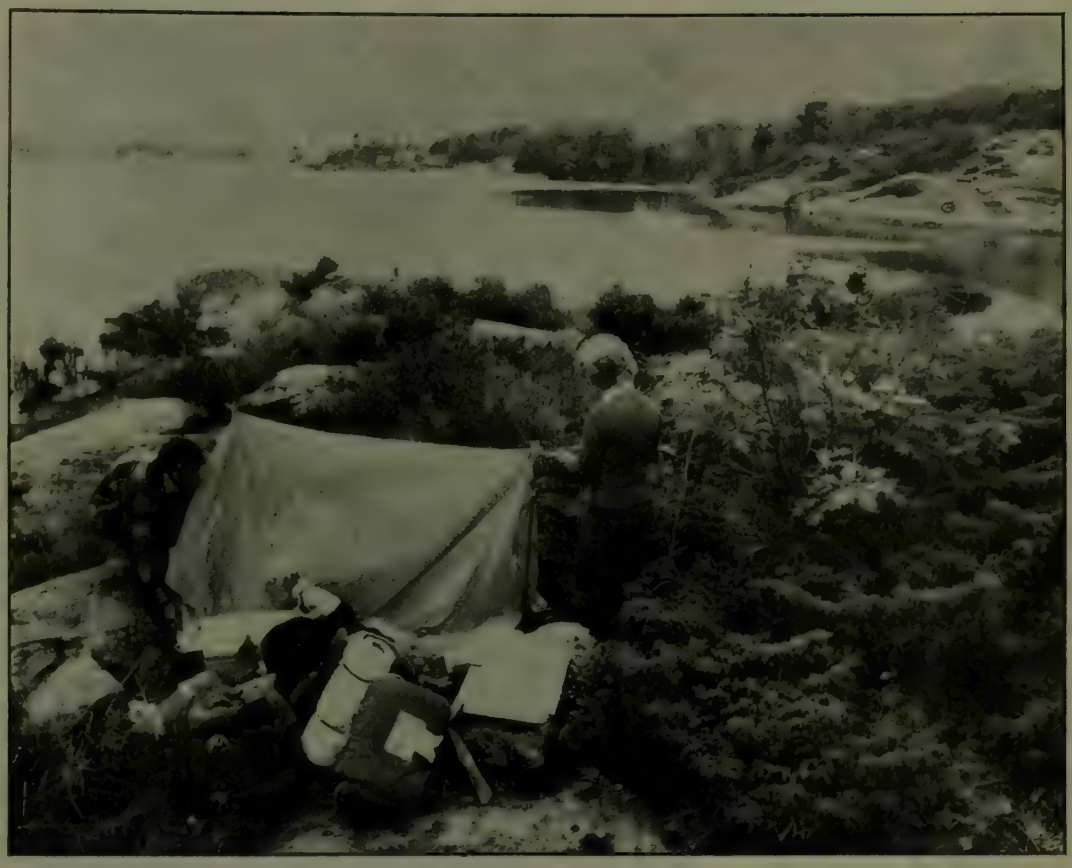
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California Sherry, E&J Gallo, Modesto, Calif.

ONTARIO:

GEORGIAN BAY ISLANDS

Going camping by taxi



This campsite cove on Beausoleil Island seems a million miles from civilization, yet it's less than a 30-minute ride from Honey Harbour, where you can rent boats or hire water "taxis."

At the marinas of Honey Harbour, on the Georgian Bay of Lake Huron, old-fashioned motorboats are for hire to "taxi" you to and from this completely water-surrounded national park.

Believe it or not, there are 30,000 islands in Georgian Bay, and the most interesting 51 lie all or partly in the Park. These are bulges of the Precambrian Shield, a mighty slab of granite and gneiss that covers northern Ontario. Much of the slab has remained all but bare on the islands. Unlike the mainland, they're adorned only by soft mosses and delicately colored lichen, and fringed by the low brush of fragrant juniper and blueberry bushes. Between the outcroppings of the Shield grow stands of storm-bent pine and spruce, beeches and birch trees. You somehow feel here as if you were near the Arctic Circle, not just three hours away from Toronto (via Highways 400 and -69).

Beausoleil Island (pronounce it "Bowsley") is the largest island in the Park and the nearest to Honey Harbour. It's also the only one with a busy swimming beach and an all-conveniences campground: showers, kitchen shelters, flush toilets, a telephone, an outdoor theater for interpretive nature programs. If what you're seeking is tranquil camping away from blaring transistor radios and popping beer can tops, you might assume that Beausoleil should be shunned.

But not so. At the northern end of this 2,700-acre island are four of the most charming, secluded campgrounds you are likely to discover anywhere, each tucked away in its private cove. Moreover, they are all within a few minutes' walk of aptly named Fairy Lake in the island's interior—a favorite hangout for beavers and smallmouth bass.

You can swim and snorkel in the coves, cast from the campground docks for panfish, watch white-tailed deer emerge from the woods at dawn and dusk, explore swampy areas for turtles, salamanders, and fox snakes.

These most idyllic campgrounds—at Honeymoon, Frying Pan, Chimney, and Ojibway Bays—are equipped with tent pads, stone stoves, and pit toilets. None has more than eight sites, and the maximum stay is two weeks. Since you can't reserve in advance, be sure to catch your water taxi (at the Honey Harbour Boat Club, Northshore Water Taxi, or O'Rourke's Marina) early in the day. If your preferred location is all booked up, there are another ten similarly isolated, if not quite so romantically located, campgrounds on Beausoleil. The water taxi fares range from about $7 to $10 each way; you specify when you want to be picked up again.

But even better than going camping by water taxi is to rent a four-passenger outboard, and put-put the two or three miles to the campgrounds on your own. That way you can explore other inlets, and go fishing for pike, pickerel, muskie, and largemouth bass—species you're not likely to hook from a dock.

The waterways between the mainland and the inner islands are well marked and sheltered; you need never be more than a few feet from shore. The outer islands of the 35-mile-long group, however, are out of range for small outboards, since the open waters of Georgian Bay can turn nasty in a hurry.

The most pleasant lodgings near the Park are at Port Severn, eight miles inland from Honey Harbour.

For literature on the Park, write to its headquarters at Box 28, Honey Harbour, Ontario P0E 1E0.

continued

CANADA

QUEBEC: FORILLON

Craggy outpost of the continent



The lighthouse at Cap-des-Rosiers marks the gateway to Forillon Park on the tip of the Gaspé Peninsula. This Park is eastern Canada's most scenic and the richest in birdlife.

This national park's name comes from a French word, *pharillon,* which means "little lighthouse." No better name could have been chosen. The Park sits on the lobster-claw tip of Quebec's Gaspé Peninsula, where the Appalachian Mountains, having risen far away from the gentle plains of Georgia, now descend into the sea. Indeed, a lonely lighthouse greets you, and its foghorn wails an eerie welcome at Cap-des-Rosiers, the Park's gateway. Beyond you see the continent's last cliffs recede into the mists that swirl in from the Gulf of St. Lawrence.

But the weather isn't always Moby Dick-gray. When sunshine explodes through the scudding clouds, Forillon's 600-foot-high limestone escarpment looms like a golden mirage from the blue surf, and the mountain forests that roof the promontory glow with a verdant warmth.

Forillon National Park's stunning scenery alone is worth the 450-mile drive from Quebec City. Highway-132, which rounds the Gaspé Peninsula, climbs over passes, dips into picturesque coves, and threads through dozens of old French fishing villages.

Plan to stop at Cap-des-Rosiers, where Highway-132 veers south to cut across the base of Forillon's seven-mile-long promontory. You can lunch at Chez Mona, a simple family restaurant that serves the best *pot-au-feu* in these parts, and visit the lighthouse (8 a.m. to 9 p.m., late June through August). Across the road from the lighthouse is the Park's information station. Ask there for directions to the harbor where, when the weather is favorable and the waves not too high, you can take a two-hour cruise ($6; children, $2.50) along the escarpment. The trip provides closeup views of the hundreds of birds nesting on the cliffs.

If you are camping, you'll want to stay at the new Petit Gaspé campground on the south side of the promontory. It's probably the finest in the whole Canadian park system, with utterly private sites terraced on a wooded slope above the sea.

The Petit Gaspé road continues for another four miles along the south shore beyond the campground; that's as far as you can go by car. To reach land's end you must walk for about an hour on a narrow gravel road. On a clear day, with the help of binoculars, you can see famed Nez Perce rock on the southern horizon; in spring and fall, fleets of finback, humpback, and pilot whales frequently pass close by. At any time, the view to the surf from the cliffs is spectacular.

On the southern side of the promontory, you can hunt for driftwood on kelp-strewn beaches, and visit the inlets at Grande Grève and Anse-aux-Sauvages, where fishermen bring in their catches.

The interior of Forillon offers some fine hiking opportunities. One of the best is the Beaver Trail (Sentier Le Castor), a 4½-miler that's best done in late afternoon when the beavers come out of hiding. Another is the Lakes Trail (Sentier Les Lacs), whose hilly 14 miles require at least one overnight. There are two wilderness campgrounds en route.

The best lodgings near the Park are to be found at Rivière-au-Renard, on the north-shore stretch of Highway-132, about seven miles before you get to Cap-des-Rosiers. The Caribou Motel here serves a terrific *bouillabaisse.* For information on Forillon National Park, write to its headquarters at Box 1220, Gaspé, Province of Quebec G0C 1R0.

continued



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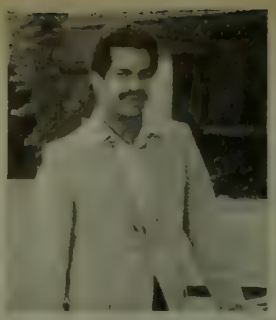
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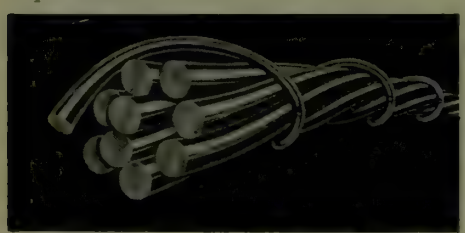
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The part of a tire you never look at, we do.

But development testing isn't worth anything unless you use the results. At Firestone we not only torture a tire like our new Steel Belted Radial 721, we analyze the effects on every part of its anatomy. The tread, the sidewall, the belts, the beads.

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QUEBEC:

LA MAURICIE

canoeing comme il faut

CANADA



Canoe journeys up to two weeks long are possible in the Park. You can camp at primitive sites along the waterways.

You wouldn't expect to find a big wilderness preserve right next to two booming metropolitan areas. That's the case, however, with La Mauricie National Park, which lies in the lovely Laurentian mountains about halfway between Montreal and Quebec City. (It's an easy two-hour drive from either city.)

What has kept La Mauricie inviolate? Until recently it belonged to a private hunting and fishing club whose members had enough money to keep out encroaching civilization.

Evidently, being so close to population centers, La Mauricie National Park is not a place to go on a summer weekend. Then it can be like a city park, with Sunday-driver traffic coming and going, waterways dotted with paddleboats and canoes, and the meadows populated with picnickers. But during the week, it's a delightfully different story. Then La Mauricie National Park steps back in time to its pristine days, and you'll rarely see anyone on its splendid lake and river canoe routes. And, all is pleasingly silent.

River otters and beavers emerge from their hideouts, and moose come out of the woods to splash in the shallows. The canoe routes, framed by cliffs and dense forests of balsam, spruce, maple, and birch, are effectively posted; there's no chance of getting lost. Every few miles you'll find a campsite with a primitive fireplace; bring enough supplies and you can stay for 14 days.

The Park's main entrance is at Mistagance on the lower end of Wapizagonke Lake. That's about 35 miles north of the St. Lawrence River bridge at Trois Rivières. Take Highway-19 to Shawinigan, then follow Park signs. At Mistagance, there's an excellent campground (sandy beach, park-service interpretive program, hot showers, etc.) and a concession, open May through October, that rents canoes ($10 a day, $7 per day for periods of five days or more). The Park warden and most of the visitor services staff are French Canadians, but they are required to know English, so you'll have no problem getting information and working out canoe itineraries with them. You can take trips of up to two weeks' duration without ever retracing your steps. On the more extended routes, however, a few fairly long portages may be necessary, especially in late summer and fall.

Not only is the canoeing easier but the fishing is best early in the season. If you know how to handle a rod, you're almost sure to catch your limit of five speckled trout (usually about ten to 15 inches) every day. A national park fishing license ($4) is required for anyone 16 or older.

There are several motels in Shawinigan, of which the Sans Nom, on the road to the Park, is by far the best (about $24 for a double) and also offers the finest French-Canadian cuisine in the area. For La Mauricie National Park information, contact its headquarters, Box 758, Shawinigan, Province of Quebec G9N 6V9.

Where to write for general travel information for specific provinces and territories:

Alberta—Travel Alberta, 10255-104th Street, Edmonton, Alberta T5J 1B1.

British Columbia—Department of Travel Industry, 1019 Wharf Street, Victoria, British Columbia V8W 2Z2.

Manitoba—Tourist Information, Department of Tourism, 200 Vaughan Street, Winnipeg, Manitoba R3C 0P8.

New Brunswick—Tourism, Box 1030, Fredericton, New Brunswick E3B 5C3.

Newfoundland/Labrador—Tourist Development Branch, Confederation Building, St. John's Newfoundland A1C 5R8.

Northwest Territories—Government Tourist Office, Yellowknife, Northwest Territories X0E 1H0.

Nova Scotia—Department of Tourism, Box 456, Halifax, Nova Scotia B3J 2M7.

Ontario—Ministry of Industry and Tourism, Hearst Block, 900 Bay Street, Toronto, Ontario M7A 1T3.

Prince Edward Island—Tourist Information Division, Box 940, Charlottetown, Prince Edward Island C1A 7M5.

Quebec—Tourist Department, Place de la Capitale, 150 East Boulevard Saint Cyril, Quebec City, Province of Quebec G1R 2B2.

Saskatchewan — Tourist Development, Administration Building, Regina, Saskatchewan S4S 0B1.

Yukon—Department of Travel Information, Box 2703, Whitehorse, Yukon Y1A 2C6.

continued

MORE CANADIAN NATIONAL PARKS CANADA

Auyuittug—Arctic wilds, in the Northwest Territories across the Davis Strait from Greenland; wilderness camping; flights possible from Montreal.

Banff—in western Alberta; high mountains, lakes that mirror glaciers, hiking, and resort activities; campgrounds, in-park lodgings.

Cape Breton Highlands—on the northern tip of scenic Nova Scotia; accessible by road; mountains and sea; great clamming in inlets; campgrounds, in-park lodgings.

Elk Island—near Edmonton, Alberta; accessible by road; small lakes in aspen and spruce forest; buffalo herd; campgrounds.

Fundy—on New Brunswick's Bay of Fundy, whose shorelines are washed by world's highest tides; accessible by road; campgrounds, in-park lodgings.

Gros Morne—on Newfoundland's highly dramatic, mountainous west coast; camping; accessible by road.

Jasper—a many-glaciered mountain park in western Alberta; accessible by road and rail; campgrounds, in-park lodgings.

Kejimkujik—in interior of southern Nova Scotia; accessible by road; many lakes with islands, Indian rock carvings; campgrounds, lodgings nearby.

Kluane—in southwest corner of Yukon Territory; accessible by road; Canada's highest mountains, huge glaciers, much wildlife; only one campground but limited accommodations nearby on Alaska Highway.

Kouchibouguac—on New Brunswick's Northumberland Strait; accessible by road; excellent beaches protected by 15 miles of offshore sandbars; campground.

Nahanni—Total wilderness in southwest corner of Northwest Territories; wilderness camping; canoeing; fly-in only.

Point Pelee—on Lake Erie, south of Windsor, Ontario; accessible by road; famous for bird-watching and smelt dipping; day-use only, accommodations in nearby Leamington.

Prince Albert—in central Saskatchewan; accessible by road; wild forests, lakes, fishing streams; campgrounds, in-park lodgings.

Prince Edward Island—on Prince Edward Island; accessible by ferry and road; 25 miles of dune-backed bathing beaches on Gulf of St.Lawrence;campgrounds, in-park lodgings.

Pukaskwa—on the north shore of Lake Superior in Ontario; accessible by canoe from Trans-Canada Highway; wilderness camping only.

St. Lawrence Islands—on Ontario side of St. Lawrence River; 98 islands, boating, fishing, swimming; boat-serviced campgrounds on several islands, accommodations on mainland.

Terra Nova—on Newfoundland's spectacular northern coast; accessible by road; icebergs offshore in spring; campground, lodgings.

Waterton Lakes—in Alberta, adjoining our own U.S. Glacier National Park; accessible by road; mountain lakes; campgrounds, in-park lodgings.

Wood Buffalo—on border of Alberta and Northwest Territories; accessible by road; large buffalo herd, whooping crane nesting ground; campgrounds.

For more information about any of the Canadian national parks, write to Don Wilson, Information Services, Parks Canada, Department (BF) of Indian and Northern Affairs, 400 Laurier Avenue, Ottawa, Ontario K1A 0H4.

For general Canadian travel information, write Chief of Travel Information Services, Canadian Government Office of Tourism, Ottawa, Ontario, Canada K1A 0H6.

FACILITIES AND FEES



Canada's national parks are among the world's last bargains. The entry fee per car or camper vehicle is $1 for one day ($2 at Point Pelee, Ontario), $2 for up to four days, $10 for an all-year permit that's good in all the parks.

Even the relatively primitive parks generally have roadside campgrounds that are superior to those of our own national parks: The sites are more secluded *(see Pacific Rim photo above),* there are plenty of rest rooms and kitchen shelters, cut firewood is frequently available, and sites are equipped with grill, table, and a flat surface or platform for tenting. Moreover, every roadside park has at least one sanitary dump for RVs. On-site hookups, however, are rare. The standard nightly fee is $3 per developed site; with electric $5; with hookup $6.

Keep in mind, however, that famous parks like Banff, Jasper, and Fundy get heavy traffic; their campgrounds fill up early in the day. By the same token, the lesser known, less developed parks have relatively few campsites, so here again you must hustle to stake your claim. In summer, camping limits range from one to two weeks.

Special fishing licenses are required for park waters ($4 average). However, no license is required for saltwater fishing, as for instance at Pacific Rim and Forillon; a provincial or territorial license may be needed when the waters belong to the province, as for example at Georgian Bay Islands National Park.

Note: Be sure to call your insurance agent for a Canadian endorsement on your car or RV policy. There is no extra charge for this provision. ■



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MASONITE CORPORATION

House types: What's in a name?

If you're shopping for a new or used home, you've probably been confused by the various names used to describe the houses you've been shown. What one Realtor calls a raised ranch, the other calls a split-entry, and what one dubs a Cape Cod, the other calls a story-and-a-half. To help you sort out the styles, here's a thumbnail dictionary of common terms.

Ranch House: Generally this refers to a one-story structure with wide eave overhangs. This house is low to the ground with no more than two steps to the finished grade.

Raised Ranch: This is the ranch house with the basement area raised slightly out of the ground. There are two distinct levels and no entry between levels. Stairs from the outside usually lead directly to the main-level living area.

Split-Level: This fairly generic term is applied to any house that has floors halfway between other floors. Usually, one of the floors is partially below ground level and a half flight of stairs connects all levels.

Side-to-Side Split: This house has an entry on the ground level with either a left- or right-hand section raised out of the ground. Actually, the house has a single story attached to a two-story section. The floor levels of the two-story portion will be half a level above and below the main-level floor.

Split-Entry: In this house the entry is also on grade or just a few steps above. The main-level floor is half a flight of stairs up from the entry, and the lower level area is half a flight down. Usually, the lower level will be raised halfway out of the ground to get daylight into the space. Although this house is somewhat like the raised ranch, the entry of the split-entry is on grade while the raised-ranch entry is above grade.

Multi-Level Split: This house is just what the name says—a house of many levels. The entry is most often one step up from grade level. Depending on the site, other spaces work off the entry with two or more steps between levels. Usually each specific living area will have a level of its own with all the levels connected by stairs.

Two-Story: The two-story house is probably the most understandable of all the housing types. Both stories are completely out of the ground and a full flight of stairs connects the two levels. Generally, the entry to the house is only a few steps off ground level.

Story-and-a-Half: This house is lower in profile than the two-story even though there is a full flight of stairs connecting the two levels. The lower look results from a roof line that begins at the one-story level and continues to the peak at a pitch steep enough to allow headroom in only about half of the second floor area. This type is also often called Cape Cod. ■



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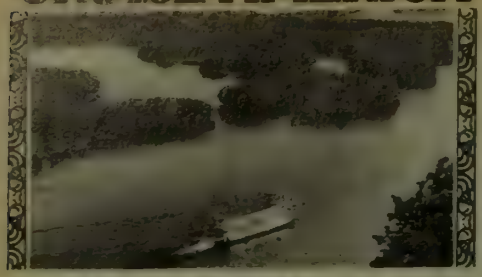
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TRAVEL WEST

Barbara Humeston,
Associate Travel Editor
An Insider's Guide
to Family Vacations
for Readers Who Live
in the Far West

Around Puget Sound without a car

Forsaking the family car for public transportation can bring its own rewards, particularly when it comes to waterborne sight-seeing on Washington's Puget Sound and in the neighboring Canadian cities of Victoria and Vancouver, British Columbia. In exchange for some mobility and convenience, you can cruise aboard a venerable steamship, get some intimate views of islands and tidewater shores remote from the highway, and enjoy the relaxation of a trip without driving hassles or urban-traffic headaches.



This particular loop route can be completed in two and a half days. It includes two boat trips, two train trips, and overnights in Victoria and Vancouver, as well as several daylight hours for shopping and sight-seeing. Perhaps best of all is the economy of this excursion. Basic transportation for the two-and-a-half-day trip costs about $34, considerably less than you'd spend driving your car.

One is by sea

Begin at Seattle with a voyage aboard the *SS Princess Marguerite* to Victoria (8 a.m. daily departures from late May to mid-October; $12 for adults, $6 for children 6 to 10, under 5 free). Reminiscent of a British cross-channel steamer, the 29-year-old *Princess* is rich in charm. Rattan chairs grace the promenade deck, brightly painted Union Jacks adorn the twin funnels, and the dining room boasts crisp linen, fine silver, and fresh flowers at every table. Not surprisingly, the breakfast menu features fresh sole. Strolling musicians help liven up the voyage with snappy Irish tunes.


Leave Seattle on the Princess Marguerite.

Cruising north through Puget Sound, you pass the madrona-fringed bluffs of Whidbey Island (second longest island in the country) on the starboard side, while off to port the snowcapped Olympic Range backdrops Marrowstone Island and Port Townsend. Squadrons of seagulls trail along all the way, occasionally gliding by close enough to catch tidbits tossed by some of the passengers.

Victoria is "a little slice of England" —almost a traveler's cliché. The city is a living museum of Empire tradition, complete with high teas, cricket matches, and double-decker buses. If you're in the mood to reinforce this charming English illusion, you may want to put up overnight at the elegant, fortress-like Empress Hotel, just about a block from where the *Princess Marguerite* docks (doubles from $45).

The boat arrives in Victoria just after noon, so you have several hours of daylight for sight-seeing. The city is pedestrian-scale, and many of the at-

Travel Planning Guide

See page F4 for a listing of free travel information and literature you can order.



Enjoy tranquil scenery along the route.

tractions (like the splendid new Provincial Museum, Thunderbird Park, the Parliament buildings, Bastion Square, and Government and Fort Street shopping areas) are within easy walking distance. Red double-decker buses and horse-drawn tallyho wagons offer city sight-seeing tours (about $4). Tours also are available to famous Butchart Gardens, 15 miles to the northwest. There you'll find acres and acres of dazzling flowers, superb landscaping, and leaping fountains.

Two is by land

On the next leg of the loop, you leave Victoria on the 8:15 a.m. departure of the Esquimalt and Nanaimo Railway's dayliner ($7.60) heading for Nanaimo. The single self-propelled coach meanders up the eastern side of Vancouver Island (two and a half hours), stopping here and there at tiny lumbering and fishing communities.

At Nanaimo you'll have a choice of two water routes to the mainland. British Columbia ferries sail from nearby Departure Bay, cruise past Gabriola Island, across the Gulf of Georgia to the dramatic mountain-ringed harbor of Horseshoe Bay. There's almost hourly departures for the three-hour trip. It's a 13-mile bus ride from Horseshoe Bay on into Vancouver ($4.95, including the bus and ferry; get tickets at the Nanaimo bus depot). Canadian Pacific offers direct steamship service from Nanaimo to Vancouver (three or four trips daily; $4).

Three is up to you

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For more details, contact Tourism British Columbia, Ministery of the Provincial Secretary and Travel Industry, 1117 Wharf Street, Victoria, British Columbia, Canada V8W 2Z2. ■

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A great salad.

Make a marinade. Combine the juice of 1/2 Sunkist lemon, 1/4 cup salad oil, 1 tsp. each dry mustard and finely chopped onion. Pour over cooked asparagus spears; chill. Salt and pepper to taste. Serve on salad greens and tomato slices; garnish with sieved hard-cooked egg and lemon cartwheels.





A triumph.

Stir fry 1 1/2 lbs. fresh asparagus, thinly sliced; 1 onion, sliced; 1 clove garlic, minced; with 1 chicken bouillon cube in 1/4 cup butter or margarine until tender. Stir in 1/4 cup sliced almonds and grated peel and juice of 1/2 Sunkist lemon.



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How do they work?

Pressure cookers work on a very simple principle. Liquid is heated to boiling, thus creating steam. When air inside the pressure cooker is exhausted, pressure results, bringing the temperature inside the cooker above boiling. At 15 pounds of pressure, the interior temperature is 250 degrees. Heat is then driven into the food so it cooks more speedily than in a saucepan on top of the stove.

What are the advantages?

The biggest advantage is that foods cook in about one-third the normal cooking time. Because of this, and the fact that little liquid is needed, foods retain more of their nutrients. And because of the short cooking time, foods also retain a brighter, more appetizing color. By cutting time, you save on fuel because cooking pressure is maintained by the lowest level of heat.

What models are available?

Pressure cookers come in a variety of styles and prices. Inexpensive models (priced from $15) are made from medium-gauge stamped aluminum. Higher priced designs (about $60) are made of heavy-gauge cast aluminum or stainless steel. Electric models help assure accurate control of heat and temperature selection. Sizes vary from two-quart to 15-quart capacity.

What are the safety features?

A safety valve in the lid of both electric and non-electric pressure cookers releases when the cooker overheats due to a lack of liquid or a clogged vent pipe. This allows the steam to escape so pressure won't build up to an unsafe level.

Before using a pressure cooker for the first time, read the manufacturer's directions very carefully, paying particular attention to instructions about the air vent and safety fuse.

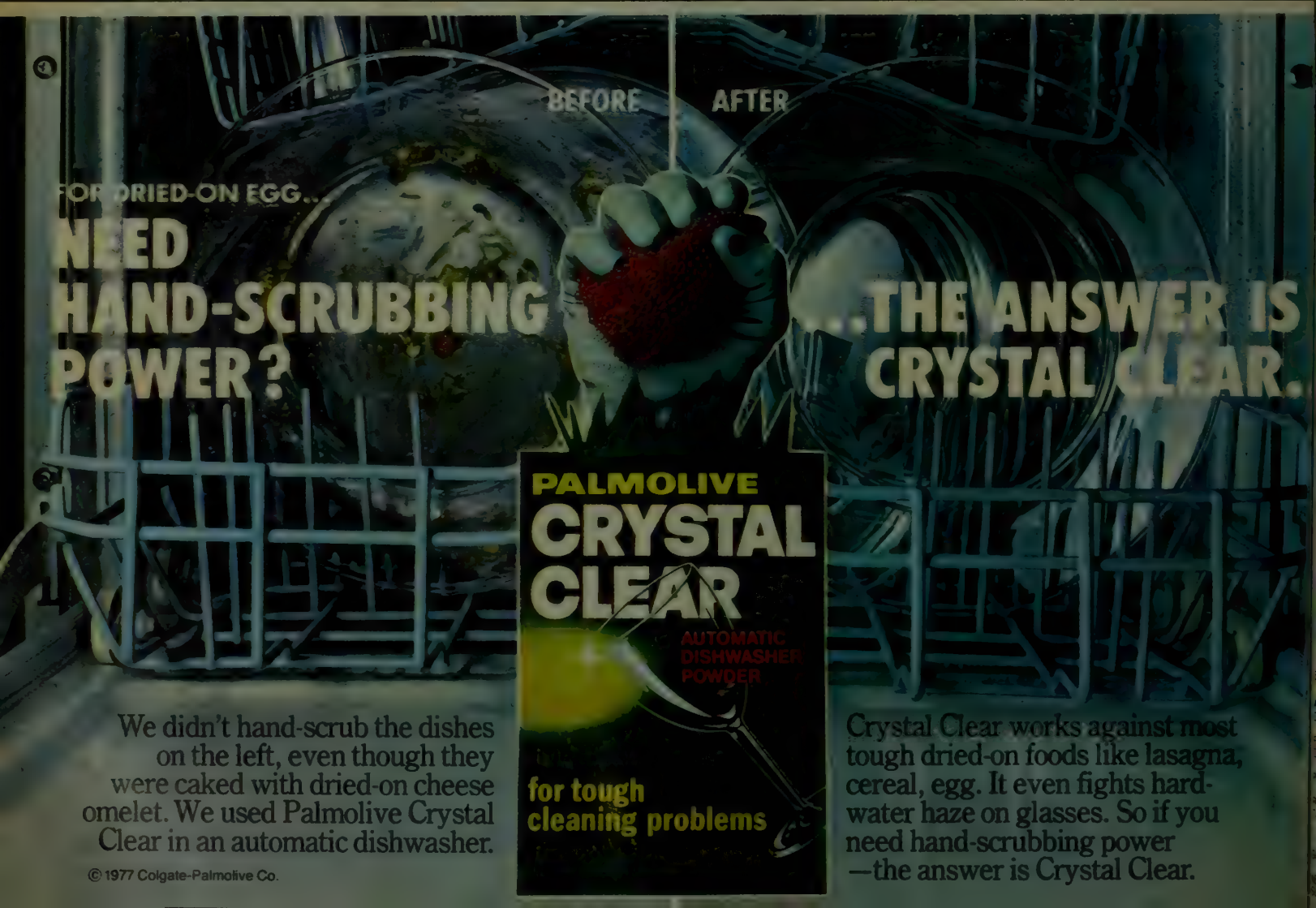
What do you do when the food is cooked?

Place the cooker under cold running water to remove any steam buildup. If no steam comes out when the pressure gauge is moved, remove the top.

When meat is done, turn off the burner; let the temperature drop on its own (four to seven minutes).

Any special precautions?

*If you're converting a favorite recipe that's ordinarily cooked in the oven or on top of the stove, cut cooking time by about one-third.
*Never fill the pressure cooker more than two-thirds full.
*Make sure the vent pipe is always clean before you start. ■



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Adults (16 and over)	$4.25	$5.00
Children (4-15)	$1.60	$1.90
Children 3 and under free		

Name

City State

Offer good through Dec. 31, 1977

Not good in conjunction with any other San Diego Zoo discounts

A136 Present this Atlantic Richfield coupon at C236

San Diego Wild Animal Park Save 15%

Ticket package includes admission to Nairobi Village, guided monorail train tour, shows and exhibits.

	PRICE WITH COUPON	REG. PRICE
Adults (16 and over)	$4.25	$5.00
Children (6-15)	$2.10	$2.50
Children 5 and under free		

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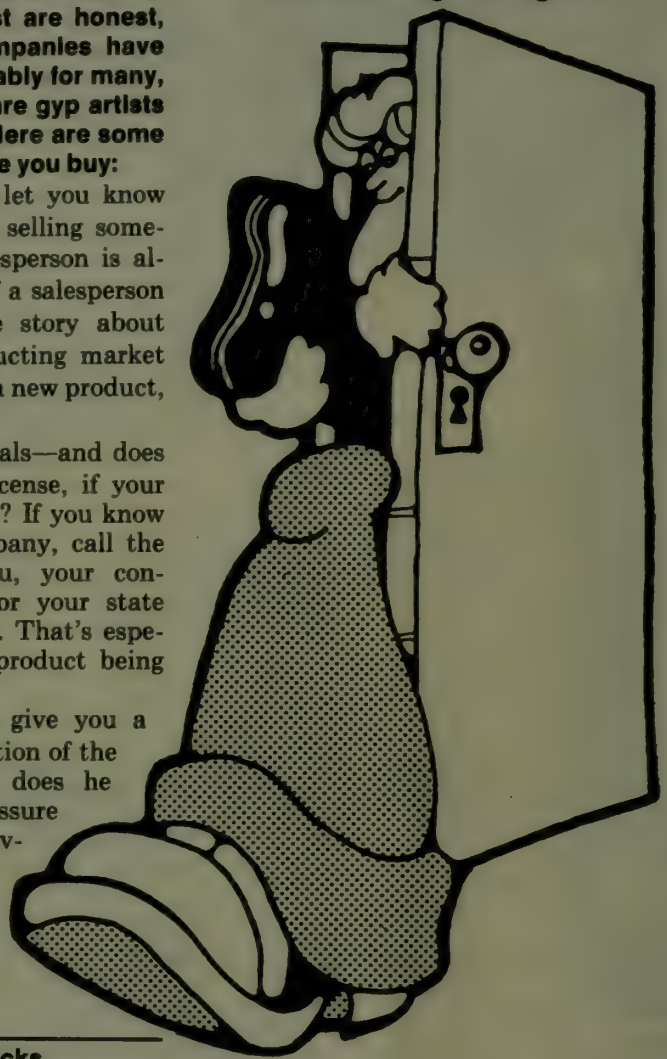
City State

Offer good through Dec. 31, 1977

Not good in conjunction with any other San Diego Wild Animal Park discount

How to deal with door-to-door salespeople

Approximately three million salesmen and -women sell door to door in the United States. Most are honest, and some of their companies have been in business honorably for many, many years. But there are gyp artists and fly-by-nights, too. Here are some things to consider before you buy:



● Does the salesperson let you know immediately that he is selling something? A bona fide salesperson is always open and direct. If a salesperson gives you an elaborate story about making a survey, conducting market research, or advertising a new product, you should be on guard.

● What are his credentials—and does he have a municipal license, if your community requires one? If you know nothing about the company, call the Better Business Bureau, your consumer affairs agency, or your state attorney general's office. That's especially advisable if the product being sold is expensive.

● Does the salesperson give you a clear, believable description of the product or service, or does he launch into a high-pressure pitch, laced with extravagant claims? Does he offer unhedged answers about prices, guarantees, and quality? If he's vague on any of these points, be wary.

Glaring gimmicks

Also watch out for any of these sales ploys. They're bound to mean trouble:

● *Contest winner.* "You've just won a contest, and you're entitled to a discount off our regular price."

● *You're "specially selected."* "You're a key person in the community," you're told, "and we'd like to place our product in your home where it can be displayed to your neighbors."

● *Too-good-to-be-true discount.* "The regular price is $97.50, but we'll let you have it for $35 because we only have a few left."

● *Referral sales.* "This item won't cost you a penny. Just give us the names of 12 of your friends and we'll give you a nice commission from your own purchase price so that after a few sales you'll have your money back."

● *Free gift.* "No strings. You don't have to buy a thing. Just allow me to demonstrate this fine new product."

● *Sympathy.* The "cripple" on crutches who struggles to your door with his wares, the "deaf mute" who hands you a card with a sales pitch, the canvasser who is selling shoddy merchandise for a "charity"—most are phony.

● *Scare tactics.* Really shady operators sometimes even pose as city inspectors. They'll tell you, for example, that your furnace is about to explode, or your electrical wiring is a fire hazard, or termites are devouring your house. Reputable contractors rarely solicit business house to house.

● *Educational adviser.* Usually he turns out to be a salesman of encyclopedias, book sets, magazines, or teaching machines.

Contract escape valves

Don't sign a "delivery receipt" or "routine form" without examining it carefully. That innocent-looking piece of paper may be an iron-clad contract.

An honest salesman won't try to hurry you into signing. He'll be willing to wait until you and your spouse have time to study any contract. Take that time. If there's anything you don't understand, consult a lawyer first.

Also, make sure all statements made by the salesman about guarantees and other provisions are in the contract, and see that all blank spaces are filled in and that you have an identical copy for yourself.

If you fall into a bad contract, recent laws may rescue you. Under Federal Trade Commission rules you have three days in which to change your mind and cancel any contract for more than $25 made with a door-to-door salesperson. That cancellation privilege must be stated in the contract.

If the transaction involves a lien on your house, the federal Consumer Protection Act also gives you the right to cancel within three days. In addition, more than 35 states now have laws that allow contract cancellation privileges. Provisions vary, so check your attorney general's office.

Sensible self-protection

Some final tips:

● Don't allow yourself to be rushed into buying. Despite what the salesperson tells you, you'll most certainly be able to purchase the item elsewhere and at a similar or lower price.

● Before buying, get in writing the full price plus all details of carrying, shipping, and other charges. Compare all costs and quality with offers from regular local dealers.

● Don't pay cash. Make your check payable to the company, not the salesperson. Get a receipt. Be very suspicious of requests for full payment in advance. Unless you know the salesperson or his company, don't even put down a deposit.

● Be careful about accepting items to be left with you on approval. The receipt you sign may be a binding agreement to buy.

● If you have complaints, inform your local consumer affairs agency, the Better Business Bureau, your state attorney general, or the Direct Selling Association, 1730 M Street NW, Washington, D.C. 20036. ■


Dole Fresh Pineapple. The Inside Story.
Imagine how surprised your family would be if you brightened up your next meal with the sweet Hawaiian flavor of Dole fresh pineapple. It's a snap to do.
To make that exotic looking hors d'oeuvre in the picture, for instance, simply cut the pineapple into quarters, trim off the core and separate the fruit from the shell. Then cut into bite size chunks and insert toothpicks.
And if you're worried about selecting a nice, ripe pineapple, that's a snap, too. Just look for the Dole label. Our pineapple is scientifically selected. Because we don't use guesswork when we pick them, you don't have to when you buy them.
Dole fresh pineapple: It's festive, delicious and easy to prepare. And that's the inside story on a real Hawaiian treat. Just remember...
If it says Dole, it's ripe and ready to eat.
Dole
PINEAPPLE
© Castle & Cooke, Inc.



Take a close look at the roof. It's made with a new kind of asphalt shingle. The edges are thick and irregular-looking to create a deep shadowline. The color is soft and muted, so it blends in naturally with the architecture and the surroundings. The result looks rich and subtle. And provides all the economy and fire safety of asphalt.

You can get shingles like this from a number of companies. They come in a variety of quiet earthtone and rustic shades. And in textures that harmonize with any Western setting or architectural idea.

Wherever you live in the West, Today's Asphalt fits in. Naturally.

Today's


Asphalt.

A workshop with fingertip convenience

You won't find a more orderly workshop than this one. It's one homeowner's solution to his shop-clutter problems—and maybe yours, too. Copy his design, if you wish, or just borrow the features you like the most.



Photographs: George de Gennaro. Designer: Alek Haidos. Source: Pauline Graves

One thing's for sure: The designer didn't scrimp on materials. A good look at the eight-foot-long wall unit will show you what we mean. The frame is 2x6s, rabbeted to accommodate a ¾-inch plywood back. The doors are outlined in 2x4s, also rabbeted to hide the edges of ¾-inch plywood inserts.

Along the inside top of the wall unit is a wood strip fitted with ¼x3-inch steel dowels to hold hammers, wrenches, tin snips, saws, etc. Below them is a 2x2, drilled out to handle pliers, cutters, and punches. Other 2x2s are slotted and mounted in the doors to hold rasps, screwdrivers, and the like.



The nine-foot workbench stands 34 inches high and has a counter top made from three 2x10s covered with sheet metal to withstand almost any kind of abuse you can dish out. The framework underneath is made from 2x4s, and the ends and facings are ¾-inch-plywood. Behind the four 20-inch-wide doors is a pair of shelves that stow paint, electric tools, and other bulkies. Several small drawers just below the counter top keep nails, screws, and other little workshop goodies in their proper places. ■

Features others call "deluxe" are standard on Toshiba Microwave Ovens.



The new Toshiba microwave ovens more than live up to all your expectations. Not only are they fast, but with the variable power controls available on most models you can cook virtually anything—from baking delicate cakes to fast reheating of foods. Just "touch and go"—you can't go wrong with controls like these at your fingertips.

Variable power control lets you choose from a multitude of power levels or cooking speeds. You simply set the power level by turning a dial or pushing a button.

Heat and Hold setting, used in conjunction with the sensor-probe, keeps the internal temperature of the food at the temperature set on the dial.

Food sensor-probe lets you prepare foods to any desired internal temperature within the range of 90° to 200°

60-minute timer is standard on most of our ovens, as is the highly desirable automatic defrost cycle.

Largest microwave ovens made. Five of our models have a full 1.5 cubic foot capacity. This means much more usable oven space. Yet these same ovens are compact overall, giving you countertop convenience.

Save energy two ways. Naturally, microwave ovens mean you spend less time in the kitchen. You'll also save up to 75% of your normal power cost. Nice news in these days of energy conservation.

Multi-use "browning dish," available at most Toshiba dealers, lets you brown, sear, grill, sauté, fry or bake. A 15-piece microwave cookware set is also available. With all our microwave ovens we include a 185-page cooking guide.

Send for free brochure. Write or phone: **Toshiba Microwave Oven Operations,** Dept. B, 19515 S. Vermont Ave., Torrance, CA 90502, Tel. (213) 770-3300. Or see Toshiba Microwave Ovens at your nearest dealer.

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Together, we can improve your lot.

If you're thinking about buying a new house, maybe you should think first about remodeling your old one.

Need more space? Add on.
House too old? Modernize.
Fuel costs high? Insulate.

There are dozens of things you can do to convert your old house into an exciting new home. You'll find the people at Bank of America ready to help and easy to deal with. Of course, all our loans are made



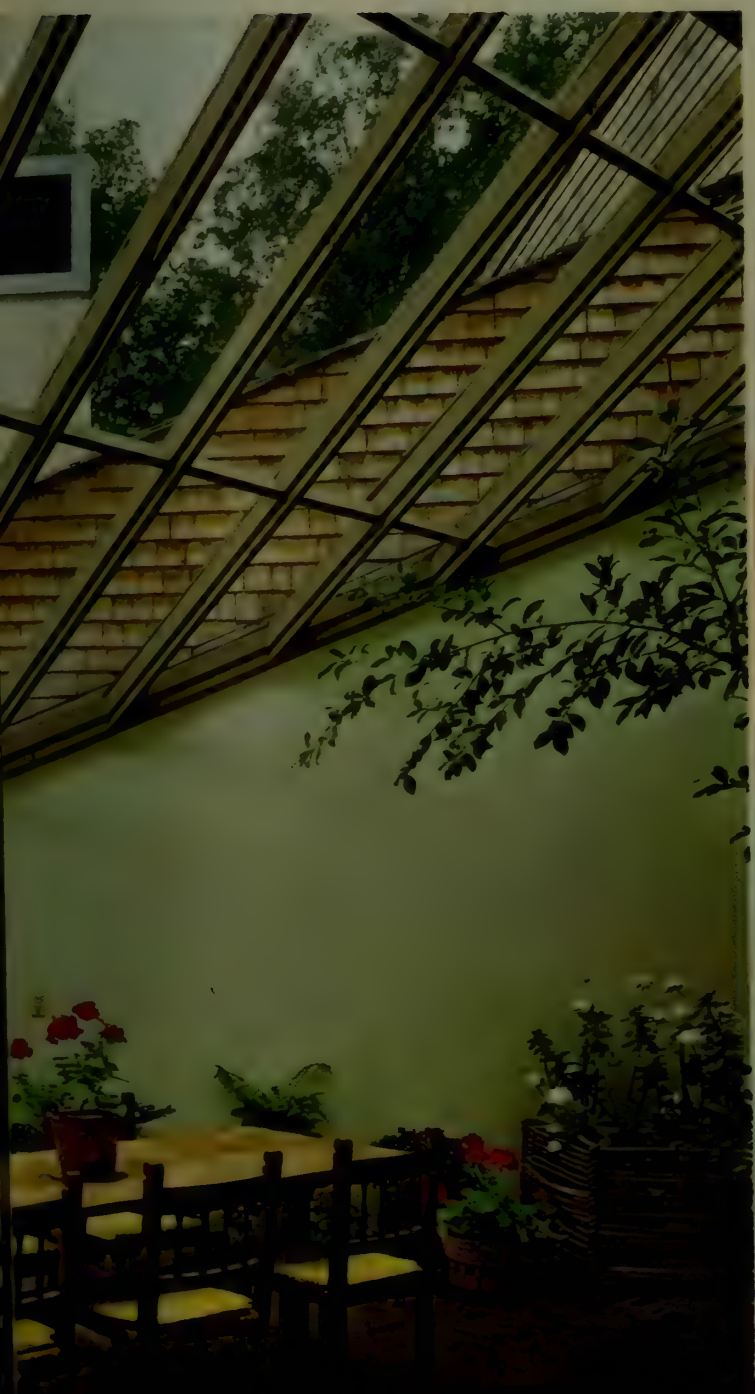
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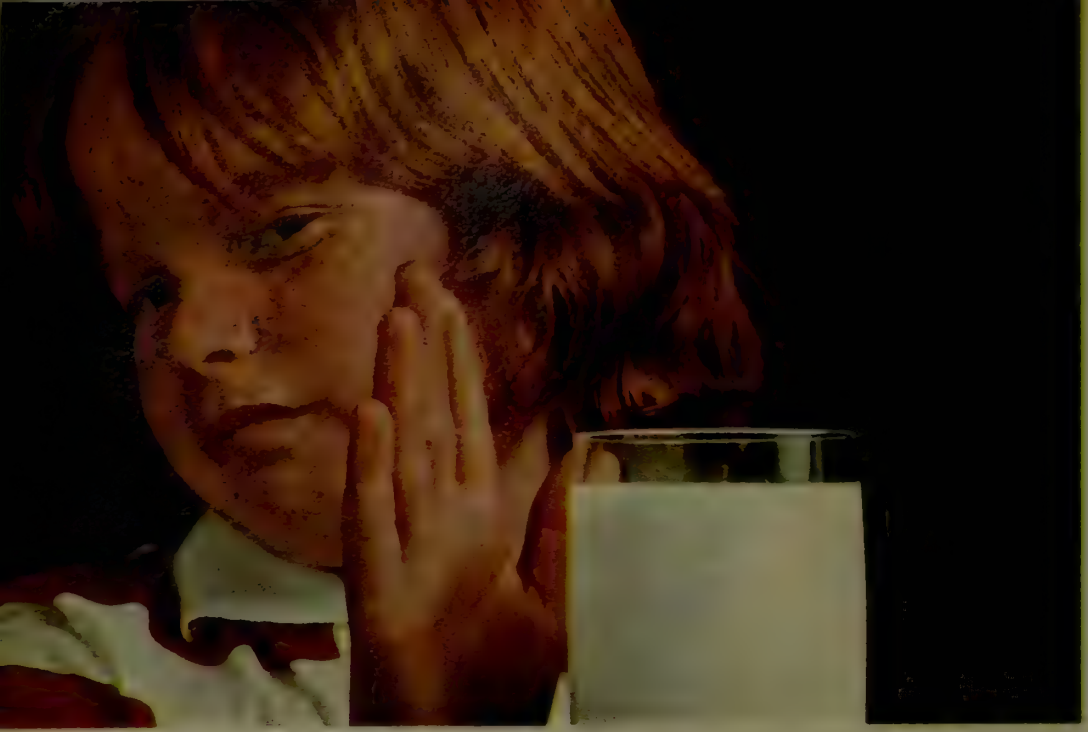
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Instant milk isn't a bargain if your kids won't drink it.

But there is an instant milk your kids will drink. It's Milkman® Low-Fat Instant Milk. You see, Milkman is made with a kiss of cream.

Unlike non-fat instant milk, Milkman has a delicious touch of cream added, so it tastes richer, fresher, and better than instant milk ever did before.

Milkman with the kiss of cream. Your kids will drink it up. While you keep the cost of milk down.



They'll love Milkman. It's got the kiss of cream.

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BUILDING

An aboveground pool that blends right in

Does an aboveground pool have to be an eyesore? Not at all, and here's the proof at the home of Mr. and Mrs. Ernest Mannix.



Photograph: Bill Maris. Source: Bonnie Maharam

When Mr. Mannix installed this 15x25-foot oval pool, he decided to plan his entire backyard around it. So he constructed a brick patio next to the back of the house and extended wood decking from the patio. The surrounding yard with plants, flowers, and shrubs creates an inviting poolside atmosphere.

The pool is easy to get in and out of. The ladder from the four-foot-deep pool leads onto an attractive 4x7-foot diving platform that provides an ideal spot for sunbathing. Guardrails on three sides of the four-foot-high platform help prevent falls.

The deck and platform are built of fir stained with a redwood finish. Under the platform is a storage area for pool equipment. Fir 2x4s were used for the stair treads. However, redwood works better if you can afford it because the fir has to be stained each year.

So, if you've been thinking about an aboveground pool, why not take your cue from the Mannixes? Start by building a platform like this one, then add decking, patio surfaces, and plenty of attractive plantings, and your whole backyard will work beautifully. ■

The Walkerschnapper was here.



Pack a highball glass with lots of ice, pour in 1½ ounces of Hiram Walker Peppermint Schnapps, top with tomato juice, stir, and you've got yourself a Walkerschnapper. A Hiram Walker Walkerschnapper. But not for long. Because it's the zippiest, crispiest, quenchiest drink you ever put between your lips.



So take a Walkerschnapper to lunch. Or brunch. Or dinner. But remember, like all good things, it won't last.

The Hiram Walker Walkerschnapper

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Wood at Work

Wood is a natural for lawns and gardens. The rough texture and rich color of unfinished wood make greenery look its greenest. And wood is as functional as it is decorative. You can use simple wood structures to screen undesirable views or provide privacy for an outdoor living area, to hold up slopes, to define planting areas, and to corral footloose animals and children (or to keep them out).



Photographs: Bill Maris. Landscape designer: Atlantic Nurseries. Source: Bonnie Maharam

You can keep a sloping area from eroding by building a retaining wall. This one consists of peeled locust logs that have been treated with creosote for protection against weather and termites. The angled design provides more support than a straight wall, and also forms planting pockets to highlight favorites such as the clump of daylilies just starting to bloom in the pocket at near left.

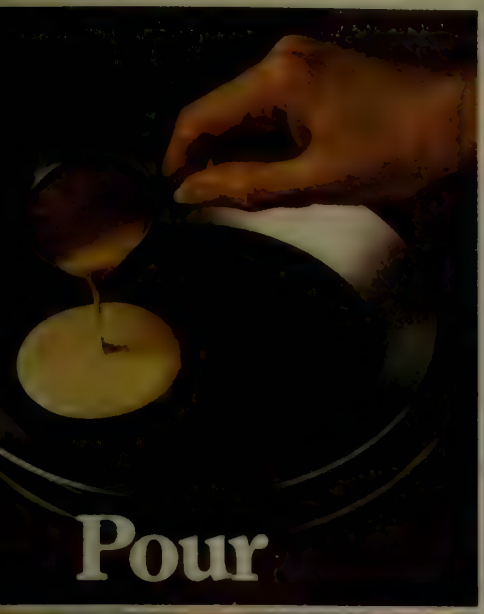


To relieve the monotony of a long walk, edge part of it with sections of railroad ties set on end. Vary the heights to add more interest, and bury the bottoms of the ties. Here, the ties outline a planting area and deter shortcuts through the bed and across the lawn. The rough-sawn wood complements the young evergreens.

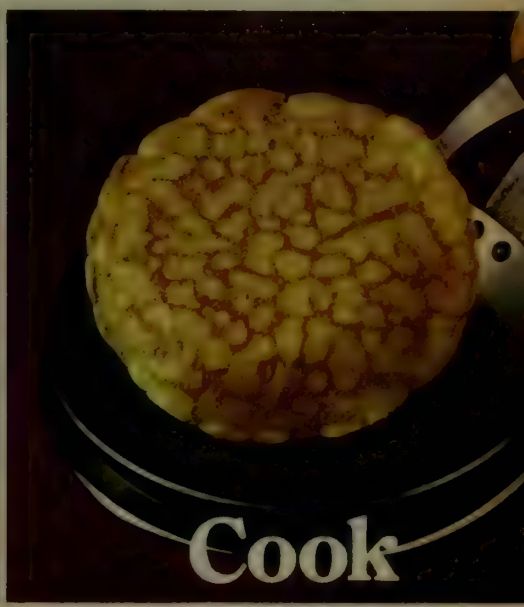


Highlight a corner with a railroad-tie sculpture, such as this one where a brick patio meets a planting bed. The aboveground sections range in height from 12 inches to 2½ feet. Set a shallow container of water on the top post if you want to attract birds. Empty and refill the birdbath with fresh water daily. ■

Now, Aunt Jemima makes Crepes easy.













Introducing the first Crepe Mix and the first Frozen Crepe Batter ever.



Now, crepes are easier than ever. With Aunt Jemima Frozen Crepe Batter, just defrost and pour. With Crepe Mix, just add fresh eggs and water. Both make perfect crepe batter every time.

Aunt Jemima takes care of the batter, and that lets you get to the fun parts more quickly.

And what fun you can have. For entrees, fill them with chicken, seafood, even with leftovers. For desserts, fill them with fruits, or ice cream, and add your favorite toppings. Look for helpful recipes on each package.

Don't hold back. Let your imagination take over. With new Aunt Jemima Crepe Mix or Frozen Batter, it's quick and easy.

Read this and cry.



Froilan lives in the highlands of Guatemala in a one-room hut with dirt floors and no sanitary facilities. Labor there is so cheap that, for men like Froilan's father, hard work and long hours still mean a life of poverty. But now life is changing for Froilan.



Her name? We don't know. We found her wandering the streets of a large city in South America. Her mother is a beggar. What will become of this little girl? No one knows. In her country, she's just one of thousands doomed to poverty.

The world is full of children like these who desperately need someone to care, like the family who sponsors Froilan.

It costs them $15 a month, and it gives Froilan so very much. Now he eats regularly. He gets medical care. He goes to school. Froilan writes to his sponsors and they write to him. They share something very special.

Since 1938 the Christian Children's Fund has helped hundreds of thousands of children. But so many more need your help. Become a sponsor. You needn't send any money now—you can "meet" the child assigned to your care first. Just fill out and mail the coupon. You'll receive the child's photograph, background information, and detailed instructions on how to write to the child. If you wish to sponsor the child, simply send in your first monthly check or money order for $15 within 10 days. If not, return the photo and other materials so we may ask someone else to help.

Take this opportunity to "meet" a child who needs your help. Somewhere in the world, there's a suffering child who will share something very special with you. Love.

For the love of a hungry child.

Dr. Verent J. Mills
CHRISTIAN CHILDREN'S FUND, Inc., Box 26511, Richmond, Va. 23261
I wish to sponsor a ☐ boy ☐ girl. ☐ Choose any child who needs help.
Please send my information package today.
☐ I want to learn more about the child assigned to me. If I accept the child, I'll send my first sponsorship payment of $15 within 10 days. Or I'll return the photograph and other material so you can ask someone else to help.
☐ I prefer to send my first payment now, and I enclose my first monthly payment of $15.
☐ I cannot sponsor a child now but would like to contribute $_____.

Name _____

Address _____

City _____ State _____ Zip _____

Member of International Union for Child Welfare, Geneva. Gifts are tax deductible.
Canadians: Write 1407 Yonge, Toronto, 7. Statement of income and expenses available on request.

OBHG-5Z

Christian Children's Fund, Inc.

BUILDING

What to ask when house shopping

Whether you're looking for a new house or an old one, quality construction is crucial. But how can you determine the quality of the unseeables—the things built into the house and covered over?

Mostly, you have to rely on the information you can elicit from the builder, owner, or real estate agent. Here's a checklist to help you ask the right questions.

- Is the house built on fill land? If so, the house may be on unsteady footing and may settle unduly.
- Does the foundation have exterior waterproofing? If not, you might be in for a damp or wet basement.
- What is the R factor of the insulation (its ability to resist the flow of heat)? Look for figures like these: ceilings, R-22 (in cold climates, R-38); walls, R-13 (in cold climates, R-19).
- Are the windows of insulating glass or double glazed? If not, they aren't energy efficient.
- Does the house have termite protection? Written evidence should be provided by a reputable pest control firm.
- Is there a finished floor under the carpeting? If not, you'll have to finish the floor should you decide against wall-to-wall carpeting later.
- Is there adequate electric service to the house? The entrance should be at least 100 amp—200 amp is best.
- Is the plumbing waste system hooked up to the city sewer? If not, the system is probably on a septic tank. Make sure its capacity is large enough to handle your family's needs. And, brace yourself for the cleaning and operating expenses a septic tank entails.
- Is the inside diameter of the plumbing pipes at least ½ inch? If not, the plumbing may be inadequate. On a good plumbing job, ¾-inch pipe is used for all main runs.
- Are heating/cooling equipment and appliances on separate circuits? If the answer is "no," you may be faced with a shortage of electrical power. Large equipment such as the furnace, air conditioner, and oven should all have separate circuits. ■



Sanyo Microwave Ovens can cook a meal in no time.

Sanyo compact appliances fit today's lifestyle!

Today's tight-space, fast-pace life needs Sanyo compact appliances to make it more liveable...

Sanyo microwave ovens that eliminate fuss and bother.

Sanyo compact refrigerator/freezers that fit where others won't.

Sanyo compact washers that are big inside, small outside.

And, best of all, you'll be amazed at how little they cost.

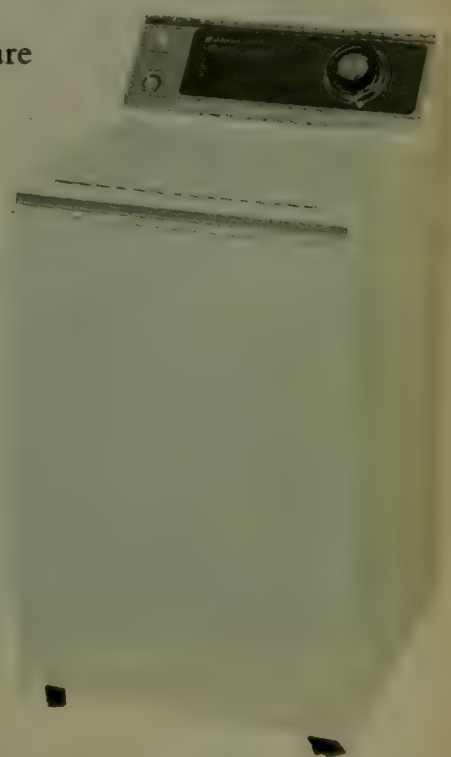
For the name of your nearest dealer write: Sanyo Appliance Division, 51 Joseph Street, Moonachie, N.J. 07074.



Sanyo Apartment Size Refrigerator/Freezers tuck into tiny corners anywhere.



Sanyo "Cube" Refrigerators ... for the bedroom, boat or bar.



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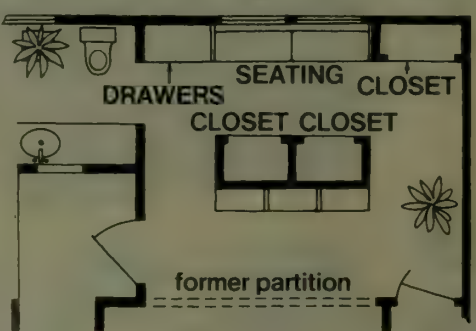
This divider does it all

Here's a good way to convert two tiny bedrooms into one big one and still have separate sleeping and dressing areas. The key to this successful remodeling is a good-looking, multipurpose divider that separates the two areas of the master bedroom without destroying its one-room atmosphere. The front half of the unit holds everything from a TV set to art objects, and the back side contains a 7½-foot-wide closet.

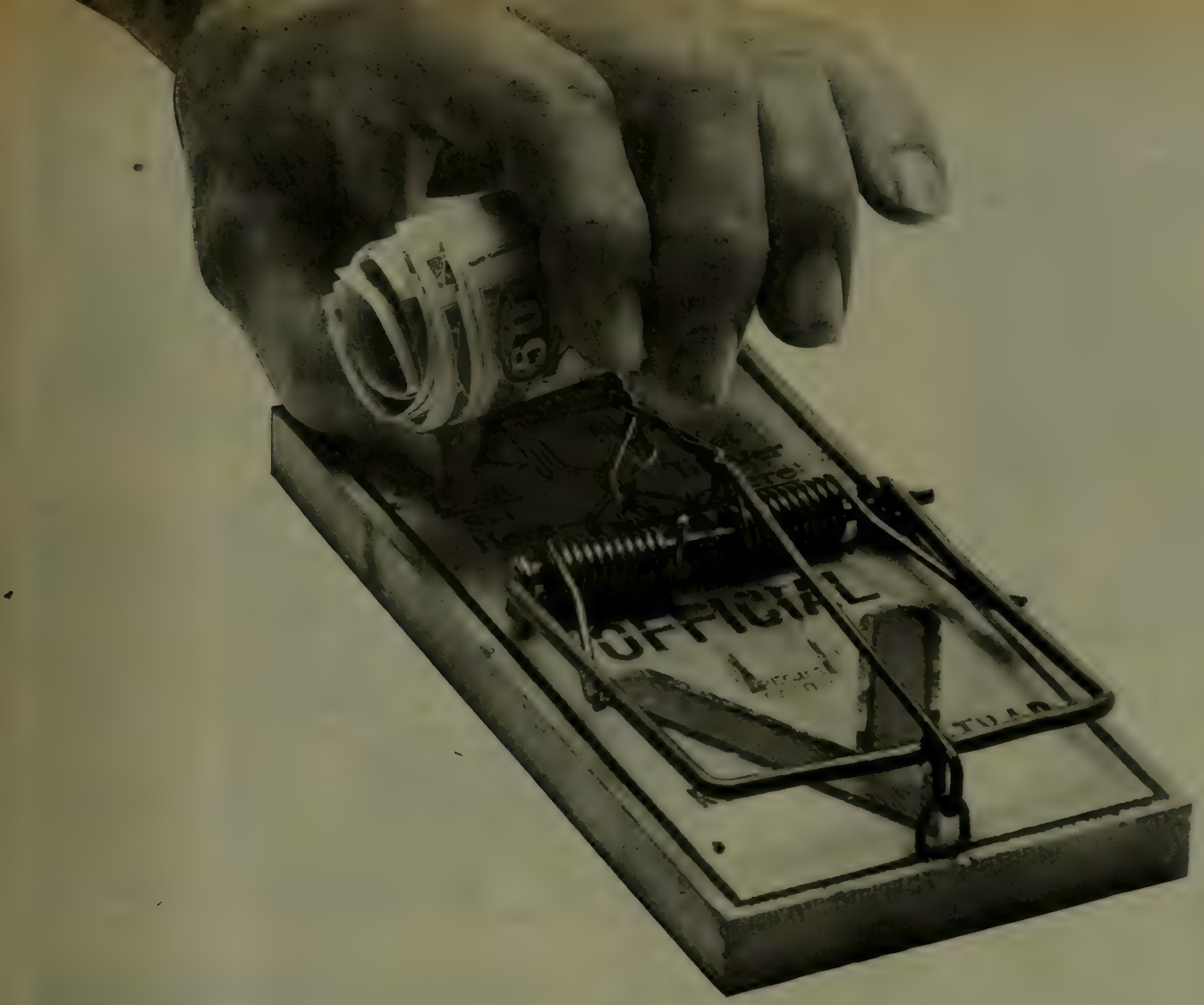


Photograph: John Rogers Designer: Jeannine Bazer, ASID. Source: Barbara Sims/Linda Magazzine

The homeowner knocked out the wall to an adjoining bedroom, then switched doors in an abutting bathroom to create a rambling bedroom suite. However, the new space needed some kind of separation between the dressing and sleeping areas, so the owner brought in a designer who came up with this stylish divider. It's small enough to leave paths at each end for traffic, yet it provides a surprising amount of storage space.



The corners of the back wall opposite the divider hold built-in dressers connected by a low seven-foot bench, upholstered with fabric that matches the draperies. (A 3½-foot-wide dressing space separates the divider from the back-wall built-ins.) To the left (out of the photo) is the bathroom. ■



If you go for the first deal you get on a property improvement loan, you may be in for a surprise.

Let's face it, when you're thinking about putting in a pool or remodeling the kitchen, or any other project, you don't jump at the first bid you get. You shop around. And that's smart.

But don't stop there. You should be just as smart about getting the financing you'll need to have that work done.

And we can help. A two or three minute phone call to any one of our consumer loan specialists can tell you what the true cost of your loan should be. We can show you what to look for in a property improvement loan, and what your various options are. What's more, in many instances we can actually save you hundreds of dollars.

The fact is, not all loans are the same. And that's why it's smart to shop around and make sure you get the best loan you can. You deserve that.

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To get things started fast! Call any one of our Consumer Loan Specialists listed: Los Angeles County (North) (213) 877-0571 • Los Angeles County (South) (213) 861-6711 • Los Angeles County (East) (213) 446-5238 Los Angeles County (West) (213) 373-7796 • Orange County (714) 631-1410 • Santa Barbara/Ventura Counties (805) 647-6637 • San Diego County (714) 270-5780 • No. County (San Diego) (714) 726-6230 Riverside/San Bernardino Counties (714) 785-5440 • Greater San Francisco Bay area (415) 952-0400 Palo Alto area (415) 493-2912 • San Jose area (408) 286-3341.

LUMBER/ MAKER®

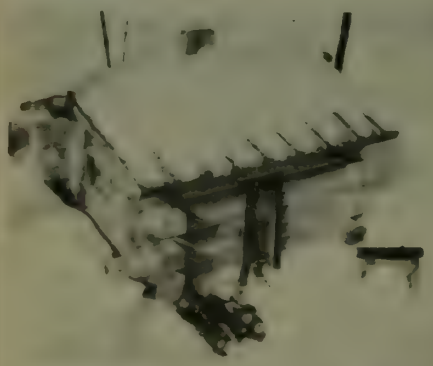


Now a new chain saw accessory so you can make your own lumber from logs right where they lie for rustic furniture, fences, beams, work-shop lumber, log cabins, good lumber too, putting dollars in your pocket.

It fits all saws, installs in seconds, is light weight—(4 lbs.). Thousands are already in use. No special skills are required. You can use the saw for all usual operations with the LUMBER/MAKER® on it, too. Makes a chain saw lots more valuable. You now can convert waste logs into useful things, and have fun doing it!!

Yes, it really puts a saw to work. Saws angles braces, dados, quarter saws. Usually pays for itself the very first day. A real, well engineered tool.

A descriptive brochure on this little wonder tool, with it's eight separate patented features is yours on request, with price, terms, and a drawing of the entire tool, with 29 pictures showing the LUMBER/MAKER® at work making timber boards, dimensions, how it helps to sharpen, saw angles. And every LUMBER/MAKER® shipped comes to you completely assembled, with 24 illustrated "how to" pages, projects, and complete plans for a log cabin.



If you have a chain saw, or are going to get one, you owe it to yourself to look into this new tool. No obligation, just write for information to

HADDON TOOLS

Department B

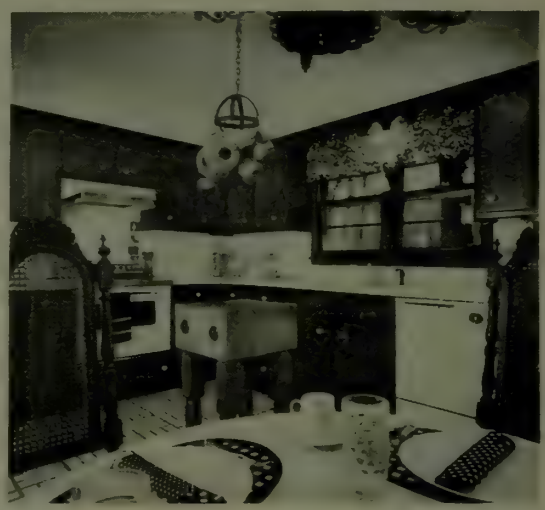
4719 West Route 120 — McHenry, IL 60050

You will be glad you did.

HOW TO PERSONALIZE A KITCHEN

Want to give a stereotyped L-shaped kitchen your personal stamp? All it takes is a little ingenuity and the patience to seek out accessories that reflect your taste.

The kitchen of Sandra Wells shows how it's done. She made it special with carefully chosen treasures that not only look attractive but also help her cook and entertain.



From a Spartan beginning to the final "now is the time to stop" stage took Sandra months. With patience and a spirit of adventure, she tracked down distinctive touches to humanize her bland builder kitchen. When she began her treasure hunt, the kitchen's furnishings included cane-back chairs, a lacy wrought-iron chandelier, a butcher-block table, and a pot rack.

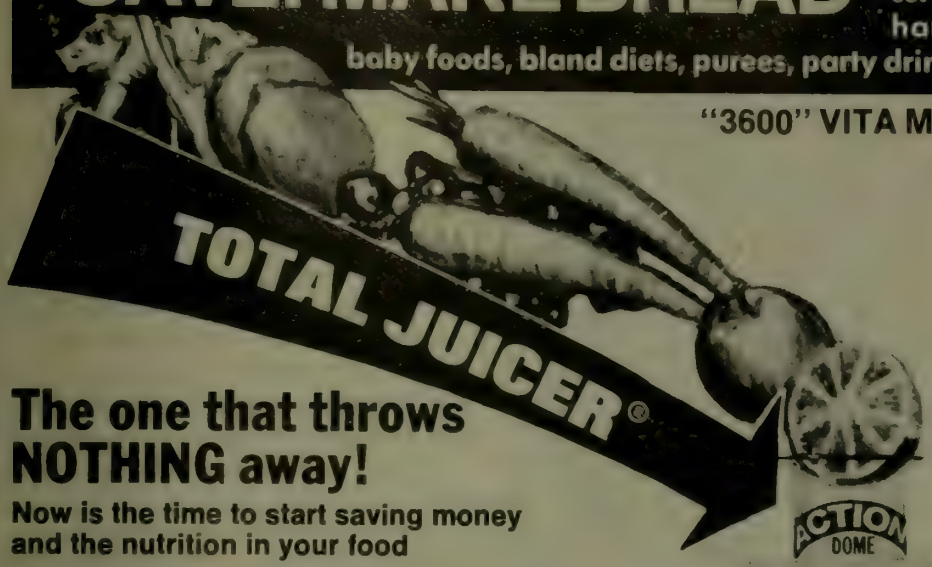


In the photo above you can see what a difference some imaginative "prop shopping" can make. The apt accessories include apothecary jars, some filled with candy, others with kitchen staples; decorative copper molds from European trips; a quaint French lemonade server (to the left of the sink); and several interesting spice cans.

The plain round table came in for some customizing, too. To make it company special, Sandra dressed it up with a long black and white tablecloth and handsome silver napkin rings. ■

STOP WASTING FOOD, Time, Energy, Money
SAVE! MAKE BREAD

Total Juices®, hot soups, all grain cereals, flour, instant dinners, salads, hamburgers, cakes, peanut butter, baby foods, bland diets, purees, party drinks, chopped ice, freeze "ice cream."



The one that throws NOTHING away!

Now is the time to start saving money and the nutrition in your food

Use patented "impact" method—not old separation "throw-away" method.
U.S. Dept. Agriculture handbook says:

	extracted juice only*	peel and everything*
LEMONS (VIT. C)	90 mg.	346 mg.
ORANGES (VIT. C)**	109 mg.	319 mg.

**Fresh, ripe Cal. Valencias *per pound of fruit

Now you can get up to the nutrients shown above the Vita Mix way.

("Peel and everything" is the VITA MIX® way)

SUPER 3600 STAINLESS STEEL VITA MIX® BREADMAKER

The easy way to make home made bread — not only fresh-baked but of fresh-ground grain with precious, fragile vitamin oils retained for that yummy "3-minute fresh" flavor.

Only VITA-MIX® can grind grain, mix and knead the bread all in one easy 3-minute operation.*

No need for old fashioned, oversized bowls, kettles, dough hooks or stone grinders that clutter your kitchen and take so much time.

* 3 minutes for us
5 minutes for you if you are new at it

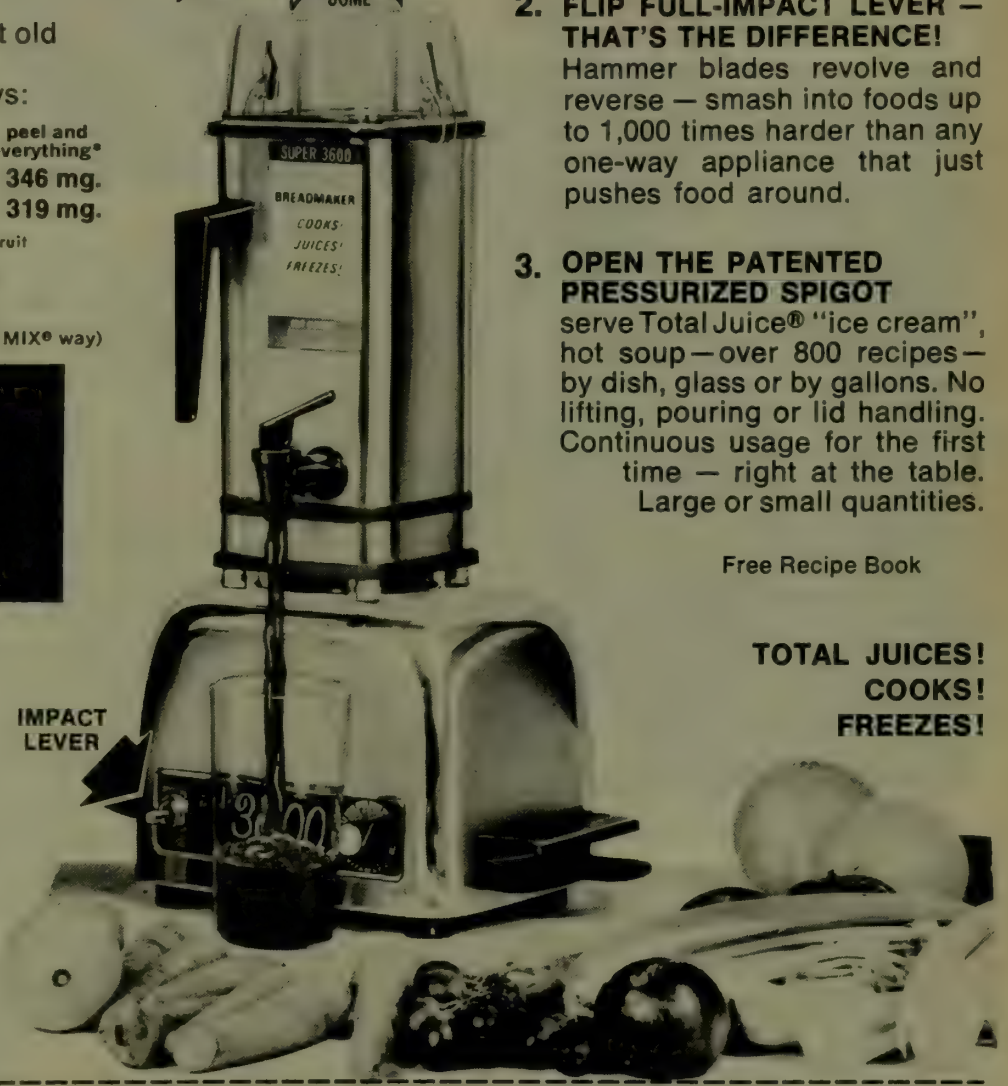
"3600" VITA MIX® makes them all INSTANTLY . . .
SIMPLE AS *ONE, TWO, THREE* . . .

1. **MERELY PUT FOOD IN PATENTED "SPLASH GUARD ACTION DOME"®**
Always wide open. Safe for hot liquids! Your "3600" juices, freezes, cooks boiling soup, porridge, pudding, etc. in a never-ending stream as long as you continue to add food through the wide open top.

2. **FLIP FULL-IMPACT LEVER — THAT'S THE DIFFERENCE!**
Hammer blades revolve and reverse — smash into foods up to 1,000 times harder than any one-way appliance that just pushes food around.

3. **OPEN THE PATENTED PRESSURIZED SPIGOT**
serve Total Juice® "ice cream", hot soup—over 800 recipes—by dish, glass or by gallons. No lifting, pouring or lid handling. Continuous usage for the first time — right at the table. Large or small quantities.

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COOKS!
FREEZES!

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- ☐ **Full 5 Year Parts Replacement**
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- ☐ **Commercial Super Powered Motor**
- ☐ **Save Food, Time, Money—Now!**
- ☐ **(UL) Listed — Commercial Quality**
- ☐ **265 MPH Blade Tip Speed—*Instant head-on impact in safe, heavy,* stainless steel concussion chamber**
- ☐ **Safest Stainless Steel Construction**
- ☐ **No Other Appliance Has Vita Mix® Features**

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from Better Homes® and Gardens



Indian Summer Macrame One of the most magnificent macrame wall hangings for you, our friends! Adds a dazzling effect to any wall. Complete kit contains jute, dowel rods, tubing, beads, wood turnings, "T" pins, rubber bands, diagrams, and complete easy-to-follow instructions. Finished piece is 22" x 37". Order yours today and make your wall the envy of your neighbors!



Lighthouse Everyone will *rave* at the beautiful colors in this new latch hook design. Its dramatic size (26" x 40") makes it the perfect decorator piece for any wall—and perfect for a plush throw rug, too! It's remarkably easy-to-do because of the simple latch hook technique. Finished wall hanging/rug is washable. Kit contains 4 mesh polyester canvas complete yarn requirement information and step-by-step instructions. Orlon acrylic yarn for completing the kit and quality crafted latch hook are available below. Praises in abundance will be yours with the addition of this piece to your home! Act now!

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Prices:
No. 11173 Indian Summer Macrame $13.99, 2 for $25.98
No. 03075 Lighthouse Canvas $11.95, 2 for $22.90
No. 03077 Lighthouse Canvas and Yarn $34.90, 2 for $67.79
No. 03029 Latch Hook $1.20, 2 for $1.90

Postage and Handling Charges:

For orders up to $5.00	90¢
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$10.01 to $15.00	$1.35
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$25.01 to $49.99	$2.00

$50.00 and over WE PAY POSTAGE

HOW TO ORDER

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2. Send name, address, order and remittance to:
Better Homes and Gardens®, Dept. 2TE, Box 374, Des Moines, Iowa 50336

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To use your credit card, include Master Charge interbank number, expiration date, and credit card number—or on orders of $10 or more SPEED DELIVERY BY PHONING TOLL FREE 800-228-2048, 24 hours a day. (In some states you must dial 1 first.) In Nebraska, call collect 402-571-3358.

VISA or your BANKAMERICARD welcome · AMERICAN EXPRESS · master charge

OUR POLICY:
Full refund if not completely satisfied.

BUILDING

How to terminate termites

If undetected, termites can do more damage than hurricanes, tornadoes, and windstorms combined. Termites eat anything containing wood or cellulose, which makes them a real threat.

Of the four types of termites—drywood, damp-wood, subterranean, and Formosan—subterranean termites account for 95 percent of all U.S. damage. They live well below the surface of the earth and tunnel up to make contact with a wood supply.

Concealed damage

Since they stay hidden within the wood, they can do their demolition work without being detected. First they attack the foundation of a home, then gradually escalate their assault. The ultimate damage depends on the number and size of termite colonies and the type of home. Although termites eat along the grain of the wood until it becomes a honeycombed shell, the structure usually looks sound because termites rarely break through the wood. Termite activity continues into subfloors, studs, to the upper levels of a house.

One visible warning

The only time you'll see the termite attackers is during a swarming period. This occurs either in spring or fall, when the winged reproductives emerge from the colony to mate. But you could have termites without catching sight of one. It takes a professional to determine if an infestation exists.

What the pros do

Professional exterminators treat each part of the house that provides a bridge to the soil. Usually they dig trenches around the foundation and treat the soil with an insecticide. The chemical barrier keeps termites in the house from returning to the soil and termites in the ground from reaching food supplies. Anti-termite chemicals are injected into holes drilled into the wood or basement floors. All points of entry are treated, then holes are refilled and masonry is repaired. ■

begins on page 136

Build-it-yourself kitchen

Microwave shelf

The microwave oven is tucked into an opening in the pantry wall. It sits on a ¾-inch plywood shelf supported with ¾-inch plywood brackets. This allows for adequate air flow around the oven. In locating your oven, make sure the door will open conveniently. Most microwaves open from the right-hand side or from above.

Cabinet hinges

Roton hinges come in eight-foot lengths, but can also be ordered precut to necessary lengths. These hinges come in a wide variety of colors and finishes.

Exhaust hood

Build the framework of ¾-inch plywood and lumber. Cover with ⅛-inch plywood or hardboard that can be bent into a curve. Use ¾-inch plywood on the underside of the hood structure where pots and pans will hang from screw hooks.

Arched windows

Cut arches from ¾-inch plywood and bend ⅛-inch hardboard inside. Cut the window frames to fit, and then install the glass.

Maple counters

Buy hard maple cut in strips 1½ inches square. Drill holes in each strip. After gluing, pull the strips together with lengths of steel rod and nuts.

Corian counter

Corian has the look of marble and makes an ideal surface for pastry making. You can use standard woodworking tools to cut it, but you'll get the best results by working with a carbide-tipped blade. The more teeth the blade has, the better. To smooth down Corian, buff it with wet or dry sandpaper. Attach counter to cabinets with a bead of glue.

For more detailed information, see page 188 for information on how to purchase Project Plan No. 50332.



Kids are priceless at Ramada.

We think so much of kids at Ramada that we've given them a special rate all their own — *free.*

Our special Ramada family vacation plan lets Kids 18 and Under Stay Free* in their parents' room. And, when you add that to our surprisingly competitive prices for Mom and Dad, you can have a very reasonably priced vacation.

For worry-free reservations at any of our nearly 700 Inns, call toll-free 800-228-2828 (in Nebraska, 800-642-9343), dial the Ramada Inn nearest you or call your travel agent.

Next time, stay with the Inns who think kids are priceless. And have a special plan to prove it.

*Rollaway beds available at a small extra charge.

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We're building a reputation, not resting on one.

Presenting Tiara® Ceilings by Celotex. Because ceilings should be at least

"Darling, have you ever seen a ceiling this magnificent?"

"I heard she imported it piece-by-piece from Spain."

"No, her decorator designed it especially for her."



as beautiful as walls and floors.

When you decorate a room, you probably think a lot about what to do with the walls and floor, and think very little about the ceiling. Yet the right ceiling can do wonders.

So Celotex introduces new Tiara ceilings with dramatic patterns and textures that satisfy the eye and complete the room. Eight different, embossed ceilings, each with monolithic good looks, each simple and inexpensive to install. (Dominion pattern shown here.)

After all, if you want people to notice your ceilings, you have to give them something worth noticing. Tiara, the crowning touch in room decor.

Write for your free booklet of Tiara Ceilings by Celotex, Advertising Department, The Celotex Corporation, Tampa, Florida 33622.

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BUILDING PRODUCTS
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TIVOLI

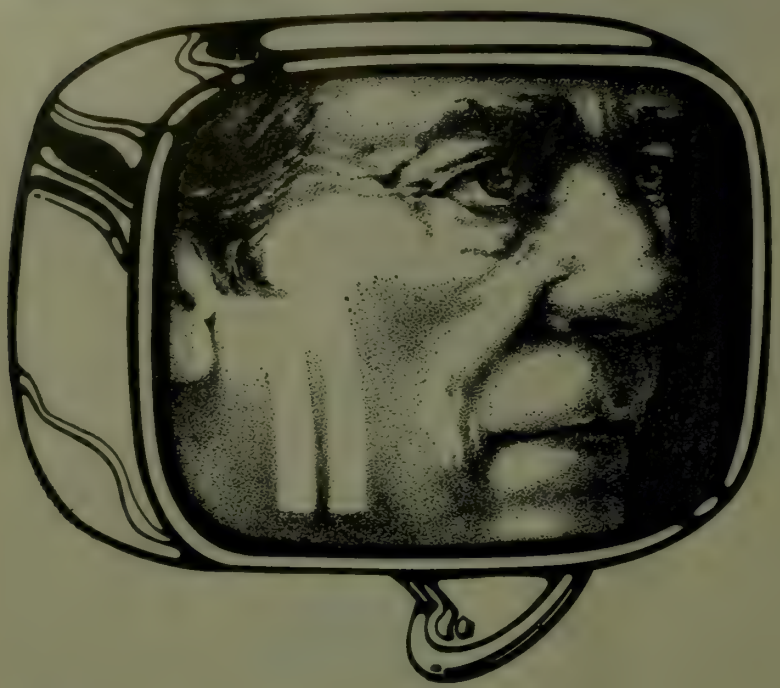


SONNET



"I'm her decorator and I've never seen anything like it before."





Driving tips for experienced drivers

The secret of safe driving is to build very simple "seeing" habits, so you can read the traffic picture accurately and make quick—and automatic—decisions. Here are some techniques guaranteed to make you a better driver—and to help you protect yourself from other drivers' mistakes.

All of these tips are things you probably take for granted because you've been driving for several years. But share them with everyone in your family, especially any new drivers, so they can develop good habits from the start.

Blend with other traffic

The first step in the "seeing" process is to blend with other traffic in routine driving. Look ahead for the line of least resistance—never allow your car to obstruct anyone else.

Keep an eye on a driver who doesn't blend:

- He goes so slowly that he delays traffic, and is in constant danger because he's not really aware of what's happening around him. When he wakes up, it's usually to turn or make another sudden move—without signaling—right in front of another car.
- He's sight-seeing, daydreaming, or looking for a store or address. When he looks away from the road, he loses control of his car.
- He drives at high speeds with driving motions consisting of jackrabbit starts, abrupt stops, and swerving in and out of traffic. For most of these drivers, accuracy decreases as speed increases.

Be in control of your car

Adjust the driver's seat so your elbows are just slightly bent when your hands are on the wheel. Your legs should be fairly straight, too—never extend them fully, or you'll lose the extra leverage you might need on the pedals in an emergency.

Get the benefit of both rearview mirrors by taking a few seconds to adjust them. Always fasten your seat and shoulder belts. In the event of an accident, you'll have a much better chance of surviving—and the belts will also help hold you in the correct driving position during evasive maneuvers.

Watch out for a driver who obviously isn't in control of his car:

- He's content to have enough driving skills to get to the store or to work, but is obviously uncomfortable in traffic.
- He never drives smoothly and seems to fight the car to make it go where he wants.
- He creeps along jerkily, makes wide turns, is clumsy at parking, and —in a crisis—may freeze at the wheel or hit the wrong pedal.

Position your car correctly

Since you sit left of center in the car while driving, you have a natural tendency to hug the center line.

Positioning your car in the center of your lane is simple. Glance well down the road at the center of your intended driving path—whether you're on a straight section or a curve. Your car will "follow" your eyes, and center itself in the lane.

Look out for a driver who has a problem positioning his car:

- He refuses to keep to the right.
- He automatically moves away from objects on the right—like parked cars, intersecting streets, or pedestrians—and he crosses the center line.

Get the big picture and keep a safety cushion around you

In addition to knowing what's going on around you, train yourself to look far down the road and note any changes in traffic flow or road conditions. Take note of problems facing drivers ahead, so you can anticipate your next moves.

Also, avoid being boxed in. Adjust your pace to keep a good stopping margin ahead; try to keep at least one side lane open, too, so you can swerve away from sudden danger.

Beware of another driver who doesn't know what's going on:

- He tailgates. A driver who follows you too closely is probably concentrating on the back of your car—instead of watching what's happening on the road. Move over to let him pass you.
- He hits his brakes hard at the last moment, indicating that he's not aware of traffic conditions ahead.
- He enters an intersection after the traffic light has turned yellow. ■

Drawing: Hellman Design Associates





LTD II Brougham

Ford LTD II. The LTD of mid-size cars.

Now there's a trimmer, sportier LTD that offers luxury and comfort at a trimmer price.

Today the same kind of comfort and luxury long associated with Ford LTD are yours in the trimmer, sportier lines of a mid-size. And at a mid-size price.

LTD II brings you the elegant touches and high level of workmanship Ford LTD is famous for, in the trimmer, sportier lines of a mid-size. It uses the same basic kind of smooth riding suspension as Ford's most expensive car. Yet its trim size means nimble handling that's surprising in a luxurious, comfortable, 6-passenger car.

Test drive LTD II soon at your local Ford Dealer.



"Could it be you in an LTD II? You'll never know till you try!"

FORD When America needs a better idea. Ford puts it on wheels.

Libbey Glass makes the best of the good things.

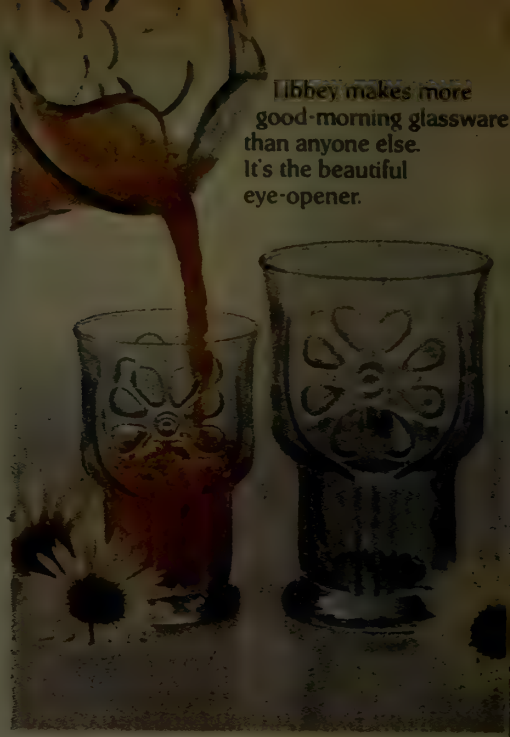
The best of the good things about Libbey glassware is how surprisingly little it costs. It gives you inexpensive ideas that do beautiful things for everyday living.

Try serving dessert in Libbey Glass stemware. You'll see what you lose in a dish.

Try decorating with a light touch. See what you can do with a small bouquet, a large candle, and a giant brandy snifter.

Find a style of your own in Libbey glassware.

If anybody makes glassware for everybody, it's Libbey.



Libbey makes more good-morning glassware than anyone else. It's the beautiful eye-opener.

Mix or match. Pick up your decorating scheme in glassware. Libbey gives you the widest selection.





How do you define good taste? You know it when you see it. Libbey has won more design awards than any other glassmaker.



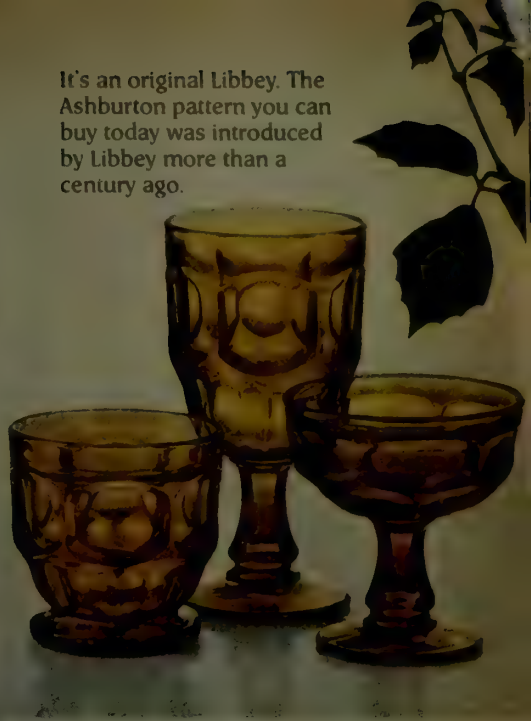
Libbey makes decorative things practical, and practical things decorative.



Libbey takes an old-fashioned candy-store jar and gives it six sides. And countless uses.



It's an original Libbey. The Ashburton pattern you can buy today was introduced by Libbey more than a century ago.



Just for beer. Libbey makes more than a hundred different glasses.



Mickey Mouse and friends...and now Libbey has them on glassware.



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A beautiful glass has many uses when you use your imagination.



Libbey decanters give your spirits a delightful lift. It's affordable elegance.



Few things that cost so little bring so much to light.



Cheers!



America's Oldest Glassmaker
First in Ideas...since 1818.

LIBBEY GLASS

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Coleman Coolers are tough and cold-hearted.



Poly-Lite® Coolers and Jugs—insulated like an expensive refrigerator, with a tough hide you can drag over a dock or bump on a rock.

The Coleman Company, Inc. • Wichita, Kansas

What is a credit rating?

It's a judgment about your ability to take on a debt, based upon a number of facts about your life that are gathered by credit bureaus and local merchant associations. Generally, the facts for a credit report include your name; address; marital history; residence and moving patterns; job data; current and past employers; earnings; court records; and history of repayment of loans, including credit card and store accounts.

Credit bureaus themselves do not define your credit rating. They merely gather the information and provide it to potential lenders (and sometimes potential employers) for a fee.

Your rating is determined instead by the potential credit grantor, in terms of your particular request as it matches up with his criteria for giving credit. So long as he applies uniform rules to all similar requests and does not discriminate on the basis of your sex, marital status, or other personal, nonbusiness-related factors, he has the right to refuse you credit even though the facts in your file from the credit bureau are generally good. The lender may think you're overextended in debt, for example, despite a good repayment history.

If the grantor does turn you down for his own reasons, he must give you a written explanation of why—voluntarily or in response to a request from you. Among the

continued

MONEY Margaret Daly

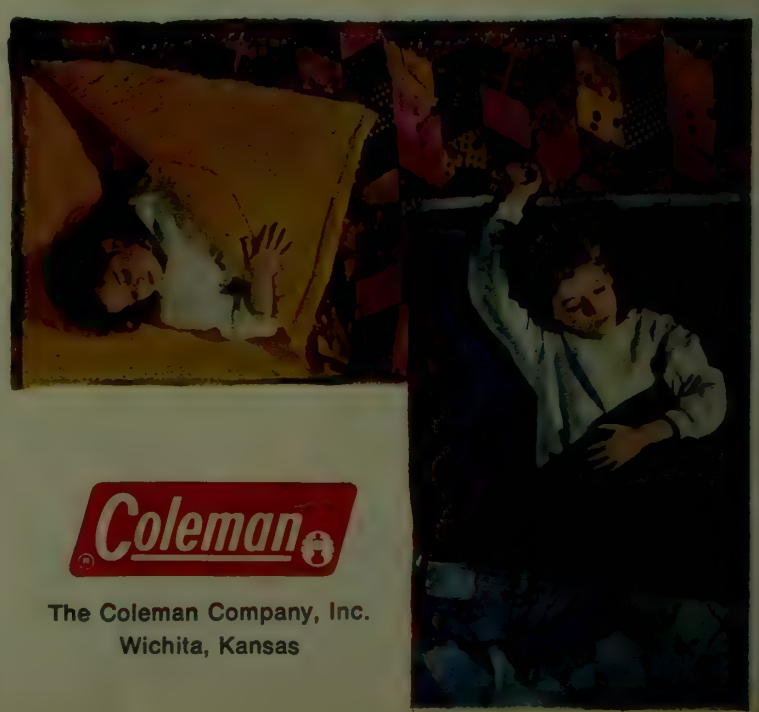
Check out your credit rating

You may not have a loan application in the works right now, but it's still a good idea to see that your credit standing is up to date. Although the 2,000-plus credit reporting bureaus in the country generally do a good job, they have been known to make damaging mistakes. What counts is that their reports not only influence people who may lend you money; they also can supply information to prospective employers, and injurious errors in your credit report could cost you a much-wanted job.

At one time credit bureaus pretty much answered only to themselves, but now, thanks to the Fair Credit Reporting Act of 1971, you can look into possible errors in your own file and do something to correct or protest the errors, if necessary. Don't forget, however, that your credit worthiness ultimately depends upon your history of financial responsibility. Only you can build up and maintain a good credit record.

Rest Easy when you invest in a Coleman™ bag.

Models (and prices) for everyone, with honest quality from stuffing to stitches. (After all we put our name on that bag!)



The Coleman Company, Inc.
Wichita, Kansas

Roofscape® by Bird.
It's more than a roof over your head.

Just about any roof will keep the rain out.

But, if you're looking for something that will add to the appearance and value of your home, take a look at Roofscape by Bird.

Random-edged and textured to cast deep shadow lines, it's a natural in both rugged and formal settings.

And it's just as durable as it is beautiful.

Our heavy-weight Architect® 70 shingles are made with two laminated layers of premium asphalt that can't rot, curl, or burn like wood. They'll protect your home and retain their beauty for years to come.

An Architect 70 Roofscape is more than a roof. It's a home fashion accessory. And we have others, in a complete line of premium asphalt roofing shingles. See them and get a free estimate by calling your Bird Roofscaper, listed in the Yellow Pages.

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Please send me your newly revised, idea-packed booklet, "What you should know about roofing and siding before you build or remodel." I enclose 50¢ in payment. I am planning to:

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Please include facts on: ☐ Solid vinyl siding ☐ Solid vinyl gutters ☐ Ornamental plastic shutters.



For only $5 Helene Brown and Bigelow® will help you redecorate one of your rooms.

How often have you wished for a little professional help in redecorating a room? Here's your opportunity to get that help from Helene Brown, former editor of American Home Magazine.

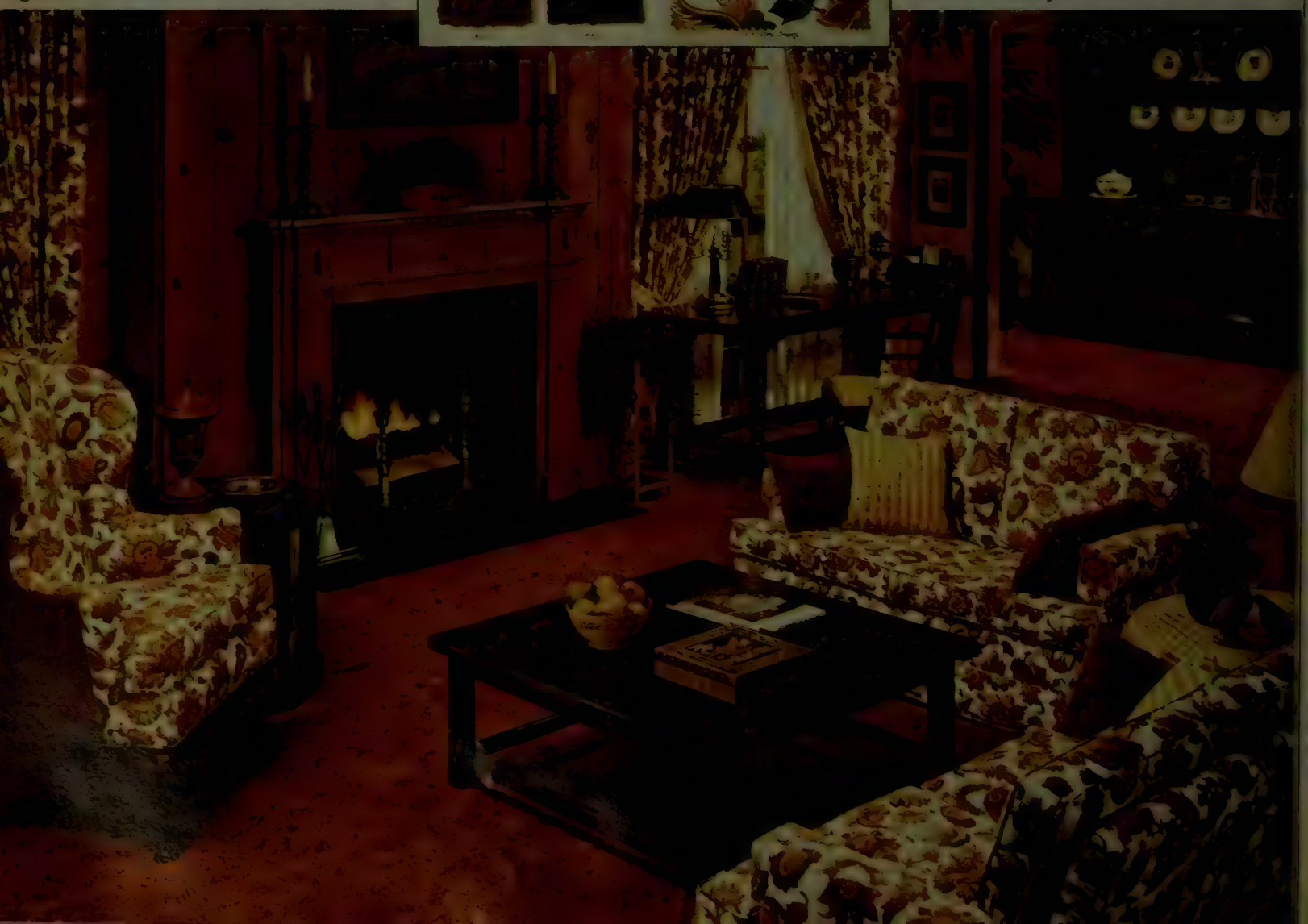
For a small fraction of a normal decorator consultation fee, we'll send you a complete room color plan, consisting of four correlated Waverly fabric swatches, two Bigelow carpet samples and a suggested wall color.



We'll also enclose our new decorating booklet GREAT BEGINNINGS, and a copy of A CONSUMER'S GUIDE TO CARPET PERFORMANCE, to help you make intelligent, performance-related carpet buying decisions.

The decorating plan you receive will be based on your answers to the questionnaire on the right. →

Just fill it in and mail with your $5.00 check or money order.



TO GET YOUR PLAN JUST FILL IN THIS QUESTIONNAIRE AND MAIL WITH $5.00



Helene Brown needs the answers to these questions in order to recommend a decorating plan to you. Please check one answer to each question:

1. What room are you planning to redecorate?
☐ Living Room ☐ Dining Room
☐ Master Bedroom
☐ Girl's Bedroom
☐ Den or Family Room
☐ Boy's Bedroom

2. Thinking about this room, how would you describe the style of furniture?
☐ Early American/Colonial
☐ Mediterranean/Spanish
☐ Contemporary/Modern
☐ Traditional

3. What general color scheme would you like for this room?
☐ Light Neutrals (Beige/Off White)
☐ Dark Neutrals (Brown/Charcoal)
☐ Rust/Copper ☐ Gold/Yellow
☐ Blue ☐ Green

4. What word best describes the general "look" you would like in this room?
☐ Casual ☐ Formal

5. Approximately how large is this room?
☐ 12' x 12' ☐ 12' x 15'
☐ 12' x 20' ☐ 15' x 20'
☐ 15' x 25'

6. How would you best describe the "traffic" in this room?
☐ Light ☐ Moderate ☐ Heavy

7. Do you have children under 18 living at home?
☐ No children under 18
☐ 1 or 2 ☐ 3 or 4 ☐ 5 or more

8. Where do you live?
☐ East ☐ South ☐ Midwest ☐ West

9. Do you live in

	Own	Rent
☐ An apartment	☐	☐
☐ House	☐	☐

Helene Brown
Bigelow Carpets, Dept. A
Box 3089
Greenville, S.C. 29602

Enclosed is my check or money order (no cash, please) for $5.00. I have answered all the questions above. Please send my personalized decorating plan. Allow approximately 4 weeks for delivery.

NAME.....

ADDRESS.....

CITY..... STATE..... ZIP.....

Bigelow
FINE CARPET SINCE 1825
A SPERRY AND HUTCHINSON COMPANY

continued

Credit rating

Federal-Reserve-Board-approved reasons for a credit turndown are: incomplete credit application, insufficient credit references, insufficient income, excessive obligations, inadequate collateral, too short a period of residence, no credit file, and delinquent credit obligations. A statement noting that "We do not grant credit to any applicant on the terms and conditions you request" may also justify a credit refusal.

What's an "investigative" report?

A few companies compile "investigative" reports, based upon personal opinions of friends, neighbors, and other people who have been asked about your character and general reputation. These hearsay reports should not affect your credit rating, though sometimes a bureau will include some investigative information for an employment report. Most investigative consumer reports are compiled for insurance companies by special investigative companies.

Where can you review your file?

If you are turned down for credit because of information contained in a credit bureau report, the lender must tell you the name and address of the bureau. But if you are routinely looking into your credit standing, you may have to locate the right bureau on your own. Generally, one agency covers one area or town. A bank or store might help you find the agency. Or, try the Better Business Bureau or the Yellow Pages.

How do you get access?

Most credit bureaus will send you a form for requesting information if you phone them for your report. Once you fill out the form and return it with the required identification, the agency will call you and discuss your file over the phone. Some credit bureaus will send you a copy of the report.

It may be simpler to go to the bureau. Usually you can just walk in, fill out a form, prove who you are, and sit down with a bureau employee to go over the file.

continued

When we dress up your salads we do it with good taste.

Try our new "Fresh European" salad dressing.
It's easy, it's delicious...and very, very fresh.
The secret: Minute Maid® 100% Pure Lemon Juice. Perks up every leaf and adds a zesty, lemony flavor to any salad. Minute Maid...a taste so fresh you won't believe it came from a bottle. Try it. Your salads never had it so good!

Fresh European Salad Dressing

3/4 cup olive oil
1/4 cup Minute Maid 100% Pure Lemon Juice
1 clove garlic, crushed
1/2 tsp. salt
1/2 tsp. dry mustard
1/4 tsp. freshly ground black pepper

Combine all ingredients in jar; shake well. Pour over salad greens; toss lightly until greens are well coated. Makes about 1 cup.



Look for Minute Maid® 100% Pure Lemon Juice in your grocer's freezer.
"Minute Maid" is a registered trademark of The Coca-Cola Company.



Mud stains are no match for Shout. No laundry soil and stain remover gets more stains out of more fabrics than Shout.

Want a tough stain out? Shout it out!

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continued

Credit rating

If you follow the right procedures and a bureau refuses to reveal the contents of your file, you may sue the bureau in civil court.

What will you find out?

The bureau is not obliged by law to show you the report itself—only to tell you the "nature and substance" of what is in your file, including sources of information. (Unfair as it seems, investigative reports do not have to reveal sources of hearsay data, which stand a greater chance of being inaccurate than does credit information.) Credit bureaus also must inform you of any firms given your credit records within the last six months, and any information supplied in response to employment inquiries during the past two years.

Although the law doesn't require it, more and more bureaus now provide you with a written copy of your report. (This is recommended by Associated Credit Bureaus, Inc., a trade organization representing 95 percent of the industry.) Still, credit reports contain a lot of industry shorthand you probably won't be able to decipher, so it's best to discuss your report with the bureau.

What if there are mistakes?

You have every right to challenge them. In fact, by law the credit bureau must investigate any information you say is not correct or is incomplete—a delinquent bill you have now paid up, for example. The bureau must correct false data right away. It must remove information it cannot verify. And, provided you make a specific request, the bureau must send notice of corrections to creditors who received your file within the past six months and to potential employers who saw it within the past two years.

Even if the bureau's investigation disputes your claims, you have the right to insert a statement into the file, explaining your side of the story. Again, you may request that your statements be forwarded to anyone who has received your report within the time limits listed above.

What does it all cost?

Nothing—if your inquiry falls within 30 days of a credit turndown that resulted from a report from that credit bureau. The same 30-day limit applies when you receive a payment-due notice from a collection agency affiliated with the credit bureau. If you're just looking into your files out of curiosity, the bureau probably will charge. The usual fee is from five to ten dollars, and the bureau people must advise you of all charges in advance. Also, you cannot be charged for notification of errors that were corrected in your report or about explanations you inserted in your file.

Are women treated fairly?

Until recent changes in the law, a woman may have had trouble establishing a good credit rating in her own name. Now discrimination because of sex is illegal, so check your file carefully. (Remember that you'll still need to meet basic standards to be considered a good credit risk.) The new law requires that alimony and part-time wages be considered as income, provided there is reasonable evidence the income will continue. Be sure such income is noted.

Your credit history will reflect accounts carried in your husband's—or deceased or former husband's—name when you also used those accounts. If you see evidence in your file of a bad credit experience of his that you had nothing to do with, enter an explanation in your file.

If you had a good credit record in your maiden name that doesn't show up in your married-name file, tell the credit bureau about it. Similarly, if you were formerly married and have now resumed using your maiden name, inform the bureau if the married-name credit can help build up your personal credit. ■

How three disbelievers, and one dog, came to believe in Gaines·burgers®

DOG FOOD



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"Young man, there's two things I know: checkers and dogs," the first disbeliever explained. "Dogs like canned dog food."

"Do you think your dog would like Gaines·burgers?" we asked.

"Well, he might—" the second disbeliever began.

"No, sir," the first disbeliever interrupted. "Dogs like food that's moist and meaty."

"But Gaines·burgers® dog food is moist and meaty," we pointed out. "And it tastes terrific."

"Our dog won't eat it," the first disbeliever said.

At which point their dog began eating it.

Stunned silence.

"And you don't know nuthin' about checkers, either!" said the second disbeliever, jumping all the first disbeliever's checkers in a single move.

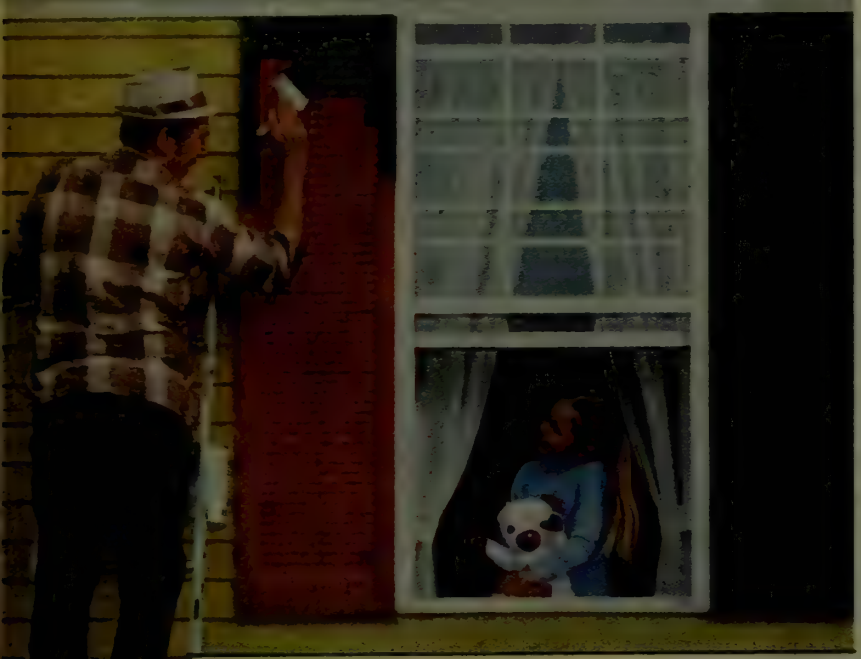
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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

REMODELING

Page 125 (bottom left): Flooring—Armstrong, Lancaster, Pa. 17604. Dishwasher—KitchenAid, Troy, O. 45373.
Page 127 (right): Plumbing fixtures—American Standard, 40 West 40th St., N.Y., N.Y. 10018. Light fixtures—Liteco, P.O. Box 864, Oakland, Calif. 94604.
Page 128 (top): Wood beams and barn siding—Guyon, Inc., Lititz, Pa. 17543. Wood-grain plank ceiling, furring channel system, and resilient vinyl flooring—Armstrong (address above). Light fixture—The Saltbox, 2603 Marietta Ave., Lancaster, Pa. 17603.
Page 130 (top): Toss pillows and fabric on mattresses—Marimekko, Design Research, 48 Brattle St., Cambridge, Mass. 02138.
Page 130 (bottom): Sheets and pillowcases—Design Research (address above). Lamp—George Kovacs, Inc., 831 Madison Ave., N.Y., N.Y. 10021.
Page 133 (top): Sofa—Pacific Furniture, 13621 S. Main, Los Angeles, Calif. 90061.

A CUSTOM KITCHEN YOU CAN BUILD YOURSELF

Page 136: Flooring—American Olean, 1000 Cannon Ave., Lansdale, Pa. 19446. Sink—Kohler, Kohler, Wis. 53044. White counter—DuPont Corian, 350 5th Ave., Rm. 1116, N.Y., N.Y. 10001. Red pots and pans—Club Aluminum, 9205 Detroit Ave., Cleveland, O. 44102. Red Glasses—George Briard, 225 5th Ave., N.Y., N.Y. 10010. Soup tureen—Wittur, 1024-1026 Emerson St., Evanston, Ill. 60204. Spice jars—George Jensen, 8 Westchester Plaza, Elmsford, N.Y. 10523. Bread board—Design Center, 101 Kansas St., San Francisco, Calif. 94103. Canisters—Jay Willfred, 35 Winthrop Ave., New Rochelle, N.Y. 10801. Coffee maker—Melitta, 1401 Berlin Rd., Cherry Hill, N.J. 08003.
Page 137: Microwave oven—General Electric, Nela Park, Cleveland, O. 44112. Dishwasher—Maytag, Newton, Ia. 50208. Refrigerator—Frigidaire, 300 Taylor St., Dayton, O. 45401. Hinges—Roton, P.O. Box 1726, Atlanta, Ga. 30301. Red dishes—Heller, 8899 Beverly Blvd., Los Angeles, Calif. 90201. Green bowls—Dansk, 300 East Shore Rd., Great Neck, N.Y. 11023.
Page 138 (bottom right): Range—Thermador, 5119 District Blvd., Los Angeles, Calif. 90022. Toaster-oven—General Electric, Nela Park, Cleveland, O. 44112.
Page 139: Kitchen organizers—Rubbermaid, 3124 Valley Ave., Winchester, Va. 22601. (Top right): Dishwasher—Maytag (address above). (Top center): Spice jars—George Jensen (address above). (Middle center): Mortar and pestle—Lauffers, Belmont Dr., Somerset, N.J. 08873. (Bottom center): Dishes—Dansk, 300 E. Shore Rd., Great Neck, N.Y. 11023.

COOKING FOR BUSY FAMILIES

Page 141 (right bottom): Smooth-top range—Whirlpool Corp., Benton Harbor, Mich. 49023.
Page 143 (right center): Glass Goblets—Indiana Glass Co., Subsidiary of Lancaster Colony Corp., Dunkirk, Ind. 47336. (Right bottom): Barbecue unit—Char-Broil, Div. of Columbus Iron Works, Columbus, Ga. 31904.
Page 144 (center): Oval paella pan and skillet—Copco, Inc., 230 5th Ave., N.Y., N.Y. 10001. Plates—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010.
Page 145 (left): Counter top grill—Jenn-Air Corp., 3035 Shadeland, Indianapolis, Ind. 46226.
Page 146: Soup tureen, bowl, and platters—Melox Potteries, 1200 Morningside Drive, Manhattan Beach, Calif. 90266.
Page 147 (right bottom): Crockery slow cooker—Rival Manufacturing Co., 36th & Bennington St., Kansas City, Mo. 64123.

PRIZE TESTED RECIPES

Page 151 (left): Dinner plate "Yorktowne"—The Pfaltzgraff Co., P.O. Box 1069, York, Pa. 17405.
Page 152 (left): Cups and saucers—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830. Server "Fentinac"—International Silver Company, 500 S. Broad St., Meriden, Conn. 06450. (Center left): Plates "Creole"—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Right): Soup bowl—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549.

FRESH SPINACH SALADS

Page 186 (top): Salad bowl—H. E. Lauffer Co., Inc., Belmont Drive, Somerset, N.J. 08873.

HE COOKS—CINNAMON POPOVERS

Page 194 (right): Custard cups—Pyrex, Corning Glass Works, Corning, N.Y. 14830. Plate "Creole"—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Glass "Country Garden"—Libbey Glass Co., Div. of Owens-Illinois Glass Co., Owens-Illinois Bldg., P.O. Box 919, Toledo, O. 43694. Butter knife "Northford"—International Silver Co., 500 S. Broad St., Meriden, Conn. 06450.

LAMB'S-QUARTERS: A WILD FOOD WORTH DISCOVERING

Page 196 (left): Saucepan—Descoware Corp., acquired: General Housewares Corp., P.O. Box 4066, Terre Haute, Ind. 47804.

FREEZE-AHEAD APPETIZERS

Page 258: 2 glasses—Denby Ltd, Inc., 41 Madison Ave., N.Y., N.Y. 10010.

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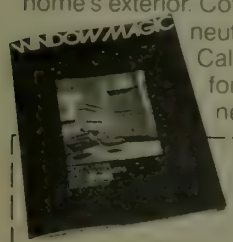
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HEALTH Michael P. Scott

IS IT APPENDICITIS?

If that pain in your abdomen begins to get worse and you lose your appetite, start to vomit, and run a temperature, one of the first thoughts to cross your mind is probably "appendicitis." You may also think about peritonitis and the other serious problems that can result from this common yet largely misunderstood disease.

Certainly symptoms of appendicitis should not be ignored. Each year in the United States there are 340,000 emergency appendectomies performed and an estimated 900 deaths. But the symptoms shouldn't cause you to panic, either.

In fact, it's often wise to wait an hour or two before you call the doctor. That gives symptoms time to become more definite, so the doctor can pinpoint the diagnosis.

Distinguishing appendicitis from other acute abdominal ailments is one of medicine's perplexing problems. "Appendicitis is a great mimic," says Dr. L. Robert Martin, chairman of the department of family practice at UCLA. "It can mimic the symptoms of infections in the kidney, bladder, uterus, and other places in the abdomen." Appendicitis can also be mistaken for a gall bladder attack, an ovarian cyst, kidney stones, even strained or torn abdominal muscles.

Obviously, you should contact your physician if you suspect appendicitis, but, if you're like most people, you don't want to bother him if all you really have is a stomachache. Knowing the warning signs of appendicitis can save you needless worry and could save your life. Here's what you should know about your appendix and appendicitis:

What is the appendix?

The appendix is a hollow, narrow tube three to five inches long that hangs like a pouch from the large intestine near the point where it joins the small intestine. Apparently the appendix is a remnant from our prehistoric past. In modern man, the sole function of the appendix seems to be to cause trouble.

The trouble usually starts when the opening of the appendix into the intestine becomes blocked—by a swollen or infected lymph node, fecal matter, or a ball of undigested vegetable matter. Bacteria trapped in the appendix begin to grow, then the appendix swells and sets off painful muscle spasms.

If the appendix is left untreated, it may rupture, spilling infection into the abdominal cavity. The result is peritonitis, inflammation of the membrane that lines the abdominal walls. Sometimes—but rarely—antibiotics can be used to treat appendicitis, but the most common remedy is surgery—an appendectomy.

What are the symptoms?

Appendicitis is often preceded by a respiratory infection or the flu. In most cases, the symptoms start with loss of appetite and vague discomfort in the upper abdomen, centered around the navel. There might be nausea, vomiting, and fever.

If the pain gets stronger, and if it moves from the upper center of the abdomen to the lower right side and persists, chances are you have appendicitis. Call your doctor. Based on the symptoms you describe, he may ask you to wait awhile—sometimes as long as six to 12 hours—before he examines you. Laboratory test results and other diagnostic tests are often inconclusive if performed sooner than six hours after the pain begins.

Refusal to eat, vomiting, and fever are signs parents should watch for if they suspect that their baby has appendicitis.

Parents sometimes fail to recognize appendicitis symptoms in preschool children. Since stomachache complaints are common with this

continued

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continued

Appendicitis

age group, parents may dismiss their child's complaints as "crying wolf." If your child says he has a stomachache, check with the doctor before giving any medication.

Usually appendicitis pain centers on the right side, but it can be located in the lower center of the abdomen, sometimes on the left side. Most often the pain will be to the front, but in some people the pain is more severe near the back. If the pain suddenly stops, that may indicate the appendix has burst.

It's important for your doctor to know the sequence of events and the shift in location of the pain. Flu symptoms, for instance, usually begin with nausea *before* pain and there is no characteristic shift in the location of the pain.

Regardless of the final diagnosis, it's always a good idea to report any prolonged or severe abdominal pain to your doctor.

How does the doctor know for sure?

One of the things that makes diagnosing appendicitis complicated is that many victims do not have "textbook" symptoms. Some people do not vomit or have fever, some are constipated while others have diarrhea. Even more confusing are patients who have all the classic symptoms of appendicitis but don't have the disease at all.

A physician will first try to locate the source of the pain by examining your abdomen with his hand. If the pain happens to be between the navel and the right hip, there's a good chance you have appendicitis. The doctor will do blood and urine tests to check for infection, and you may be hospitalized for observation. There are no laboratory tests that conclusively prove appendicitis, nor can an X ray tell a doctor whether an appendix is infected.

If the doctor does operate, it's possible he may find that the appendix wasn't causing the problem after all. It could be any of the diseases that mimic appendicitis or a combination of one of the "mimic" diseases *and* appendicitis.

Physicians are sometimes criticized for removing a perfectly normal appendix. In fact, if the doctor thinks appendicitis is the culprit, it's better to remove the appendix than run the risk of a rupture and widespread infection or even death.

Appendectomy: how it's done

A simple appendectomy, one in which the appendix has not ruptured, is considered a relatively safe and short procedure. The surgeon makes a two- to three-inch incision over the appendix, separates the stomach muscles, and removes the appendix after separating it from the intestine. The opening to the large intestine is closed and the operation finished, usually in half an hour.

You will be in the hospital less than a week, back to work in another



week, and completely recovered three or four weeks after the surgery.

Occasionally the incision will become infected. Such infections are usually not serious but may prolong your recovery.

If the appendix has ruptured, the operation and your recovery will both take longer. Appendicitis is rarely life-threatening, although for the very old and very young, risks are higher because the disease is harder to diagnose.

Why not take it out now?

Sometimes perfectly healthy appendixes are removed during the course of other abdominal surgery. If the surgeon thinks the extra couple of minutes needed to remove the appendix won't be harmful—during gall bladder surgery, for instance—he'll usually go ahead and remove it.

Some patients, anticipating problems on a long trip overseas or to an area remote from medical facilities, ask their doctors to remove their appendixes. Surgeons sometimes comply, but only if there are compelling reasons for doing so. There is always some risk involved in any surgery, so surgeons usually will not operate just to remove a healthy appendix.

There are times when doctors decide to postpone appendectomies. If, for example, a patient recovering from heart surgery develops appendicitis, the doctor may elect to treat the disease with antibiotics rather than risk performing another operation immediately.

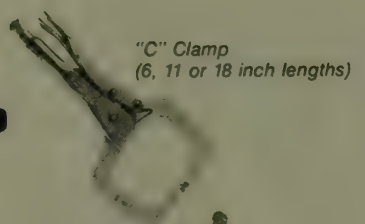
A surgeon may also decide to postpone surgery in a healthy adult if the diagnosis of appendicitis is not made until three or four days after the attack began and the patient doesn't appear to be seriously ill. By then the infection may have formed an abdominal abscess which could break during surgery. Sometimes in such cases appendicitis will be treated with antibiotics for several weeks to allow the body time to "build a wall" around the abscess. Then, six or seven weeks later, the appendix can be removed.

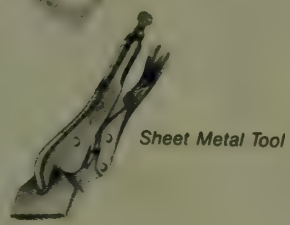
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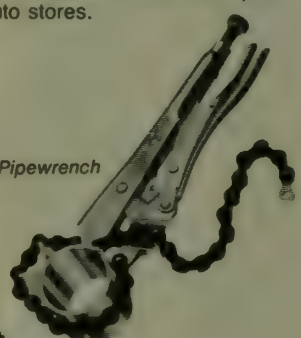
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Some precautions

If you suspect you have appendicitis, there are some precautions you should take. **Don't, under any circumstances, take a laxative or have an enema.** Both provoke intestinal movement which could cause the appendix to rupture. Don't eat or drink anything. If surgery should be necessary, it's best to have an empty stomach. Don't take aspirin or other pain medications. They may mask the symptoms and make diagnosis more difficult for the doctor.

Lie down and stay quiet. If the pain becomes severe, apply cold packs to the site.

Appendicitis complications often arise because patients ignore the symptoms, so if abdominal pain persists, gets stronger, and moves to the right side, call your doctor. In any event, call him if the pain lasts for more than three or four hours. ■

(Produced in cooperation with Barbara Mantz.)

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DECORATING

Do-it-yourself DYE JOBS

With so many colorful fabrics available in stores today, you might wonder why anyone would tackle a do-it-yourself dye job. To save money, for one thing. Consider, for instance, those draperies or bedspreads you stashed in the attic because they clashed with your new color scheme. Or the slipcovers you decided were too drab to be borne. The reincarnation of any of these items—and many others—is just a 66-cent box of dye away.

We suspect what keeps many people from doing their own dye projects is the fear of botching things up. Actually, the process is quite simple. The most common mishaps—streaks, shrinkage, and off-tone shades—can be avoided if you carefully follow the instructions on the dye package—and these tips.

What can and can't be dyed

If the fabric is washable, it can usually be dyed. Light-colored fabrics are easily dyed to a darker color. To dye dark fabrics a lighter color, however, you must first treat them with a color remover.

Patterned fabrics will remain patterned after dyeing, so consider both the background color and the color the pattern will become. Certain colors dyed another color produce a third color; red fabric dyed blue becomes purple; blue fabric dyed yellow becomes green, etc.

Another factor to consider is the type of fiber—whether acetate, nylon, cotton, linen, rayon, silk, or wool. Acrylic and polyester fibers may take pastel colors, but not bright or dark colors. Glass fibers refuse dye, while vinyls such as shower curtains will accept dye.

Basic steps

Take time to determine the correct amount of dye to use. The basic recipe is one-half bottle or one package of powder dye for every pound

continued on page 256



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Now that you know everything there is to know about outdoor cooking . . . here are a few things you ought to know about outdoor cooking.

First, let's agree on some of the basics, OK? No use getting off on the wrong foot among friends. For example, we can agree that there's no cooking that's as much fun, as interesting, as versatile, as outdoor cooking. Nor smells as good.

The smallest backyard or patio or balcony is a more enjoyable place to eat than the grandest dining hall. Except maybe if the weather acts up.

A serviceable barbeque grill is more important to the well-being of the American household than a good, firm innerspring mattress.

And now, some areas of controversy. Friends can discuss these things rationally. For example, you are firmly convinced that the smokey barbeque flavor that you achieve with your steaks and chops and so on comes only from the charcoal you use. Lots of people think that, and if it makes 'em happy—OK.

But the truth is, that wonderful flavor, that teasing aroma, is the result of the meat juices dripping on the glowing embers and making smoke. Meat smoke.

That's what makes the barbeque flavor—meat smoke.

You could get the same effect from dripping meat juice on a hot soldering iron. But somewhat more conveniently from a Charmglow Gas Barbeque.

A frank admission. A Charm-Rok® briquet has no flavor either. Charm-Rok briquets are our own version of glowing

embers. They're all the same size and thickness and density so when you turn on the gas flame you get uniform heat all across your grill. Fast.

But just like charcoal they have no taste whatever, no odor, no nothing... until a driblet of hamburger juice hits them and that gorgeous aroma starts sneaking across the yard to the neighbor's hammock...

To own a Charmglow® Barbeque you have to give up a few things.

Never again will you discover, just before the guests arrive, that nobody remembered to pick up a bag of charcoal.

Never again will you be able to dump half a bushel of ashes and half burned briquets on a windy day.

Never again will you douse your charcoal with a lighter fluid that could make an otherwise memorable steak taste faintly of lawnmower exhaust.

You won't have that half-hour or more of tedious waiting for your fire to "ash over" so you can start cooking. You won't even get charcoal dust under your fingernails.

If you're prepared for these kinds of sacrifice, you may be interested in our proposition. Read on.

Our proposition: Buy a Charmglow Barbeque.

A Charmglow Barbeque is the best you're going to get. Its housing is a strong, thick, heavy aluminum casting. Holds heat, laughs at weather, can't rust—ever.

It has a deep firepit, a high cover. That's so you can rotissere huge turkeys if you wish.

The gas burner is stainless steel. It resists the rust and corrosion that sooner or later plugs up cast iron burners. Put it in the dishwasher occasionally to clean it up.

And your Charmglow Barbeque doesn't need a match. For a little extra, we'll put our new electronic igniter on it if you like.

The copper tubing that feeds the gas is lined with tin to stop corrosion. Almost nobody else in the gas grill business bothers to do that without charging you extra.

We put a gas flow control on our barbeque. Now you'd think every gas grill would have a regulator, wouldn't you? Not so. The Charmglow Barbeque is one of very few.

The in-ground metal post your Charmglow Barbeque sits on is bonderized against rust and coated with heat resistant, weather resistant, electrostatically applied paint.

There's a good chance that the very Charmglow Barbeque you buy right after you finish reading this ad will be handed down in your family just like the grand piano and that charming little walnut cradle Grampa Dwight made in 1906. That's how tough we build them.

No more whether. Now it's which.

It's way too late for you to be sitting there wondering *whether* to buy a Charmglow Barbeque. That's all decided.

All you have to do now is make up your mind *which* Charmglow Barbeque model you'd like best. You can have natural gas, or LP gas or electric. Permanently installed or movable. Wheeled cart or pedestal base. Any color as long as it's black. Single burner or double burner. One fire box or twin. Even a neat, fold-up model about the size of an attache case.
What a lunchbox!

A cruel test of your sale resistance. $54 for $20.00.

If you order the Charmglow Barbeque of your choice before the first day of June, you will get our electronic igniter and our new hardcover 150 page Outdoor Cookbook and a vinyl cover to protect your barbeque from dust and weather. These three together, go for $54. They'll be yours for only $20.00.

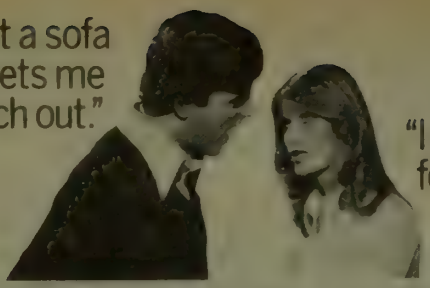
Well, enough of this tantalizing. There's a hardware or department store, a home center or a garden shop or an appliance store near you where you can see Charmglow Barbeques in person, read up on them if you like, but most important, you can buy one and become a legend in your own neighborhood.

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La-Z-Boy PairChairs keep everybody happy. They recline 1" from the wall.



Send 50¢ for color folder and furniture care booklet to: La-Z-Boy, Dept. 10-4, Monroe, Michigan 48161. La-Z-Boy® Sotette the reclining sofa

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Welcome to the fold.



The double-deep pocket of a Rolfs Attache holds any size currency, while Rolfs new Credit Guard keeps your credit cards clean and secure. It's just one of the many elegant yet practical leather accessories from Rolfs. All designed with a flair for fashion and attention to quality that people have always welcomed from Rolfs.

ROLFS...it shows you care.

West Bend, WI 53095. Available at fine stores throughout the USA and Canada.

continued from page 252

Dye jobs

of dry fabric, and usually three gallons of water. Dark, strong colors may require more dye. It's always best to start with clean, wet fabric, free from spots, stains, and soil. Suds never-laundered fabrics several times to remove finishes that might prevent an even dye job.

Washing-machine dyeing

This is the easiest method, since the machine does the stirring. Set the machine for the hottest water temperature and longest action. You can pour liquid dye directly into the maching water, but dissolve powdered dye first in one pint of hot (not boiling) water. Strain the mixture through a cloth sieve to pick up any undissolved particles. Run the machine for a minute to distribute color, then place the wet *folded* material in the dye bath. Use the longest wash cycle, repeat it (without rinse if you're dyeing to a dark color), and then use normal rinse and spin cycles.

To clean your machine of any residual dye stains, add detergent and one-fourth cup of bleach to the empty machine, then complete one hot-water wash cycle. Also, be sure to clean the lint trap after every dye project. To be on the safe side, wash dyed articles separately for the first few washings.

Small dye projects

For small dye jobs—towels, scarves, place mats, etc.—you can use a sink, pan, or basin. Following the same water/dye proportions suggested for a washing machine, place the clean, wet, and—in this case—*unfolded* article in the dye bath, then agitate it constantly with a wooden spoon. To remove dye stains from an enamel or porcelain sink, use a powdered cleanser or chlorine bleach.

Whether you use a washing machine or some other container for your dye project, always experiment with a snip of material before you plunge the fabric into the dye bath. Dye the material for about ten minutes, then iron it dry to see how the color is taking. ■

If older dogs would only act their age.



The years fly by for a dog.

So quickly, that when old age arrives, *few dog owners even recognize it.*

And why should they? A 7- or 8-year old dog may take a few more naps than he used to. He may not jump as high or run quite as fast. But he can prance around with the spunk of a 3-year old.

And until his muzzle turns gray or his hearing a little hard or his walk a little stiff...it isn't easy to think of your dog as "old."

But the fact is, by the age of 7, your dog is growing old. Inside—where it's hard to see.

That's why we're so careful to put "for dogs over 7 years" on every can of Cycle® 4 dog food.

Cycle 4 is the first dog food nutritionally balanced just for older dogs.

Every meaty Cycle 4 dinner provides your older dog with everything he should have—and nothing he shouldn't.

Cycle 4 contains extra calcium for his aging bones. High-quality protein in an amount his older kidneys can easily handle. Even added vitamins for his coat and eyes.

All this special nutrition in a meal that's easier on your older dog's delicate digestion. In a choice of beef and chicken flavors he'll love.

Ask your veterinarian about Cycle 4. And about the other Cycle formulas. *Remember: there's a Cycle food specially formulated for each important stage in a dog's life.*



GF GENERAL FOODS

Cycle® Nutrition...for the life of your dog.

DOG FOOD

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freeze-ahead appetizers

Are you often faced with spur-of-the-moment parties and nothing on hand to serve? Here's an easy solution. Make these appetizers ahead and store them in your freezer for those unexpected get-togethers.



Photographs: Dieter

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You don't want it scratched.



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Bon Ami Polishing Cleanser. Recommended by Corning®, Rival®, West Bend®, Tappan®—even manufacturers of stainless steel sinks and ceramic tile—because it cleans without scratching.

Bon Ami Polishing Cleanser.

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Kansas City, Mo. 64101

HAM PINWHEELS

Check at a bakery for unsliced sandwich bread—

3 3-ounce packages cream cheese with chives, softened
1 4½-ounce can deviled ham
1 tablespoon chili sauce
Dash bottled hot pepper sauce
1 loaf unsliced whole wheat sandwich bread

In small bowl combine cream cheese, deviled ham, chili sauce, and bottled hot pepper sauce. Cut bread horizontally into 8 slices about ¼ inch thick; trim crusts from bread. Flatten each slice of bread slightly with a rolling pin. Spread each with about 3 tablespoons ham mixture. Roll up jelly-roll fashion, starting at narrow end. Wrap rolls in foil. Seal, label, and freeze.

To serve, remove rolls from freezer 1 to 1¼ hours before serving time. After 45 minutes cut crosswise into ⅜-inch slices. Arrange pinwheels on platter and cover lightly with clear plastic wrap. Continue thawing at room temperature. Makes about 5½ dozen.

REUBEN TRIANGLES

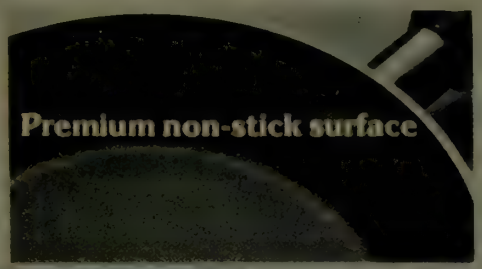
1 16-ounce can sauerkraut, drained and snipped
1 12-ounce can corned beef, flaked
½ cup (2 ounces) shredded monterey jack cheese
½ cup bottled taco sauce
2 tablespoons sliced green onion
½ teaspoon caraway seed
2 packages (10 biscuits each) refrigerated biscuits

In bowl combine sauerkraut, corned beef, cheese, taco sauce, green onion, and caraway seed. On lightly floured surface roll and stretch each biscuit to a 4-inch circle. Moisten edges with water. Place a generous 3 tablespoons corned beef mixture in the center of each circle. Fold up 3 sides of dough to form a triangle; pinch edges well to seal. Bake on lightly greased baking sheet in 400° oven for 10 minutes. Remove from oven; cool on rack. Place on ungreased baking sheet; freeze firm. Place frozen triangles in freezer container or bag. Seal, label, and return to freezer. To serve, place frozen appetizers on ungreased baking sheet. Bake in 400° oven 10 minutes. Makes 20. ■

SILVERSTONE.*

You may pay more for it, but you get more from it.

SILVERSTONE is the new premium non-stick surface from Du Pont, the people who brought you TEFLON.® Though cookware with SILVERSTONE may cost a bit more, here are some good reasons why you are likely to get more from it.





SILVERSTONE. Its thicker, three-layer surface is fuse bonded to heavy aluminum at over 800° F, which is why it is more durable. It is highly resistant to scratching, chipping, and peeling. And because it is more durable, it is likely to keep its good looks for a long time to come.

SILVERSTONE is easy to care for, because as a non-stick, easy-clean cooking surface it is unsurpassed. It is exceptionally smooth. And it has the dramatic looks of burnished pewter. So it's beautiful to look at, as well as beautiful to cook on.



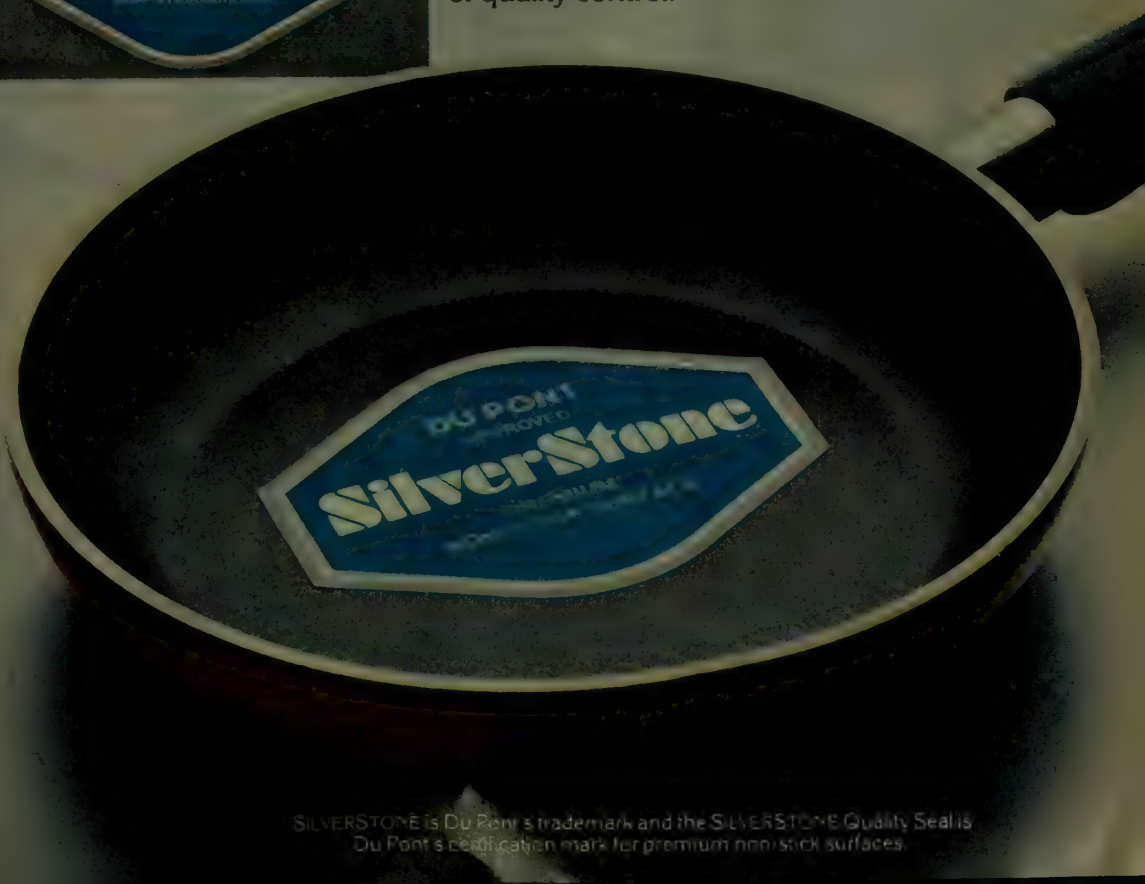


SILVERSTONE. Its distinctive new Quality Seal is found only on the finest cookware by manufacturers licensed by Du Pont for their strict standards of quality control.

Available from top manufacturers
SILVERSTONE is available now on fine cookware by Mirro, Nordic Ware, Regal, Wear-Ever, and West Bend. Once you own it, you're likely to wonder why it cost only a little more.

SILVERSTONE
The first non-stick surface good enough for the finest cookware.

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SILVERSTONE is Du Pont's trademark and the SILVERSTONE Quality Seal is Du Pont's certification mark for premium non-stick surfaces.



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The Strong One



Strong relief from The Allergy Specialist

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Nostalgic Annuals to start from Seed

Many plants can inspire thoughts of people and occasions long gone by. A spired bed of hollyhocks might bring to mind your grandmother's garden, or a bright bed of cosmos could revive memories of a special garden or wedding.

All the following nostalgic plants can be grown from seed, and several reseed themselves to come up year after year—one reason why they were so common years ago. Why not try a few this year?

Bachelor's buttons. The deeply toothed petals give the rounded flowers a firm but somewhat ragged look. Two-inch blossoms come in red, blue, pink, and white.

Canterbury bell. Reminiscent of the English courtyard garden, this graceful plant delights the eye with spires of delicate bell-shaped blossoms of red, pink, purple, blue, or white. There are annual and biennial types—the latter blooms the second year from seed.

Cleome. Here's an old-timer that was a must in every garden years ago. The six-inch flower heads at the tips of the stems keep blooming and extending from midsummer until frost. There are pink, red, and white varieties.

Cosmos. For generations, the cosmos was one of the main ingredients in informal gardens. The newer varieties are less rank in their growth habits and come in a wider variety of colors than formerly. There's also a semi-double type now as well as the single.

Dianthus. The China pink dianthus is the annual equivalent of the perennial form that was a garden mainstay years ago. Clusters of small ragged blossoms are mostly in shades of red, pink, and white.

Forget-me-not. A true blue color and a sentimental name makes this annual quite special. It grows a little over a foot tall. There's also an all-white variety.

Hollyhocks. Hoop-skirted dolls made from the bright, wide-flaring blossoms were popular playthings years ago. Patches of the tall plants returned year after year and thrived with little or no attention. The lovely introduction, Majorette, won the All-America Selections award.

Larkspur. Full round spikes of pure pink, blue, and white made this a popular plant. New varieties are bigger and better than earlier types. Sow the seed in garden beds while the soil is still cool.

Portulaca. It is often called the moss rose. The low mat of foilage is covered from early morning to mid-afternoon with vivid blossoms. In mild-winter areas it reseeds. ■

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Growing young gracefully

Remodeling an old house doesn't have to mean trading off its charm for convenience. You can have both with planning, and this house shows you how.







Photographs: Bradley Olman. Interior Designer: Pam Shernit. Source: Eileen Leubecker

Top left: Outside, this 100-year-old town house remains relatively unaltered, but the interior has undergone some changes to make it function efficiently for a contemporary family.

Top right: Before these floor-to-ceiling bookshelves were built, there was nothing to divide the living and dining areas. The shelves provide the needed separation, yet leave the two rooms open to each other.

Left: The "big" problem with this kitchen was too much floor space—nothing was within easy reach. A peninsula solved the problem by dividing the kitchen area into two parts. Now sink, range, dishwasher, refrigerator, and cabinets are right next to each other and there is easy access to every appliance and utensil with only a minimum of walking.

Above: The other part of the kitchen is now a sewing-eating area. Here the peninsula serves as a breakfast nook besides providing additional counter space. A built-in sewing machine cabinet against the wall makes perfect use of the extra space.



Monitor® Paneling: A wood look at a less-than-wood price.
Georgia-Pacific's Monitor paneling is warm, good looking, easy to clean and inexpensive. It's ideal for a "rec" room or children's bedroom–wherever you want the look of wood. But don't want to pay the price. The wood fiber core is surfaced with several handsome, simulated woodgrain designs. Monitor paneling gives you a lot, for very little.



Gatehouse™ Paneling: Only you'll know the difference.
The simulated woodgrain finishes of Gatehouse paneling are certain to bring compliments–they're so beautiful, look so real. Still, Gatehouse paneling is easy on the budget. So, don't bother to tell friends that Gatehouse Sand, Nutmeg, Cinnamon, Mocha, and Antique are woodgrain designs. That's just between you and your pocketbook.



Oxford™ Paneling: The elegance of traditional English woodcraft.
Oxford paneling has a real birch face veneer with a unique dappled look–truly different and charming. And it comes in hues of ivy, burgundy, and heather. You can tell its quality immediately. Still, the price is surprisingly low. Oxford paneling is the real plywood paneling everyone can afford.



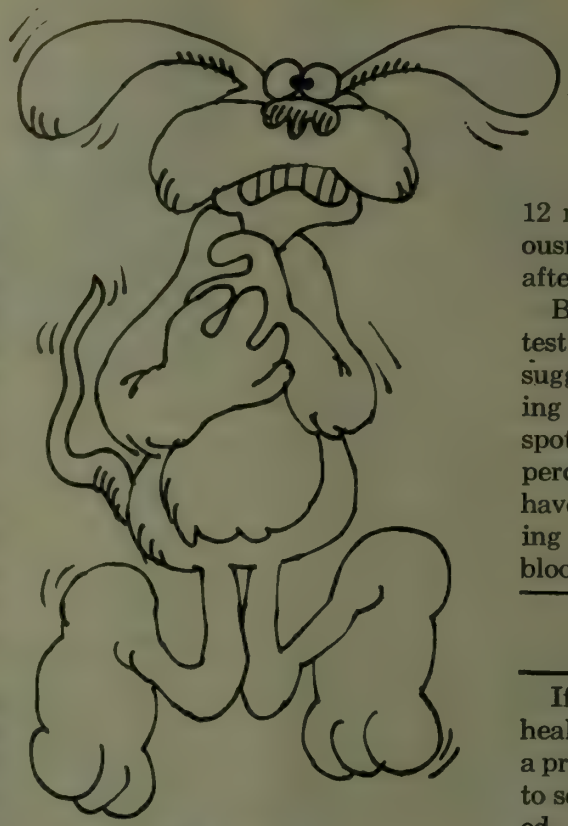
Bridgeport™ Paneling: Gives you the look of real wood planking.
Each simulated plank looks like it was installed one piece at a time. The real sliced pine face veneer has a natural board look. And a richness that only real wood veneer provides. Of course, Bridgeport paneling costs a little more. But then, real quality always costs more.

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Portland, OR 97204



Does your dog have heartworms?

Whether you think he needs it or not, Fido deserves at least one visit to the veterinarian every spring. "Why?" you say. "He's looking great." Even so, your pet may be harboring one of the deadliest canine parasites—heartworms.

Chances are by the time you spot symptoms of this disease—coughing, weight loss, weakness, heavy breathing—your dog already will be seriously ill. In fact, symptoms can be so slow to develop you may not even suspect there's a problem until it's too late.

Fortunately, most infected dogs can be treated successfully if the disease is diagnosed in time. But early diagnosis is critical! Though your pet's condition may improve somewhat after the heartworms have been destroyed, damage that has already been done by the parasites can't be repaired. Treatment for heartworm disease in its advanced stages also is difficult at best and calls for administering potent drugs that can be risky.

Where do the culprits hang out?

Until only a few years ago, heartworms were confined mainly to the Atlantic and Gulf Coast states. That picture has changed, however. The disease has spread throughout most of the country, and cases have been reported in all 50 states.

Threadlike white worms called *Dirofilaria immitis* are the culprits. Dozens of different varieties of mosquitoes carry these parasites from one dog to the next. When a mosquito bites an infected dog, the blood it takes up can contain immature heartworms, known technically as *microfilariae*. After two weeks incubation inside the mosquito, infective heartworm larvae are passed on to another dog through the carrier mosquito's bite. Larvae travel through the dog's body tissues to his heart, where they cluster and grow to adult size (six to 14 inches long) within approximately six months' time.

Adult worms obstruct blood flow to the lungs, interfere with heart valve action, and can cause high blood pressure inside the lungs. They also produce more larvae, which circulate in your dog's bloodstream, ultimately resulting in damage to kidneys, liver, and other body tissue, and are picked up by feeding mosquitoes. In reality, one infected pet can lead to heartworm disease in dogs all over your neighborhood.

When is it time for a checkup?

Spring is the best time to have your pet checked out. It takes at least six months after your dog has been bitten by a carrier mosquito for heartworms to mature and produce *microfilariae* that can be detected in a blood test. Veterinarians recommend a blood test every six to 12 months (depending on the seriousness of the disease in your area) after your pet becomes a year old.

But regardless of how the blood test turns out, your veterinarian may suggest further examination, including X rays and laboratory work, if he spots suspicious signs. About ten percent of the dogs infected don't have sufficient *microfilariae* circulating in their blood to show up in a blood test.

How do you prevent heartworms?

If your pet gets a clean bill of health, your veterinarian can begin a preventive program before mosquito season starts. To be fully protected, your dog must receive daily medication, in liquid or tablet form, from about a month before the start of mosquito season until at least a month after heavy frost kills off all the mosquitoes. Contrary to what some pet owners believe, a heavy coat of hair won't protect your dog.

Medication probably will cost only a few cents a day, depending on your dog's size. Some veterinarians recommend year-round medication, especially in warm climates and heavy mosquito areas. Follow your veterinarian's advice.

But remember, your pet must be free of heartworms before preventive treatment begins. Otherwise, he may suffer serious side effects.

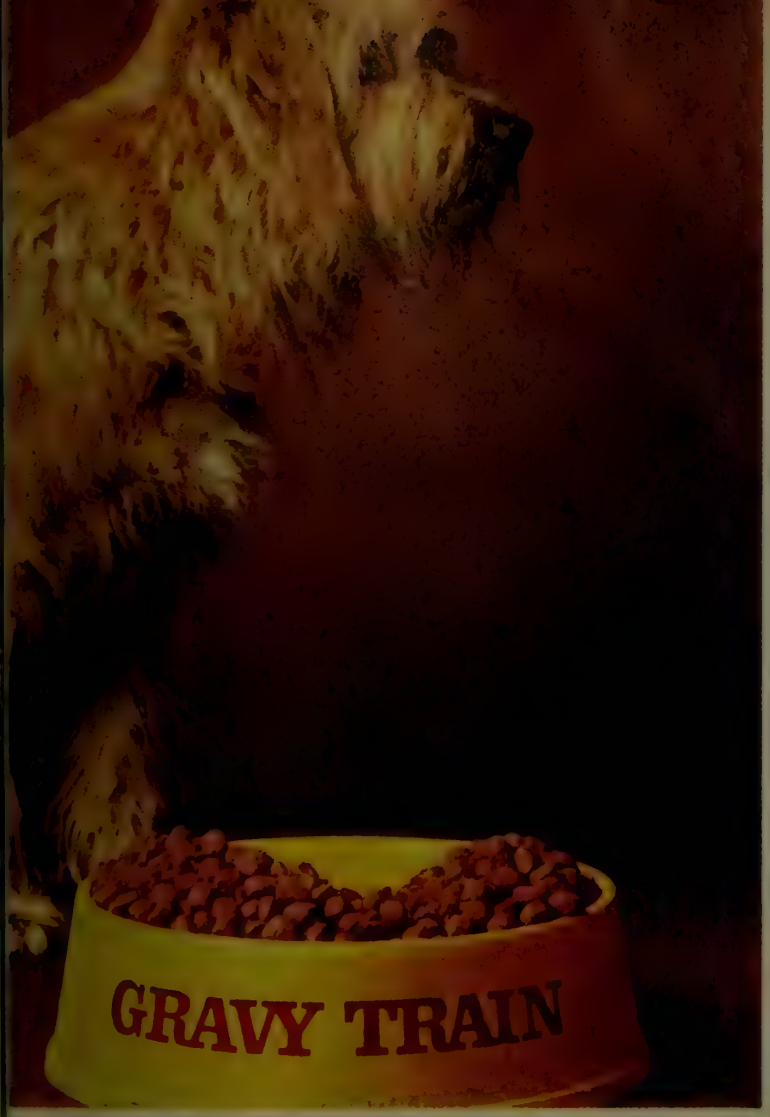
Another method of prevention involves injections every six months of the same drug used to treat dogs infected with heartworms. Though the injections destroy worms that may be developing before they can do any damage, the procedure generally is more expensive than daily medication and considered harder on your pet.

What's the treatment?

Before beginning heartworm treatment, your veterinarian should

continued

Drawing: Dudycha Schirk & Assoc.





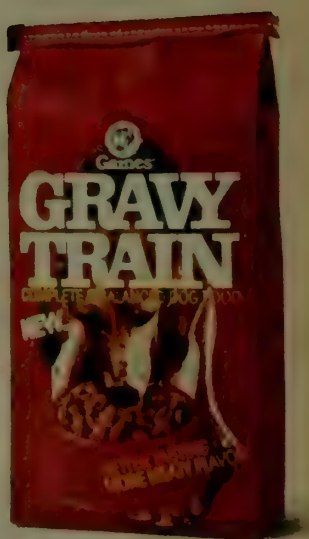
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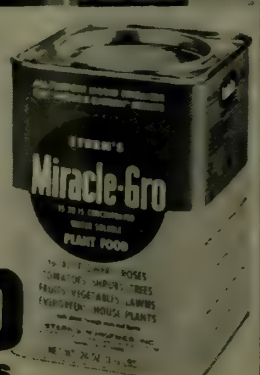
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continued

Heartworms

thoroughly examine your dog to determine how much damage has been done to vital organs, such as the heart, lungs, liver, and kidneys. Adult worms can be killed with a series of intravenous injections of an arsenic compound, but other organs must be functioning properly to eliminate the arsenic from your dog's system. Reactions to this drug are common, but fatalities are rare among otherwise healthy pets.

A second drug must be given to your pet later on—after the adult worms have been destroyed—to get rid of heartworm larvae. The larvae aren't affected by the arsenic drug.

An alternative to drug treatment is open-heart surgery to literally remove the heartworms. This is a risky procedure and should be considered only as a last resort.

During treatment and for four to six weeks afterward, restrict your pet's exercise and activity. Hunting dogs shouldn't be allowed to work for about four months following treatment.

As the heartworms die, they're carried by your dog's bloodstream to his lungs, where they decompose and are absorbed by his body. Any physical exertion that increases blood flow may speed up this process and cause the blood vessels and capillaries in the lungs to become blocked by decomposing worms. Serious complications, including pneumonia, may follow.

As you might expect, heartworm disease is more common where there are lots of mosquitoes, and outdoor dogs are its most likely targets. **But even indoor dogs seldom can be completely protected from mosquitoes carrying the disease.** Your veterinarian can advise you whether a house pet should receive preventive treatment—based on the extent of heartworm disease locally. Animals other than dogs are seldom infected.

Scientists and veterinarians are working on the mysteries of heartworm disease. Hopefully, a vaccine will be available one day. But until then, you owe it to your dog to take advantage of existing preventive measures and treatments. ■

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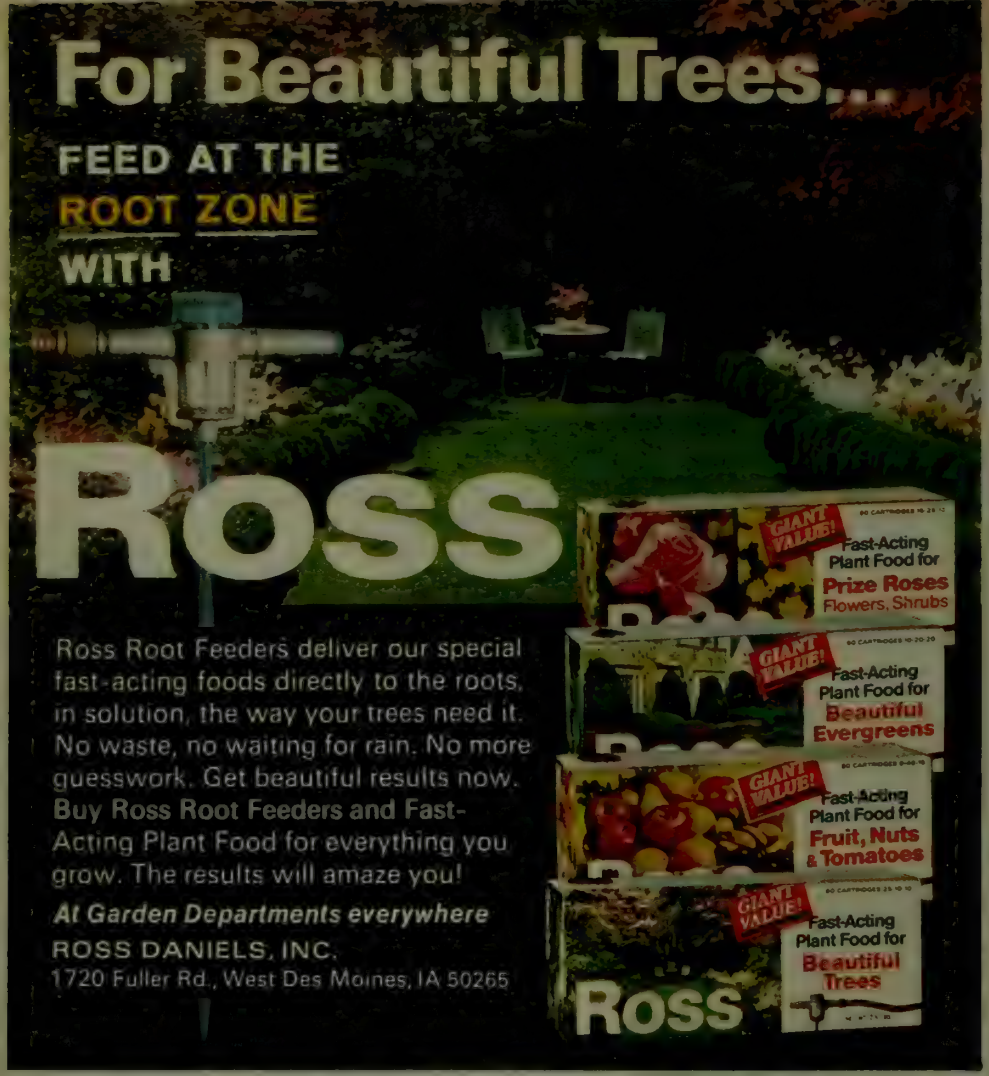
Model SM-3 hand-held

Model SM-2D high-style wall mount with chrome accent

Model SM-3D high-style hand-held with chrome accent

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HOW TO REPLACE Window screens

One of the most unpopular rites of spring is replacing damaged screens. Here are a few tips to make your job a little easier.

Wood-frame screens

To remove old screening, carefully pry up the molding with a putty knife or chisel. Then remove the tacks or staples that hold the old screening in place. If necessary, reinforce the corners with corrugated metal fasteners or angle braces, then paint the frame.

When you're repairing several screens, it's more economical to buy screening by the roll. Buy it slightly wider than the widest window and cut the screening several inches longer and wider than needed so you'll have something to pull on as you staple.

Use a stapling gun to attach the new screening, which can be galvanized metal, aluminum, fiber glass, or plastic. You can staple with one hand and stretch the screen with the other. Or, better yet, if your stapler comes with a screen-stretching attachment, use it. Its prongs grip the screen tenaciously, so you can stretch and staple with one hand.

The stapling sequence shown in *Figure 2* will help you do a smooth, wrinkle-free job.

After your stapling is completed, replace the screen molding, *then* trim off the excess screening with a sharp utility knife, using the molding as a straightedge.

Aluminum screens

Aluminum screens are easier to repair than wood; instead of being fastened by staples and molding, the screen is held in a groove by a plastic spline. You merely find the end of the spline and fish it out with an awl or fine screwdriver. Then push out the old screen and measure a new

piece two inches longer and wider than the frame. Center the screening on the frame and press the spline into the groove all along one side of the frame.

To set the spline, use the side of a screwdriver—or, better yet, a special tool that has a convex wheel for rolling the screen into the groove and a concave wheel for forcing the spline into the groove. Next press in the spline on the opposite side, while pulling the screen tight. Finish by mitering the corners with V-shaped cuts *(Figure 1)* and setting the spline in the other two sides.

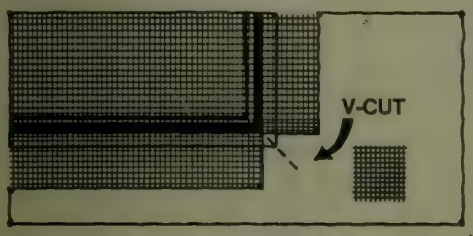
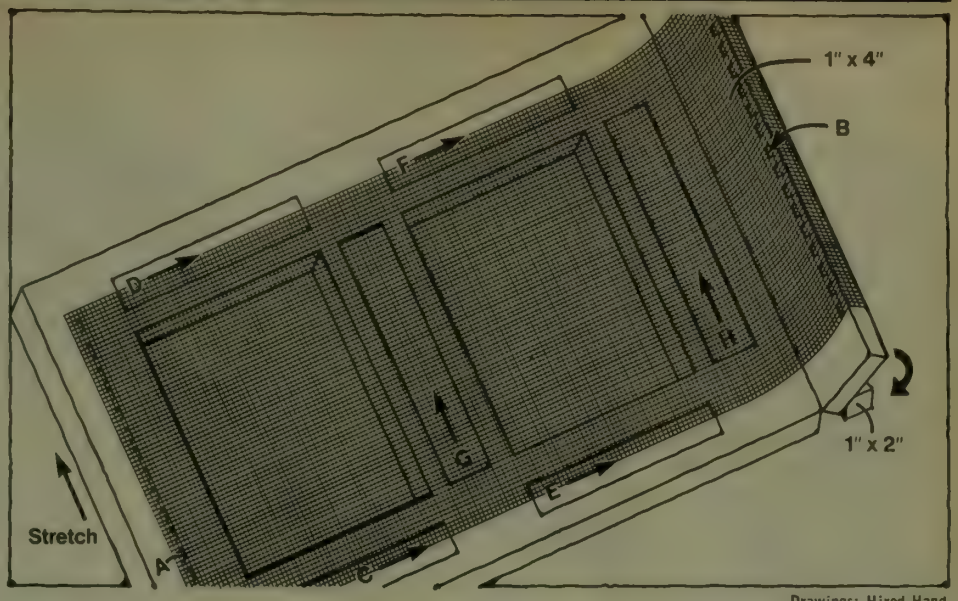


Figure 1: Be sure to make V-cuts, as shown, in all four corners of the screening. This helps prevent excess material from bunching up in the corners and causing puckers in the screening.



Drawings: Hired Hand

Figure 2: Letters indicate the stapling sequence; space the staples at least every three inches. After stapling along line "A" (stretch the fabric in the direction of the "A" arrow), angle a 1x4 against a 1x2 at the opposite end, making sure the 1x4 is absolutely parallel to the screen frame. After stapling line "B," remove the 1x2, press down on the 1x4, and anchor it with a concrete block or other heavy weight. Staple line "C," then stretch the fabric in direction "A" and staple line "D." Follow the same sequence for lines "E" and "F," then finish up with lines "G" and "H." Nail on the molding, and trim off the excess screen cloth. ■



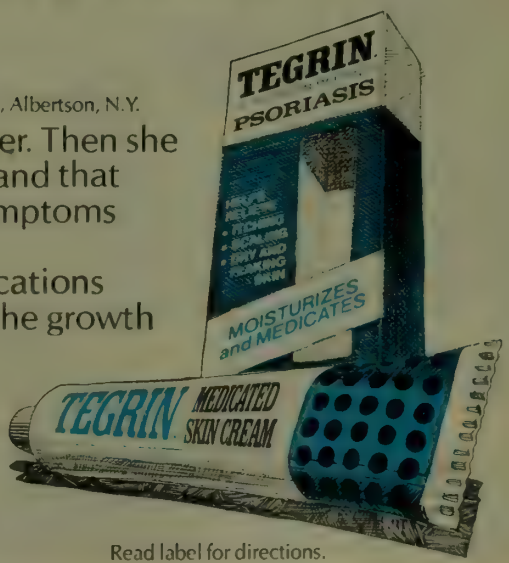
"I was always running out of dry-skin lotion. But I never seemed to get rid of my dry, itchy skin.

Then I found I had psoriasis." Doris Foster, Albertson, N.Y.

Mrs. Foster was heartbroken when her doctor told her. Then she learned that millions of Americans share her problem—and that moisturizing lotions alone can't help relieve psoriasis symptoms the way Tegrin® Medicated Cream can.

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"Once I stopped using dry-skin lotion and started using Tegrin, I started seeing results," says Mrs. Foster. "Tegrin helps me forget I have psoriasis... and that's just fine by me." **Tegrin moisturizes and medicates.**



Read label for directions.

HOUSEPLANT HOW-TO



Photograph: William Hopkins

Dracenas have come a long way. Their natural home is in the Asian and African tropics but now you find these marvelously adaptable plants in countless American homes. Such popularity is understandable because dracenas are easy plants to keep happy.

Although dracenas are hardy enough to take abuse from beginners and forgetful gardeners, any attention you give them beyond the minimum will make them positively flourish. The four plants shown in our photograph, starting in center back, are *Dracaena fragrans massangeana* (corn dracena), *Dracaena marginata* (red-margined dracena) to its right, 'Tri-color' variety of

If you can't take the Pill.... Delfen Contraceptive Foam—an effective alternative.



The Pill is a wonderfully effective and convenient method of birth control. But for those women who can't or won't use it, there is an effective alternative. Delfen* Contraceptive Foam. It contains one of the most potent spermicides known, in a pleasantly easy-to-use form. And because it can be applied up to one hour beforehand, Delfen is not interruptive. It won't interfere with your pleasure or his. Since Delfen is pH-buffered, it maintains the normal balance of the delicate internal vaginal tissues.
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Delfen Foam is as pleasant and easy to use as it is reliable. While no method of contraception can guarantee against pregnancy, a research study conducted in ten separate centers with 857 women participating for a total of 3,518 months of use showed these positive results: eight women became pregnant when using Delfen regularly and correctly and an additional ten women became pregnant when they did not use Delfen regularly or according to directions.



Ortho The world's largest laboratories devoted to family planning research.

*Trademark ©1977 Ortho Pharmaceutical Corporation

Dracaena marginata in center front, and 'Warneckei' variety of *Dracaena deremensis* at left.

Dracenas do best in bright, indirect light. Corn dracena is the ideal plant for offices because it adapts to lower light and thrives under normal fluorescent lights.

Soil isn't a major concern. A packaged mix is fine for any of the dracenas. They like evenly moist conditions, but never let them sit in water left in drainage trays. Red-margined dracena is especially susceptible to overwatering. Dracenas also let you know if you're underwatering; leaf margins will turn brown and curl, and leaf tips (especially on the 'Warneckei' variety) will turn brown and die.

Once your dracena has been potted, watered, and placed in proper light, you'll need to begin fertilizing it. Let it rest for six months after bringing it into your home—then feed it every six months following directions given on the container.

Luckily, dracenas aren't as susceptible to pests and diseases as some other houseplants are. You may rarely discover a red spider mite on your red-margined dracena, but that's all you're likely to find.

Dracenas are easy to propagate, too. Just root some stem cuttings or sections of the main stem. You can rejuvenate an older plant by cutting it back, or air layer it if it's become tall and unsightly.

May Houseplant Reminders:

1. Resume fertilizing plants such as aspidistra, parlor palm, croton, and prayer plant that should be fed only in spring and summer.
2. Prepare places outdoors for plants you plan to summer outside.
3. Move medium- and low-light plants from southern exposure to eastern and northern now that the sun's become stronger. Check plants still in southern exposure often to make sure they aren't too dry and foliage doesn't burn.
4. Gently clean the leaves of your foliage plants with lukewarm water and a soft cloth to remove dust that's accumulated over winter.
5. Pinch back coleus, geraniums, and other plants that have gotten leggy over winter. ■

With KitchenAid®, the dishes come out clean no matter who loads them.



The KitchenAid Load-As-You-Like Dishwasher.

That's the whole idea of a dishwasher, isn't it, getting the dishes clean? But with KitchenAid it's more than that. It's getting dishes clean no matter where you load them.

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Vagisil Creme Medication is delicately scented and greaseless. Won't stain clothes, either. Sold in all feminine hygiene sections. Available in Canada. **Vagisil**

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It's true that as you get older, your body does slow down and regularity can become a problem. But it doesn't have to be.

You don't have to suffer from constipation...not when there's Serutan to help you.

Serutan is the laxative especially formulated to help a sluggish system back to regularity. That's because Serutan's natural ingredients add the necessary moisture and bulk that your system needs as you get older.

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Try Serutan. Because constipation doesn't have to be part of growing older.

Good Housekeeping PROM SES LIMITED WARRANTY TO CONSUMERS REPLACEMENT OR REFUND IF DEFECTIVE

Read label for directions.

BUILDING

STEPS TO FOLLOW WHEN HOUSE SHOPPING

Since buying a house is the largest investment most families undertake, it makes sense to shop carefully and knowledgeably. These tips can help you avoid the pitfalls and reach the right decision.

Decide what you want in a house

Before you go shopping, sit down with your family and establish your priorities and standards for a house. Decide whether you want a new house with all the modern conveniences or an older, roomier house you can fix up. What style house do you want, how many rooms, and how much land? Make a list of your requirements and take it with you as you shop.

Take time to shop the market

Being in a hurry puts you in a seller's market and will probably cost you money. Take the time to find a house that really fits your needs, dreams, and budget. With notebook in hand, see as many listings as possible. Look at old and new houses in a range of prices—this will give you a good idea of the cost and quality of houses on the market. Don't be taken in by eye-catching frills and don't overestimate flaws that can easily be corrected. Avoid shopping in the spring or fall, when the demand is greatest and prices are highest.

Use a checklist to compare houses

After visiting each house, jot down the name, address, and phone number of the owner or builder and the real estate agent. Note the asking price, required down payment, term of mortgage, monthly payments, estimated closing costs, property taxes, any deed restrictions, and utility bills. Note also the style of the house, total floor space, number and dimensions of rooms and closets. Then check each room of the house against your list of requirements.

Also check the heating, sewer, and water supply systems. Is there a garage or basement and is it big enough for your needs? Ask the owners why they're selling and about any major improvements they have made. Find out which appliances are included and if the carpeting is included. Take snapshots of the houses you really like for reference.

Get some expert advice

An expert structural inspection is vital when you're buying an older house, and it's also a good idea for a new one. Have a qualified appraiser assess structural and design aspects of the house. He'll check the condition of the furnace, foundation, walls, floors, roof, electrical circuits, plumbing, and sewer system. And he'll tell you whether the house is well insulated, if there's evidence of damaging settlement, and whether there are termites.

Consult other specialists such as plumbers, electricians, and roofers if you think other problems exist. Should major repairs be needed, have a contractor estimate their cost. If a serious defect is discovered, you usually can negotiate a lower price. New houses should be examined closely for incomplete work and oversights in construction. Such minor flaws are to be expected and the builder should correct them.

An appraiser should also tell you the prices at which comparable properties are selling, inform you of the quality of the neighborhood, zoning regulations, population trends, property tax levels and prospects. Make sure you get a written report of the appraiser's findings. ■



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"The Sunbeam Crockmaster Automatic Slow-Cooker has an automatic temperature control that shifts from high to all-day slow-cooking all by itself. It comes with a 5-quart crockery vessel and is also available in a 3½-quart size."

"The Sunbeam Crocker Frypan is the only frypan that lets you slow-cook in crockery."

"It has a removable, 4-quart ceramic vessel for slow-cooking and easy serving."

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Shirley Jones

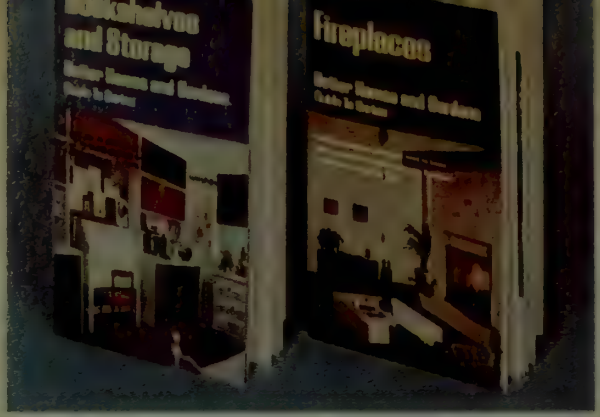
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TRAVEL

BARGAIN BUS FARES

Even if you haven't been on a bus lately, you can't help but notice as you drive the interstates that the long-distance buses have gotten downright snazzy. And the change is more than skin-deep. Long-distance bus fares are the lowest they've been for 30 years. Obviously, the two biggies in the bus business—Greyhound and Continental Trailways—are doing their darndest to woo American travelers into plush reclining motor coach seats. If you're planning a vacation this year, maybe you should take a look at what the bus companies are offering.

"Have-I-got-a-deal-for-you!" fares

One-way fares—The $50 one-way-to-anywhere-in-the-country fare can be purchased through May 31 and can be used until midnight of June 15. You have to take the most direct route between your starting point and destination, and cross at least one state line, but there's no limit on the number of stopovers. For each adult traveling on a one-way fare, one child under 12 can tag along free. As we go to press, both Greyhound and Continental Trailways are considering a summertime one-way discount fare that looks as if it will be about $75. If you can't get your trip under way in time to meet the June 15 deadline, you should inquire about this.

Unlimited travel passes—Continental Trailways calls theirs Eagle-Pass and Greyhound's is Ameripass, but the formula is the same. For $165 you can buy a 15-day pass that gives you unlimited travel—you go where you want to, get on and off where you want to. The 30-day pass is $225, and a 60-day pass is $325.

Round-trip intercity fares—Some 29 major cities all across the country are paired for these fares. You can, for instance, travel from Boston to Atlanta and back for $74, or, say, Los Angeles-Denver-Los Angeles for $80. Inquire about other city pairs.

Kid fares—For all fares except the aforementioned one-way special, kids under 12 travel at half fare; under age two, free. ■

Better Homes™

Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively

Owl pendant—solid pewter



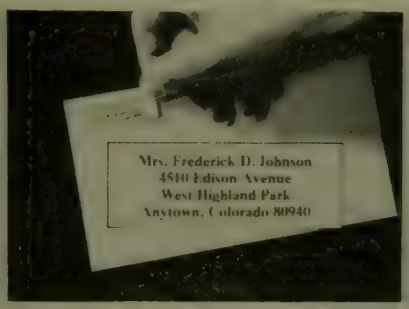
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Self-stick return address



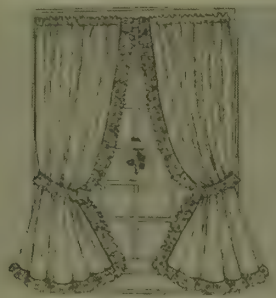
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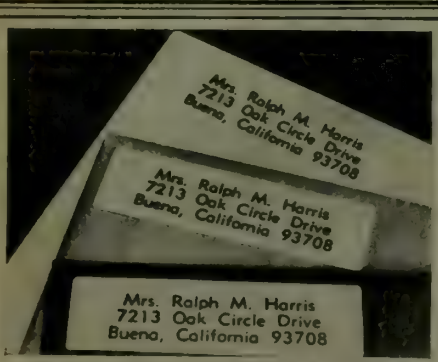
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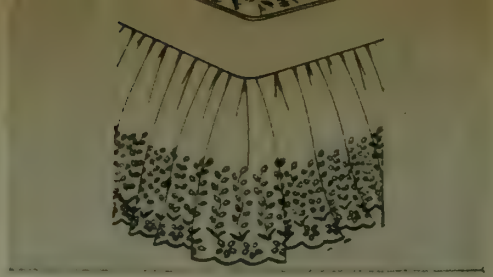
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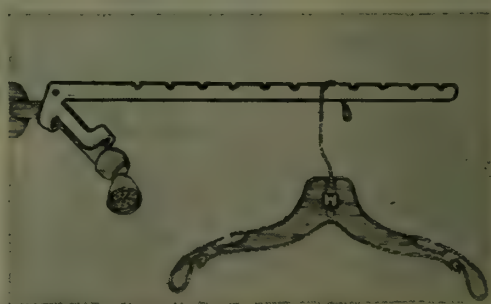
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33 Year Old Millionaire and his 30 Year Old Wife (Mother of Five)

"Millionaires Are Not 100 Times Smarter Than You, They Just Know The Wealth Formula"

Millionaires are not 100 or even 10 times smarter than you, but it is a fact that millionaires are making 10 to 50 and even 100 times more than you.

Are these wealthy people working that much harder than you? No way!

If you are working only 20 hours a week, it would be physically impossible. (There are only 168 hours in a week, no one gets more.)

These questions used to really stump us. That was six years ago.

My wife and I then lived in Denver, Colorado, at 2545 South High Street. We paid $135 a month rent for a cramped, tumbled down house. We were expecting our second child and we were flat broke. We felt desparate and forced into a corner. We had to borrow $150 from my father and another $150 from my wife's father just to buy the groceries and pay the rent. If that wasn't enough, I was several thousand dollars in debt.

Things are much different now. Last year we could have retired and lived off the income of our one million dollars in real estate holdings. (Incidently, almost all of the income from the real estate is tax free).

Since I had worked 20 to 40 hours a week and my wife stayed home with the family, I know that we didn't work even 10 times longer or harder than you. And with my C-average from Ames High School (located in Ames, Iowa) and my wife's B-average from Twin Falls High in Idaho. I'm sure that we were not any smarter than you.

If hours, efforts, or brains are not what separates the rich from the average guy who is swamped with debts and very little income, then what is?

We learned the answer to that question from an old fellow in Denver that we met at our church. This fellow worked in a drug store stocking the shelves. Very few people knew that he had $200,000 in the bank, all of which he had earned starting from nothing.

Within a year after meeting him, we were told and shown the same thing by a young man who had recently earned over a million dollars. By this time, we began to realize that what we were being shown was truly a remarkable and workable way to grow rich.

We began to apply the principles and methods we had been shown. My wife, acting as a counselor, did her part by encouraging me when I was discouraged and pointing out where we could take some shortcuts. The results were amazing. We couldn't believe how easy it was, in fact, it seemed too easy.

But then we met an elderly lady (83 years old), who, had made $117,000 using the same formula.

We then figured our beginning wasn't luck. For three and one half years, we worked hard to refine and improve on the formula that we had been shown, so that it would be easy to get quicker results.

As we did this, our assets multiplied very rapidly (160% per year) to the point that neither of us had to work any longer.

I guess we're bragging now, but I did start spending alot of time in our backyard pool, traveling around the country, and doing a lot of loafing while my wife, with the aid of in-house help, was able to spend more time with our children besides being able to do all the things she had wanted to try for years.

Then one day a friend asked us how he could do what we had done.

So we began to outline the formula that we had improved to show him really how simple it was, and how he could do the same thing.

By the next time he approached us, we had written almost a complete volume on the easy way for him to copy our results.

We wrote this in simple, straight forward language so anyone could understand it.

This time our friend's questions were very specific. (He had already begun buying properties with the formulas we had been giving him). Now he had a property he wanted to buy, but was out of cash. How could he buy it?

We not only showed him how to buy without cash, but by the time the deal was complete, he had $5,000 cash in his pocket to boot.

We also showed him how to buy a $26,000 property for $75 down.

You, or anyone, can do exactly what we did, or our close friends have done; in fact, you may well do it better. (We began doing this in our spare time only).

It doesn't matter where you live or the size of your town or city, our formula will show you exactly how to:

- Buy income properties for as little as $100 down.
- Begin without any cash.
- Put $10,000 cash in your pocket each time you buy (without selling property).
- Double your assets every year.
- Legally avoid paying federal or state income taxes.
- Buy bargains at 1/2 their market value.
- Allow you to travel one week out of every month.
- Borrow cash easily (my wife found out recently that with the new laws, borrowing can now be easily done by a woman alone).

When you send us a check or money order for $10, we will send you all our formulas and methods, and you are free to use them anywhere and as often as you would like.

Now if you were a personal friend of ours, we know you would believe us and not need any kind of guarantee, but since you don't know us personally, we will guarantee that you will be completely satisfied and that our formula will work for you if you apply it. We will back up that guarantee by not cashing your check for 30 days, and if you for any reason change your mind, let us know and we will send your uncashed check back.

You may well ask, why are we willing to share our formula for wealth? Well, because many of you will probably seek further consultation and direction from us as your wealth rapidly grows and the consultation fee of $75 an hour adds to our fortune.

But you shouldn't care if we profit as long as you profit. And we guarantee that you will.

There is one small catch; you will have to apply some effort in order to get results from our formulas. But of course, nothing worthwhile comes without some effort, but let us assure you your efforts will be rewarded beyond what you believed possible. Besides the great monetary benefits, we find that by working on our financial future together, it greatly strengthens and improves our marriage and family life.

REFERENCES

Tracy Collins Bank & Trust, 4707 Holladay Blvd., Salt Lake City, Utah Attn: Beverly Smith, Assistant Mgr.

Charles F. Huber, Certified Public Accountant, 1850 Beneficial Life Towers, Salt Lake City, Utah

I HEREBY CERTIFY THAT ALL THE ABOVE STATEMENTS ARE TRUE AND FACTUAL TO THE BEST OF MY KNOWLEDGE AND THAT I HAVE KNOWN MARK O. AND MRS. HAROLDSEN FOR MORE THAN FOUR YEARS. DURING WHICH TIME HE HAS ACCOMPLISHED THE THINGS HE HAS INDICATED ABOVE.
BRUCE M. HALE – NOTARY PUBLIC

(Upon request, a notorized signed statement will be sent to you, certifying all statements and the money back guarantee.)

(Mr. Haroldsen has lectured to many and varied groups on his methods and formulas, but never before now have all of these been available. They are now available through this ad, or at the place of his lectures.)

30 DAY FREE TRIAL

MARK O. & LOIS HAROLDSEN
Tudor Mansion Bldg.
Suite 101, Dept. E-700
4751 Holladay Blvd.
Salt Lake City, Utah 84117

Mark and Lois, I am sending you the $10.00 only on the condition that you guarantee the material you will be sending me, and that you will not cash or deposit my check for at least 30 days after the material is sent to me. And that you will send the material the same day you receive my order and check so I can expect to receive your Formulas within 10 to 17 days. If for any reason I change my mind and send the material back, you agree to send my uncashed check or money order back to me immediately. Upon these conditions, here is my $10.00.

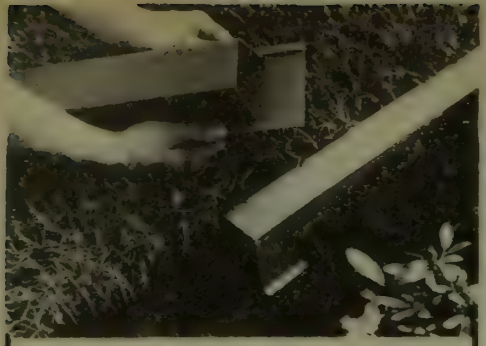
☐ **For deluxe gold embossed edition add $2.**

Name _____

Address _____

City _____ **State** _____ **Zip** _____

© Mark O. Haroldsen 1977



Edges lawn permanently

It's the new, permanent answer. Resists frost heave. Won't rot, chip or crack. Grass can't jump it. Strong enough to be walked on. Conforms to any yard pattern.

It's PERMA-EDGE, rigid and interlocking sections of high-density plastic. Sink only once, then forget special edging, trimming.

Available in five different sections: 24" straight (ST, $1.39), 6"-leg right angle (RA, $.89), curved, forming 4', 6' and 12' diameter circles (C-4, 8/circle; C-6, 12/circle; C-12, 24/circle; all $1.39 ea.). Grass green color.

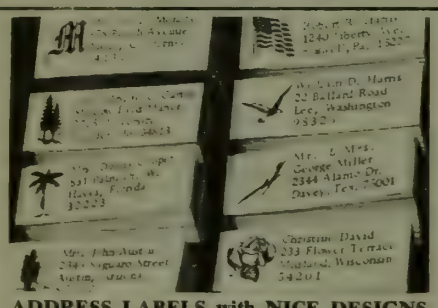
Shipping and handling charges:

under $15.00 add $1.50
$15.01 to $25.00 add $2.25
$25.01 to $50.00 add $3.20
over $50.00 add $3.75

Wisconsin residents add 4% sales tax

Send check or money order (no C.O.D.) to:

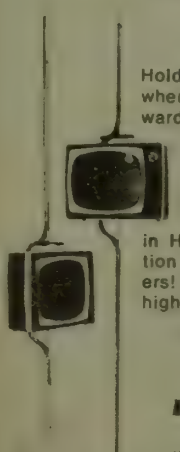
RWK Enterprises
P.O. Box 98
Franksville, WI 53126



ADDRESS LABELS with NICE DESIGNS

Any Initial. U.S. Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose, Texas Flag, Maple Tree, Treble Clef, or Palette. To 20 letters per line, 4 lines. Printed in black ink on 500 white or 250 gold gummed labels. Two sizes . . . 1½" x ½" for $2.50 or Deluxe size 1¾" x ⅝" for $3.50. Via 1st Class mail, add 35¢. Specify Design, size, and color desired. Useful 80-P. Gift Catalog, 50¢. Bruce Bolind, 155-I Bolind Bldg., Boulder, CO 80302. [Since 1956, thanks to you!]

ADJUSTABLE HIGH LOW T.V. POLE STAND



Hold your portable T.V. right where you want it without awkward tables or stands. Takes any width, up to 14" deep, 17" high. Brass tone finish pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers! Add $2.00 for extension for higher ceiling.

$13.95 plus $1.00 hdlg.

Prompt Shipment

HOLIDAY GIFTS

Dept. 405-7A
Wheat Ridge, Colorado 80036



Versatile handsome shoe

A must for your shoe wardrobe; soft leather-like uppers, cushioned insoles; 1¼" heels. Bone or Navy; sizes N 6½ to 10; M 6 to 11; W 6 to 10. Order "Jody," $12.95 + $1.25 post. Size 11, $1 extra. Sofwear Shoes, Dept. BH-5, 1811 San Jacinto, Houston, TX 77002.



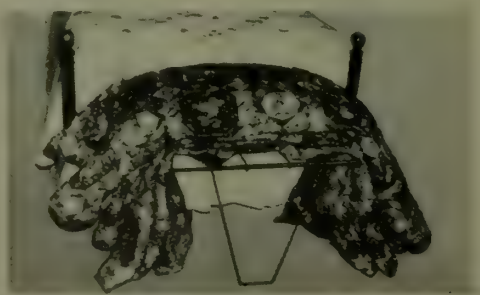
Old-time Tennessee Tin Box

For your recipes, with hinged top decorated with turn-of-the-century designs. Holds hundreds of 3" x 5" cards. Contains starter set of 125 old family recipes. $9.95 ppd. (Tenn. res. 6% tax.) Lynchburg Hardware & General Store, Box BH-5, Lynchburg, Tenn. 37352.



11 piece cookware set

Specially designed stainless steel keeps vitamins in. 1 & 2 qt. cvd. saucepans, 2 qt. dbl. boiler, 6 qt. cvd. Dutch oven, 10½" fry pan & 3 mixing bowls. $29.95 + $3.50 post.; 2 for $59 ppd. Crown-Castle, Ltd., Dept. RS-531, 51 Bank St., Stamford, CT 06901.



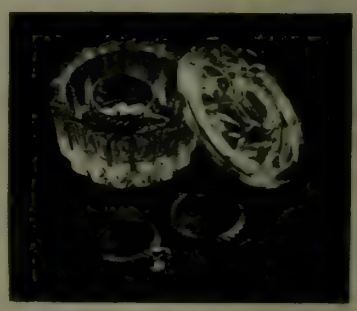
Handy bedspread caddy

For easier bed-making, pull hidden caddy from between springs & mattress; lay spread back. Legs swing into position. King, Queen, or Double beds need two. $9.83 ea.; 2/ $18.83 + $1.55 post. Garrett's, Dept. BHG-5, Box 12274, Dallas, Texas 75225.



Burke elevating chair

Adjustable seat height, posture support back, angle adjustable for your comfort. In a variety of styles & colors. Write for free color catalog, Medicare coverage info & home trial. Burke Inc., Dept. BHG-577, Box 1064, Mission, Kansas 66202.



Cut crystal ring box

Fluted lead crystal box sparkles with brilliance. Cover and base deeply cut in a lovely leaf design. 2" dia., 1¼" high. A tiny treasure and a charming gift. $2.50 each; 2 for $4.50 + 45¢ postage. Ferry House, Dept. BH5, Briarcliff Manor, NY 10510.



New floral magic window

Turns any drab window or wall into an exciting "Magic Window." Original painting reproduced in color as an art print. No framing necessary; 22" x 23", $2.98 + 35¢ post. 2/$4.95 + 35¢. Crown-Castle Ltd., Dept. MFW-532, 51 Bank St., Stamford, CT 06901.



Genuine red or white coral

So versatile and the colors are lovely; you'll find you're wearing it all the time. Necklace is hand-strung and 18" long. Choose Red or White (please specify). $12.50 + $1.25 post. Rarities, Dept. BH-5, 256 So. Robertson, Beverly Hills, CA 90211.

continued

Amazing All-Day Facial Firm-Up

MAKES YOUR FACE GROW YOUNGER BY THE MINUTE

AND KEEPS YOU YOUNGER-LOOKING FOR THE REST OF YOUR LIFE!

Incredible "Instant Firm-Up Formula" tightens facial tissues on contact . . . reverses years of aging appearance in just minutes . . . makes lines, wrinkles and crows' feet disappear from sight for 6 to 8 hours at a time! (So quite obviously with just 2 applications a day you finally rid yourself of those horrid lines and signs of age ONCE AND FOR ALL!) . . . **actually make yourself look like you've grown a brand new skin!**

THAT PERPETUAL YOUTHFUL LOOK — FINALLY YOURS!

Think of it! No matter what your age . . . no matter what your complexion problems . . . just 2 treatments a day of this wondrous breakthrough discovery not only makes your face GROW YOUNGER BY THE MINUTE — not only makes you look up to 10 to 15 years younger in less than 5 minutes time — but keeps you looking younger . . . more radiant . . . more beautiful EACH AND EVERY DAY FOR THE REST OF YOUR LIFE!

NOW! WELCOME TO THE AGE OF THE ALL-DAY FACIAL FIRM-UP!

One week from today you are going to take all those lines and signs of age that shout your age to the world — and in just a matter of minutes actually FIRM THEM AWAY . . . make them disappear from sight . . . the same way professional people who depend upon their appearance for a living now shed years from their appearances ALMOST INSTANTLY! Yes, one week from today you are going to take a wondrous tissue-tightening extract, that doctors report TIGHTENS AND FIRMS aging skin on contact — apply it to those lines, wrinkles, crows' feet and furrows that rob you of natural youth and beauty . . . and in just minutes see your entire face and neck take on a new youthful smoothness . . . ACTUALLY GROW YOUNGER-LOOKING BEFORE YOUR VERY EYES . . . as all those signs of age DISAPPEAR FROM SIGHT IN JUST MINUTES!

Yes, this is the "Lifetime Youth Treatment" that now awaits you thanks to a brilliant instant-acting formula that actually smoothes and tightens collapsed skin areas . . . draws them firm and supple once more . . . makes complexion problems disappear from sight COMPLETELY . . . so that your skin literally GROWS YOUNGER-LOOKING before your very eyes . . . **in just minutes!** . . . and keeps that fresh glow of youth for hours at a time each and every day FOR THE REST OF YOUR LIFE!

A DOCTOR EXPLAINS HOW IT IS POSSIBLE TO MAKE YOUR FACE GROW YOUNGER BY THE MINUTE!

"Let's be frank. Let's be honest. Nothing but plastic surgery can **permanently** lift away lines and wrinkles. And up to now, if you wanted to make yourself look 10 — 15 — 20 years younger your only hope was not a cosmetic expert, but a surgeon!

But suppose medical science now told you of a wondrous approach to that LIFETIME LOOK OF YOUTH that doesn't rely on permanent methods like surgery. But instead . . . a series of daily treatments of an amazing "wonder extract" that tightens and firms skin ON CONTACT . . . draws it firm, supple, youthful-looking in just 3 to 5 minutes . . . actually makes lines, wrinkles and crows' feet DISAPPEAR FROM SIGHT for up to a full 8 hours at a time. That's right, YOURS FOR THE REST OF YOUR LIFE . . . a more youthful looking skin all day, all night, in fact even while you sleep . . . thanks to this ALL DAY FACIAL FIRM-UP that works so quickly, so effectively you can stand before your mirror and literally WATCH YOUR FACE GROW YOUNGER BY THE MINUTE!"

SO EFFECTIVE — EVEN WITHOUT MAKEUP, EVEN IN BROADEST DAYLIGHT — YOUR SKIN LOOKS AND FEELS UP TO 10 TO 15 YEARS YOUNGER!

Yes, this is the miracle that this wondrous ALL DAY FACIAL FIRM-UP does for your skin. It plumps out collapsed surface tissues — the cause of lines, wrinkles, crows' feet. It gives an ALL DAY "Lift" to your complexion . . . meaning lines, wrinkles, saggy spots and pouches vanish from sight in just minutes for hours at a time. It INSTANTLY "Youthifies" the texture of your skin . . . firms and smooths the crinkled areas, the frown marks, the furrows . . . makes your entire face look so young again . . . that even without a drop of makeup or cosmetics you look as much as 10 to 15 years younger for up to 8 hours from each treatment. Meaning, just 2 applications a day . . . one in the morning, one in the evening makes your skin look young, fresh, beautiful all the time.

NOT A MAKE-UP, NOT A COVER-UP BUT AN ALL DAY FACIAL FIRM-UP THAT MAKES SKIN GROW FIRMER, SMOOTHER INSTANTLY!

Even more important . . . it means that other people will think you are up to 10 to 15 years younger than you really are because wrinkles, lines, deep glaring furrows will no longer mar your beauty.

And, most important of all it means that from this day on instead of trying to hide and mask complexion problems beneath a layer of cosmetics and makeup . . . you FIRM THESE PROBLEMS AWAY . . . MAKE THEM DISAPPEAR FROM SIGHT ONCE AND FOR ALL with this incredible approach to a more youthful appearance, more radiant beauty FOR THE REST OF YOUR LIFE.

PROVE IT YOURSELF ENTIRELY AT OUR RISK!

The name of this exciting all-day facial firm-up is "Nutri-Lift E/25" — an instant firm-up formula that actually makes your face grow younger by the minute . . . and keeps you younger-looking FOR THE REST OF YOUR LIFE!

But to really experience the thrill of watching lines, wrinkles, crows' feet and furrows vanish from sight before your very eyes . . . we invite you to try "Nutri-Lift E/25" entirely at our risk on this introductory trial offer.

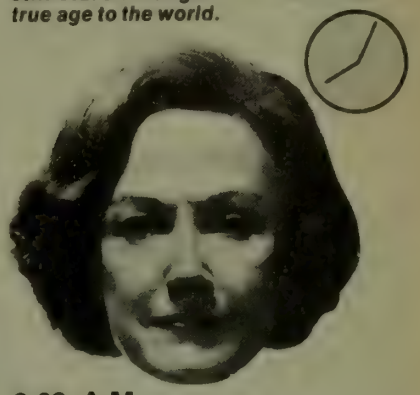
Simply send the no-risk coupon today. When your "Nutri-Lift E/25" All Day Facial Firm-Up arrives . . . simply apply to any problem area of your face or neck that now broadcasts your age to the world. If, in just 60 seconds time, you do not feel an INSTANT FIRM-UP action on the surface of your skin . . . if, in just 3 minutes time you do not see your complexion grow firmer and more youthful right before your eyes . . . if in just 5 minutes time you do not see all those lines and signs of age disappear . . . in other words, if your entire face doesn't INSTANTLY look 10 to 15 years younger . . . simply return for a full refund. Could anything be possibly fairer?

Remember . . . thanks to this incredible scientific development no woman need ever again look her age . . . so act now!



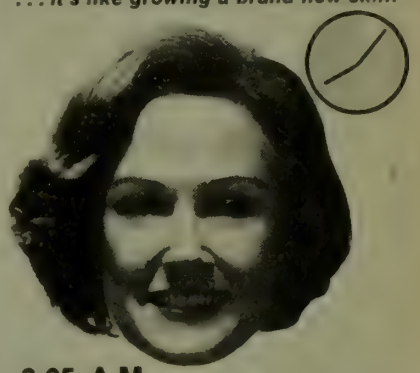
8:00 A.M.

Even with make-up lines and wrinkles still stare through — broadcast her true age to the world.



8:03 A.M.

Just 3 minutes after new ALL-DAY FACIAL FIRM-UP is applied . . . complexion problems start to fade from sight . . . it's like growing a brand new skin!



8:05 A.M.

Thrilling new INSTANT-YOUTH treatment is finished . . . her face has actually grown up to 10 to 15 years younger-looking! Lines and wrinkles have disappeared from sight . . . she has finally solved the problem of an aging appearance, thanks to science's wondrous new ALL DAY FACIAL FIRM-UP that makes your face GROW YOUNGER BY THE MINUTE!

Look at this photographic accentuation of the wondrous effects of this new all-day facial firm-up . . . how in mere minutes all lines and signs of age are gently firmed away.

© 1977 American Consumer Inc., Caroline Rd., Phila. PA 19176

MAIL NO-RISK COUPON TODAY

NUTRI-BIO. LAB SALES, Dept. JNLA-59. **Caroline Road, Philadelphia, PA 19176**

Please send me on the no-risk trial basis described above the "Nutri-Lift E/25" Cream I have checked. I understand that if at the end of 30 days I am not thrilled and delighted in every way with my new, youthful appearance, I will receive a full refund of my purchase price (except postage & handling).

☐ 30-day supply only $5.95 (plus 35¢ postage & handling).

☐ 60-day supply — only $8.95 (plus 50¢ postage & handling).

Total amount enclosed $_____ (Penn. residents add 6% sales tax). Check or money order, no CODs please.

CHARGE IT: (check one) Exp. Date _____

☐ BankAmericard ☐ Master Charge

☐ American Express BANK NUMBER _ _ _ _ _ _



5502-000

Credit Card #_____

Name_____

Address_____ Apt. #_____

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Div. of American Consumer, Inc.



THE SHAVING BRUSH IS BACK!

Handmade Plexiglas handle—purest bristle!

No lather like it, and so saving—one cake of soap outlasts a few aerosol cans (no pollution worry!) Superbly shaped with easy-grip handle by famed Victoria of W. Germany. Clear holder stands alone, attaches to wall with screw or self stick 3M tape included. 4¾" high overall.
9196 Shaving Brush in Stand $8.98
Add 50¢ post. & hdlg., NY res. add taxes

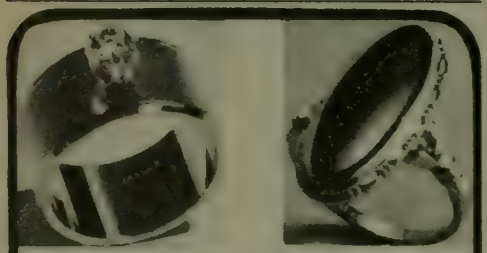
LILLIAN VERNON
Dept. H51, 510 S. Fulton Ave., Mt. Vernon, NY 10550



CHINA STORAGE CADDY

Neat way to store a complete dinner service for eight. Saves valuable cupboard space. Prevents chipping and breakage. All metal caddy with soft vinyl cushioning. Stores 42 pieces—8 complete settings, plus 2 extra cups. Use for your best china, or everyday dinnerware! 10" high x 19½" across.

$4.49 plus 75¢ postage.
HOLIDAY GIFTS
Dept. 405-7E, Wheat Ridge, Colorado 80036



SPINEL WIDE BAND. A beautiful bit of permanent sparkle caught in a 6 prong setting. A ½ Ct. LIONITE white synthetic Spinel on a wide textured band. In White or Yellow Gold Plate, $7.95. Sterling Silver, $12.95. State ring size.

BLACK ONYX. A real jewel to add to your collection is a genuine onyx stone in an elongated oval cut. It tops a sterling silver ring in a delicate setting. Available in sizes 4-9. $8.95.

Add 50¢ postage & handling
N.Y. residents add sales tax
Send 50¢ for Color Catalog & ring size card.
Immediate Delivery. Prompt Refund if Not Satisfied.

Lions
665 MIDDLE NECK RD., DEPT. B-111
GREAT NECK, N.Y. 11023



HANGING GARDENS
100% ALUMINUM
Guaranteed not to rust-ever
EACH SECTION HOLDS
TWO 5" or 6" FLOWER POTS
Flat Black Lacquer Finish
18" Long - 13½" Wide
Use One or hook several together
Only 3.99 Post Paid per section
2 SECTIONS SHOWN - Pots & Plants not included
Send .25 for brochure of aluminum patio accessories
RAND PRODUCTS Box 5116 Ft. Myers, Fl 33902



Elegant mushroom necklace

Of solid pewter; it adds just the right decorative accent to your casual wardrobe. 1¼"H, chain 18"L; you'll find you're always wearing it and it makes the perfect gift. Style Q-14, $4.95 ppd. Spear Eng. Co., Dept. 3021, Box 7025, Colorado Springs, CO 80933.



Sun Dome I greenhouse

Pentagon shape, sturdy double-strut redwood frame, 8-mil polyethylene cover. Ready to assemble. 10' dia. $134.95, F.O.B. Santa Cruz. Others, $89.95 to $649.95. Color cat. free. Peter Reimuller-The Greenhouseman, Dept. 7-EP, Santa Cruz, CA 95062.



A super kiss for you

Super Kisses from London's candies. Almost a full pound (12 oz.) of delicious milk chocolate-flavored coating. 4" dia. and 4½" high. $3.98 delivered to your door from London's Gourmet Chocolates, Dept. BH-5, 1281 So. Main St., North Canton, Ohio 44720.



A golfing trio—fore!

Makes excellent golfing awards for duffers and pros alike. Golfers of nuts, wire, and washers too! Approx. 5", $3.95 postpaid. Specify style and type wanted. Style: Q-10. Spear Engineering, Dept. 3023, Box 7025, Colorado Springs, CO 80933.



Molybdenum vanadium steel knives

With rosewood handles, sharp, tough & long lasting. Carver 14¼", cleaver 12¾", cook's knife 10¾", parer 8". Set of 4, $9.98, two sets, $18.96 plus $1 postage. (PA res. 6% tax) American Consumer, Dept. VM-364, Caroline Rd., Philadelphia, PA 19176.



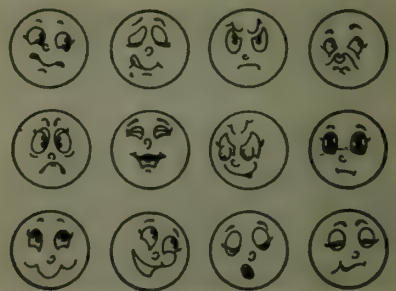
Stay inside to wash windows

With "Window Washer" . . . even between double-hung windows. Extends to 34" for tall windows, shortens to 19½". Separates to wash mirrors. Sponge on one end, squeegee on other. $2.99 ppd. Walter Drake, BH98 Drake Bldg., Colorado Springs, CO 80940.



Fair warning

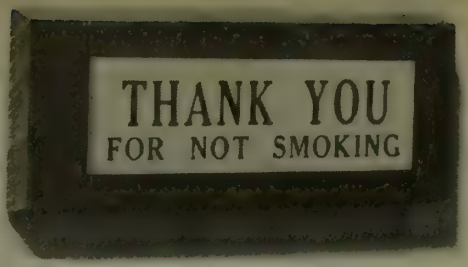
Ever know a person who is happy one moment and growling the next? This will fit to a "tee!" Solid oil-rubbed walnut with silver lettering and gold border. 4½"L x 1¾"H., Style PF-1; $2.95 ea. ppd. Spear Eng., Dept. 3022, Box 7025, Colorado Springs, CO 80933.



Perk-up letters with pixies

Quaint adorable little caricatures on labels. Just peel it off—self adhesive—and press it on letter. Illustrates the humor, anger, joy, sadness, etc. that's intended. 28 expressions, 198 seals $2. West-Berg Ent., Dept. BH-5, Box 4749, Colorado Springs, CO 80930.

Dislike smoking?



Here's a polite way to tastefully ask visitors in your home or office to refrain from smoking. Mounts easily with adhesive backing to any flat surface. Aluminum plate with engraved black lettering on hand rubbed walnut base. 1¾"H x 4½"W. Style WDOA-2, $3.95 ea. ppd. Spear Eng., Dept. 3020, Box 7025, Colorado Springs, CO 80933.

Handsewn honey-bear moccasins



Suede leathers are handsewn into tubular moccasins; crepe soles & wedge heels. Women's: AAA 6-11, AA 5-12, B 4-12, C 5-10. Men's: 6½-12, 13. $12.88 ppd. Wear 10 days; return for refund if not delighted. Cat. Free. Lawson Hill Leather & Shoe Co., 3402 Lawson Hill Way, Waltham, MA 02154.

Old-time player piano



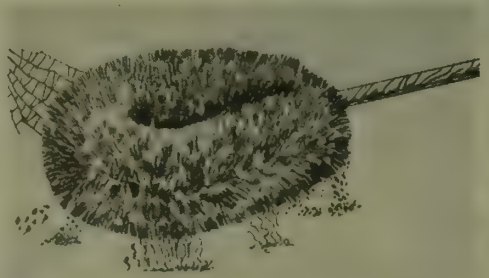
Bring back memories of yesteryear with miniature wooden music box that cranks out nostalgic tune "The Entertainer." Sliding panel doors, rotating musical cylinders & matching bench. 4" x 5", $9.99 + $1 postage. Order from Holiday Gifts, Dept. 1820-7E, Wheat Ridge, CO 80036.

"Pet Shirts" reproduced



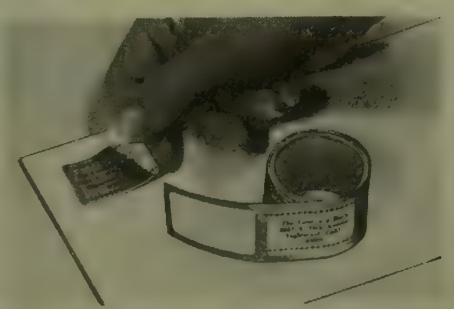
Any breed of dog, cat or horse. Cotton Jerseys with colored sleeves (allow for shrinkage). Sweat Shirts (L. sleeve, white; S. sleeve, blue) $7.95; T-Shirts (white) $5.95. Sizes: Men's S,M,L,XL; Children's 8-20. Add 75¢ post. Allbreed Shirt Co., Dept. BH5, 3140 Harbor Lane N., Suite 225, Minneapolis, MN 55441.

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continued



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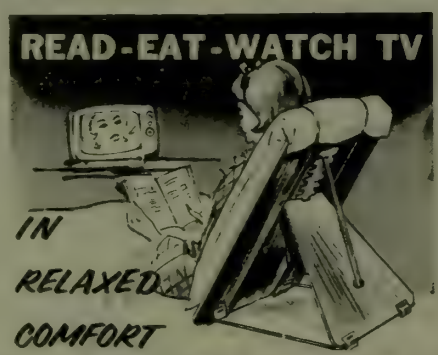
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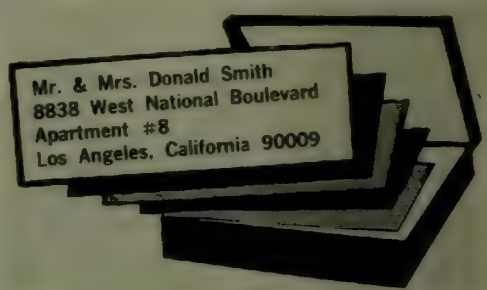
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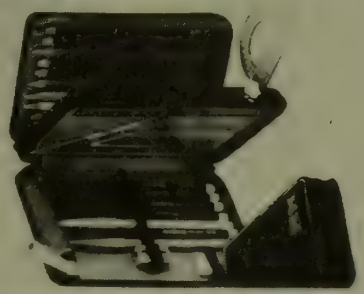
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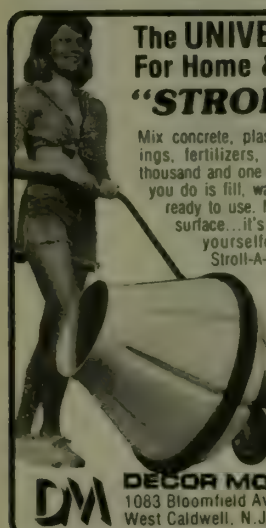


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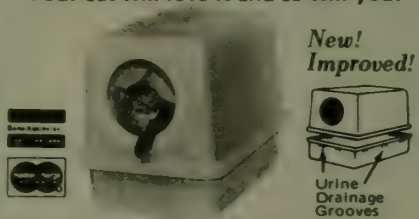
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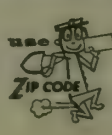
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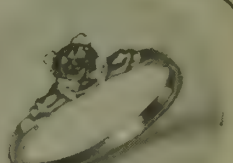
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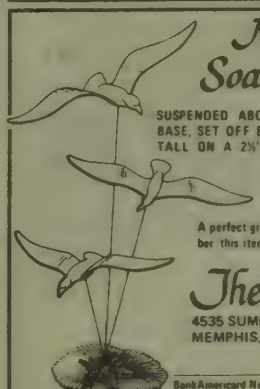
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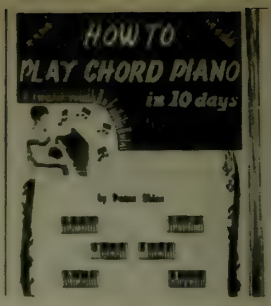
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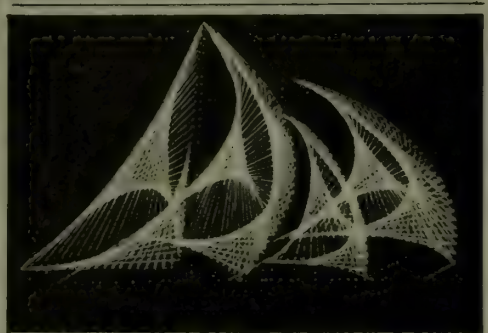
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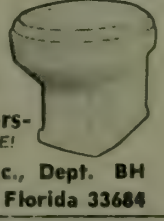


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RARITIES

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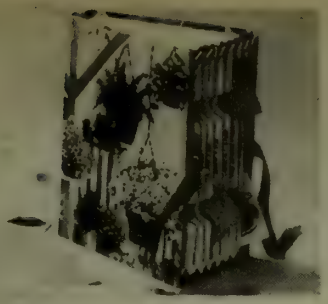
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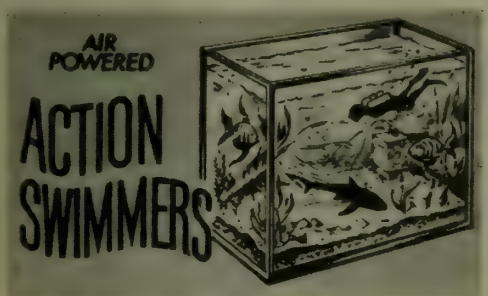
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Map for the Proud Traveler



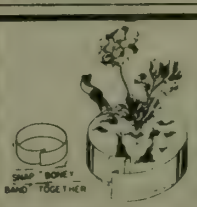
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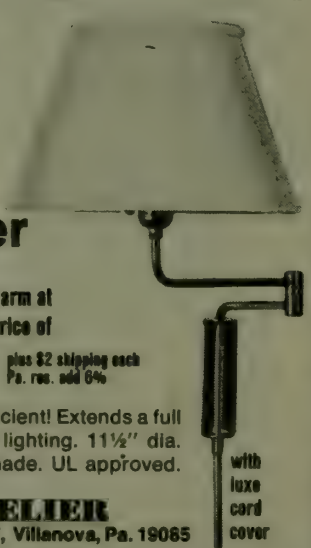
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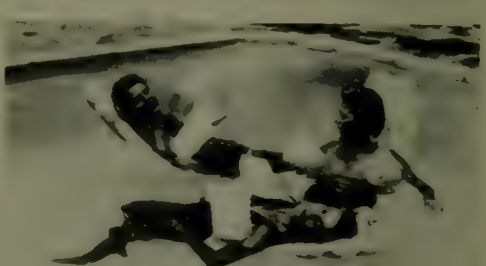
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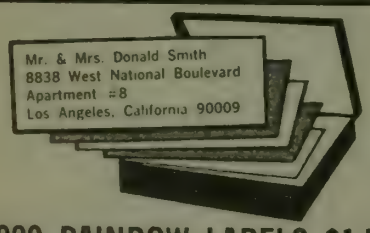
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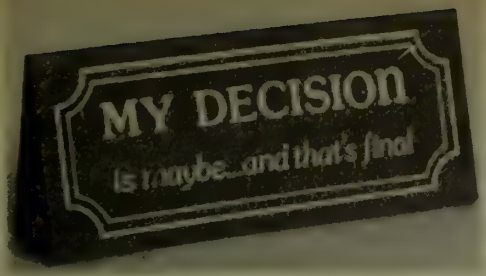
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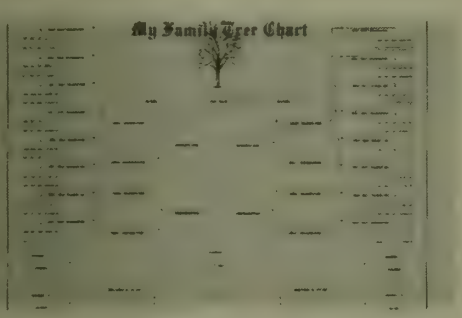
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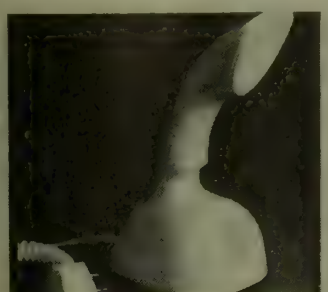
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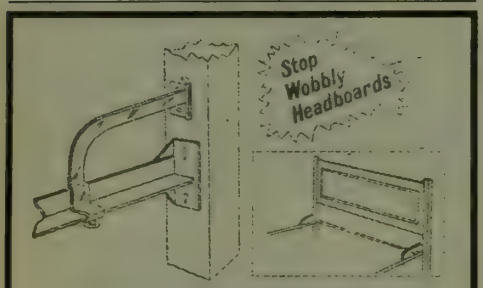
Vicki Wayne-B5C
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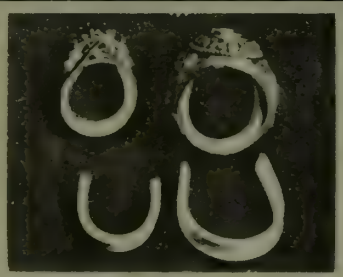


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$3.98 plus 50¢ postage.

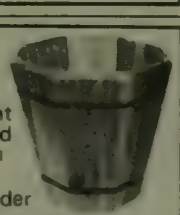
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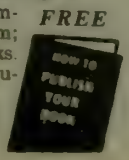
☐12"x12" planter **$11.95** + $1.00 pstg.
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★ **CASH FROM BOXTOPS, LABELS.** Information 15c. Continental, B11616, Philadelphia, Pa. 19116.

$30.00 HUNDRED STUFFING our circulars into stamped addressed envelopes. Beginner's Kit $2.00. Colossi, 1433B-61 Street, Brooklyn, N.Y. 11219.

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★ **$250 PROFIT/THOUSAND POSSIBLE** Stuffing-Mailing Envelopes! Offer: stamped addressed envelope. Kings-BH5, X21487K, Ft. Lauderdale 33316.

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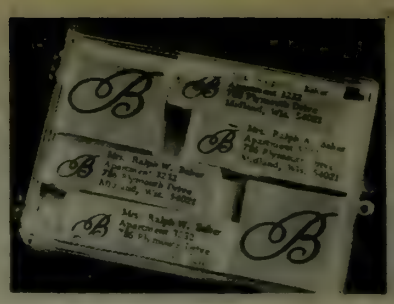
MAKE BIG MONEY. We furnish everything. For details send self-addressed envelope. Enterprises, Box 4516-HG, Compton, Calif. 90224.

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CLASSIFIED, INC. guarantees refund of any initial money sent in direct response to the above ads. BH-5.



Golden label set

250 black-on-gold script initial address labels 1½" x ½", & 125 matching gold initial envelope seals 1"x1". To 20 letters per line, 4 lines. Print name & address. $3.50 (via 1st, add 45¢). 80-pg. catalog 50¢. Bruce Bolind, BH-5 Bolind Bldg., Boulder, CO 80302.



Copenhagen blue porcelain plates

With Currier & Ives lithographs. "Homestead in Winter" shown. Also, "Farmer's House," "Home in Wilderness." 8⅛" dia.; hanging loops. $3 + 50¢ post; 4/$9.98 + $1 post. (PA res. 6% tax). American Consumer, Dept. UH-144, Caroline Rd., Philadelphia, PA 19176.



Magnifier with spotlight

Read small print of phone books, maps, programs; focuses where needed. 2 oz. 1" x 1½" x 5". Use as emergency flashlight. Batteries incl. $3.98 + 50¢ post.; 2/$6.95 + 50¢ post. Crown-Castle, Ltd., Dept. MG-532, 51 Bank St., Stamford, CT 06901.



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One of 230 designs in plan book, 1½- & Two-story Homes. Other categorized books: 185 One-story Homes *Over* 2,000 Sq. Ft.; 250 One-Story *Under* 2,000 Sq. Ft. 180 Multi-Levels; 223 Vacation Homes. $2.50 per copy. Complete collection $8.95. Home Planners, Dept. BHE75A, 16310 Grand River, Detroit, MI 48227.

The wastecan trolley



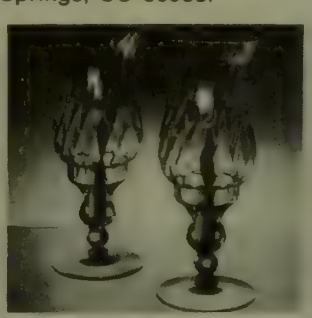
Now you see it—now you don't! Hide basket on an ingenious trolley that glides out when the door's opened (attaches to either right or left hand door). Holds any size, 12"W, 16"L, antique toned pine, $6.95 + $2 post. Order from Yield House, Dept. D75X, N. Conway, NH 03860.

Ouch! ooch! get off!



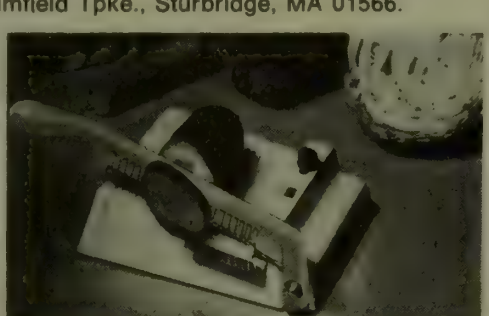
Send them on their way "laffing" but also getting the point across—keep off! Rustproof aluminum plates with raised white reflective permanent letters. Aluminum stake & scrolls. Plate 18" x 2½"; stake 22"T, Style L, $5.95 ppd. Spear Eng., Dept. 3018, Box 7025, Colorado Springs, CO 80933.

Diamond optic hurricanes



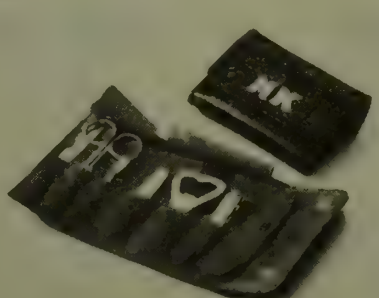
Old-fashioned wavy glass cast a dancing, shimmering light around them. Of two pieces for easy washing. Clear; 9¾"H. $11.85 ppd. pr. (candles incl.). Early Americana catalog Free with order or 50¢. Write to Sturbridge Yankee Workshop, Dept. 484, 438 Brimfield Tpke., Sturbridge, MA 01566.

Handy new kitchen slicer



Will allow you to quickly & safely slice vegetables, sausages, etc. Made of hi-impact plastic; base measures 6¼" x 5" x 2½" H. Side gauge allows you to set thickness of slices. $2.98 + 50¢ post. Order from World Co., Dept. BH-5, 606 E. State St., Westport, CT 06880.

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Fitted with everything he needs, English-made in man's rich brown leather & personalized. 3 x 4½" closed. Stitched compartments for knife, bottle opener, comb, clipper, file, 3¾" scissors. Print initials. #2266, $7.98 + 75¢ post. Lillian Vernon, Dept. H5E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



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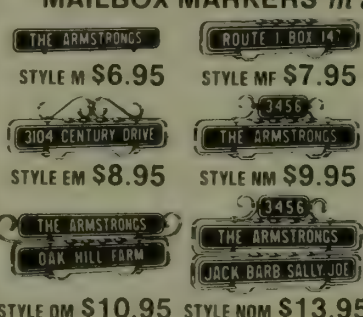
Spear DAY-n-NIGHT MARKERS

LAMP POST & WALL MARKERS *for home or office*



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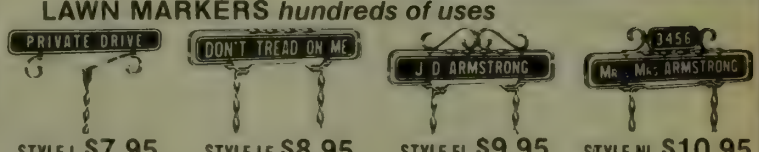
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LAWN MARKERS *hundreds of uses*



STYLE L $7.95 STYLE LF $8.95 STYLE EL $9.95 STYLE NL $10.95

I designed Spear Markers back in '48 to look great, last long and "Do The Job" better than ordinary stick-on letters or do-it-yourself substitutes. No straightening or painting—you'll like yours just as much as my first customer (next-door neighbor) liked his name custom-formed in rustproof aluminum!

- Any wording you want—same both sides.
- Room for 17 letters or numbers on long (18" x 2½") plate; 6 on short (7" x 2½") plate.
- Your wording custom-formed in rustproof aluminum plates; tough black baked enamel coating with raised white reflecting letters.
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The Man Next Door®

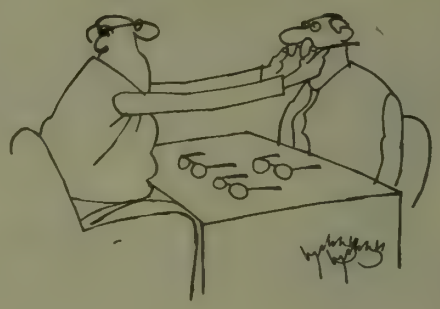
Aunt Opal phones that her new young doctor doesn't seem to be very competent. He never bothers to look at tongues.

A restored pickup truck is a man's greatest treasure, says Bill Norman, and he simply can't understand why Isabel objects to his putting his old truck in the garage and leaving their new car outside.

When our Rosemary, 18, grows impatient at my apparent inability to remember the names of her boyfriends, I suggest it would help if she would alert me as to which ones have recently grown beards and which have just shaved theirs off.

My wife, Chris, has a dining-out rule of thumb: Whenever a waiter or waitress brags on the restaurant's bread and salad and encourages you to eat them, the subsequent entrée will invariably be skimpy.

"It's not whether you win or lose but how you play the game," I reminded a crestfallen Bud after his team lost. "Yeah," he said, "but it's easier to say that when you've won."



I always shake hands with a man even if he says we shouldn't shake because his hands are dirty or greasy. But I keep my distance when he says he has been cleaning fish.

Dad Hillis has decided to pass up a CB radio. He says he used to have the same thing when he was growing up in the country, only then they called it an eight-family party line.

Butcher Hans Koenig describes our recent election campaign as follows: "Too much ham, baloney, and tongue; not enough backbone, gristle, and brains." So much for Han's beef.

One problem about our Judy's being right-handed is that she can't inherit her brother's left-handed baseball glove.



"I'm afraid we're going to have to take it into the shop."

"Bob Luvs Liz XXX Liz Luvs Bob" The words were scrawled on a wall back in Dad Hillis' garage, where Dad, Bud, and I were working.

Suddenly I remembered an early spring afternoon when I was ten and a few buddies had gathered in the garage. Among them were Bob Fleming, 13, and Liz Simmons, 12.

Bob began tossing acorns gently at Liz, one after another, until, in spite, she got on his bike and sped away, with him in hot pursuit.

That's when I picked up a crayon and wrote the romantic words.

When the two returned, I pointed out the message—and both loudly denied it. However, neither made a move to write over it.

Soon Bob and Liz were going together. Even after Bob's family moved away, he and Liz ended up at the same college, still dating until he decided to go to the war in Korea. He died there.

Now Liz has a son at that college. She married a young dentist, two years after Bob was killed.

"That's a sad story," said our Rosemary, 18, who happened to drop in while I was telling it to Dad and Bud. Then she realized the identity of Liz, a happy, outgoing neighbor, and said, "But I guess the ending isn't sad after all."

"I never painted over that message," Dad said. "It used to remind me of your dad's boyhood and of Bob and Liz. Then for a while it made me sad about Bob and war and killing."

He gazed at Bud, the same age as Bob on that long-ago day.

"Life is exactly like an escalator," Dad said. "It has a way of moving us on. And when you reach my age you realize that the endings aren't always endings—usually they are brand-new beginnings."

Rosemary was silent, perhaps testing her grandfather's observation against her own brief experience. But not Bud.

"Grandpa," he said. "Sometimes you talk kind of weird."

Burton Hillis

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- ☐ Bag Sealer
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- ☐ Home Sentry™ Smoke Alarm

ONE HUNDRED FOURTH PRIZES!

GE Coffee Corner™ Drip Coffeemaker

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GE AM/FM Digital Clock Radio

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Sweepstakes Rules:

To enter, visit a participating retailer and fill out an official entry form. Deposit in the entry box provided by 6/25/77. Winners will be selected in random drawings by Travellers Premium Company, an independent judging agency whose decisions are final. Only one prize per family will be awarded. Applicable taxes are to be paid by the prize winner. No cash alternate for prizes is offered. Winners will be notified by mail. ALL PRIZES WILL BE AWARDED. Sweepstakes open only to U.S. residents. Employees of the Armstrong Cork Company, its subsidiaries, agencies, distributors, participating retailers, and their families are ineligible. Sweepstakes void in Missouri and wherever else prohibited or restricted by law. *WISCONSIN AND MARYLAND RESIDENTS NEED ONLY SEND IN NAME, STREET, CITY, STATE, AND ZIP ON A 3"x5" PIECE OF PAPER TO "SOLARIAN SWEEPSTAKES," P.O. BOX 720, NEW YORK, N.Y. 10011. ONLY ONE ENTRY PER ENVELOPE POSTMARKED NOT LATER THAN 6/25/77. Grand Prize does not include kitchen cabinets, sink, windows, ceiling, furnishings, wallcoverings, or decorative accessories. A list of winners may be obtained by sending a stamped self-addressed envelope to "Solarian Sweepstakes," P.O. Box 758, New York, N.Y. 10011.

Enter now! No purchase necessary.
To find your nearest participating retailer,* call this toll-free number and ask for "Solarian Sweepstakes retailers."

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As a result, we have to continue building new power plants, as rapidly as possible—because they take 8-10 years to complete.

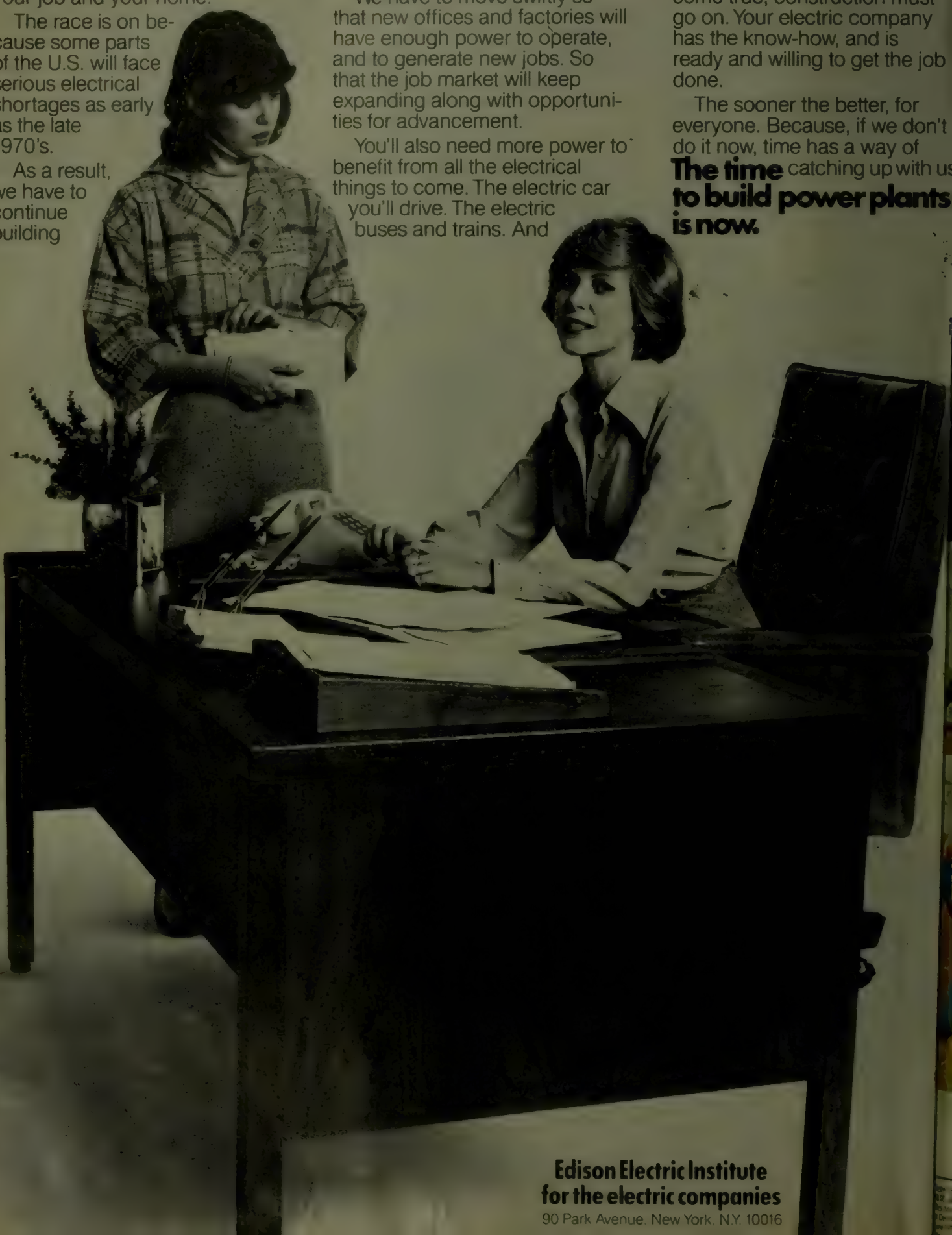
We have to move swiftly so that new offices and factories will have enough power to operate, and to generate new jobs. So that the job market will keep expanding along with opportunities for advancement.

You'll also need more power to benefit from all the electrical things to come. The electric car you'll drive. The electric buses and trains. And all of tomorrow's miracle labor-saving devices.

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The time to build power plants is now.



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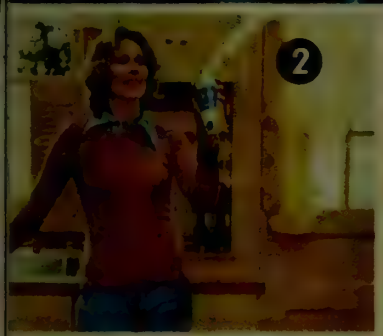
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KitchenAid® owners tend to brag a little.

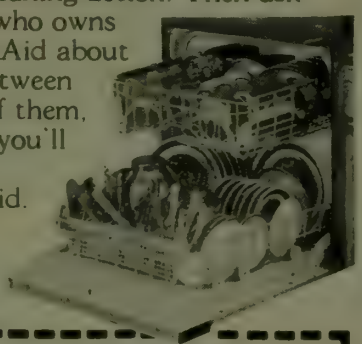


This ad appeared in the real estate section of the Cleveland Sun-Herald on June 3, 1976.

Another example of why we say no one does a better job of selling KitchenAid dishwashers than KitchenAid owners. That's because they know firsthand how good and efficient KitchenAid dishwashers are.

Maybe that's why KitchenAid is the one people who own dishwashers say is the best. And that's a good reason to check out KitchenAid when you're buying a new dishwasher.

Ask your KitchenAid dealer about the Load-As-You-Like KitchenAid Superba, with easy loading and all-around cleaning action. Then ask someone who owns a KitchenAid about theirs. Between the two of them, we think you'll choose a KitchenAid.



KitchenAid®
People say it's the best.

KitchenAid, Dept. 7-DC-6
Hobart Corporation
Troy, Ohio 45374

Tell me more!

Name_____

Address_____

City_____

County_____

State_____ Zip_____

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JUNE, 1977; VOL. 55, NO. 6

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Cover photograph: Wm. Hopkins.

To order our T-shirts, see page 166

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IT TOOK TEN YEARS TO DEVELOP A "TOTAL SYSTEM" THAT DELIVERS REAL TASTE IN A LOW 'TAR' CIGARETTE.

A low 'tar' cigarette is a complex system of interacting parts.

The tobacco. The filter. And even the paper.

Decade is the first low 'tar' in which all the parts have been arranged in perfect balance with each other. This is the Decade "Total System." And this is why Decade is the first low 'tar' with a taste worth smoking.

The Tobacco. "Flavor Packing"... plus fifteen tobaccos boost taste.

We've developed a system called "Flavor Packing" that allows us to concentrate a special patented tobacco flavorant in each Decade cigarette.

This is in addition to our special taste blend of fifteen fine tobaccos, including exotic Turkish, full bodied Burley, and Bright, a tobacco known for its smoothness.

The Filter. Unique "Taste Channel" gives first puff impact.

The Decade filter is a combination of modern laser technology, plus our own exclusive research design. Simply, we've created a channel within the filter to give you that first puff impact you've come to expect from only the higher 'tar' cigarettes. Which means you get taste from first puff to last.

The Paper. High porosity paper controls burn rate.

For Decade we use only high porosity-cigarette paper. Ordinary paper inhibits the burn rate, which can diminish the taste and create the need to pull harder when you drag.

With Decade's high porosity paper however, you get an efficient burn rate that delivers optimum taste with a minimum of 'tar.'

The result. A completely new kind of low 'tar' cigarette.

So try a pack of Decade for yourself. Regular or Menthol. And after one taste we think you'll agree that our last 10 years were well worth the effort.



Only 5 mg. 'tar.'

Regular and Menthol.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© Liggett Group Inc. 1977

5 mg. "tar", 0.5 mg. nicotine ave. per cigarette by FTC method.

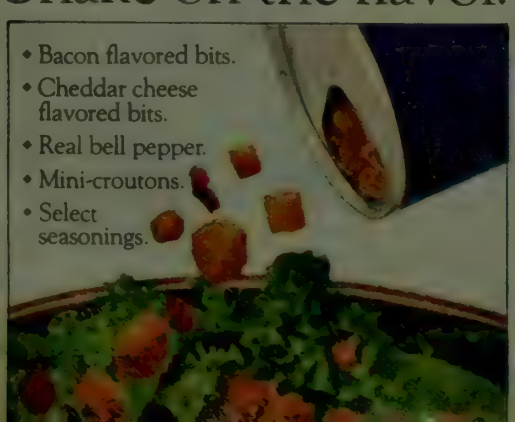
The Flavor Shakers make salads taste special.

Now you can turn any green salad into something special with the *Flavor Shakers*—Salad Crispins® Shake on this delicious assortment of flavor bits, crunchy mini-croutons and select seasonings and give your salads a lift.

Salad Crispins' unique blend of flavors makes salads more tempting—with a livelier taste, an extra crunch and a brighter look. And they come in six delicious styles—American, Italian, French, Home, Swiss and Country. Just shake on the flavor with Salad Crispins—the Flavor Shaker.



Shake on the flavor.



Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
JUNE, 1977; VOL. 55, NO. 6

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The softer drink with a twist.



The newest thing on the rocks is something soft: Gallo Old Decanter Tawny Port. You'll enjoy its deep, rich taste. Add a twist of lemon for a fantastic cocktail. Have it before dinner, after dinner, anytime you're in the mood for something new. The softer drink with a twist, Gallo's American Tawny Port.

Excellence from people who care. Ernest & Julio Gallo, Modesto, California.



Tracing your Family Tree

By Steven Earl Coulter

Where did your family live 50 years ago? 100 years ago? 200 years ago? How did your great-grandfather earn his living? What was his wife's maiden name? Tracking down the answers to these and other questions may start you on an exciting trip into the past—your personal family history.

Your individual family tree evolves from a simple mathematical formula whereby the number of ancestors doubles every generation. Thus you have two parents, four grandparents, eight great-grandparents, 16 great-great grandparents, 32 great-great-great-grandparents.

Go back just 20 generations, and you'll have more than one million direct forebears. Each was a unique individual who was born, got married (generally), produced at least one child, and before dying worried about many of the same things you do: a job, a home, health, money problems, raising a family.

How do you compile your ancestral family record? You do it piece by piece, as you would a very personal jigsaw puzzle that's never entirely complete.

Question your elders

Your older living relatives comprise the first rung of the ladder that will take you up your family tree. They can remember earlier generations—their parents and grandparents—and they may have old letters, pictures, newspaper clippings, and family Bibles that will supply you with many answers as well as clues for further research. Help your elders label old photos so you and your descendants will not be faced with boxfuls of unidentifiable family pictures.

These elderly aunts, uncles, and cousins can also guide you to the resting places of those departed. Three and four generations will often be found in the same cemetery. Their headstones—and sometimes footstones—will provide you with many names and dates. You may wish to make tombstone rubbings of some of the quaint carvings and epitaphs; for instance, the 1850 marker of 28-year-old Mary Magdalene Bash proclaims:

Mourn not for me for I'm at rest
My soul is with my Saviour blest
I am from sin and sorrow free
Prepare dear friends to follow me

Check local records

While you're visiting the old burial grounds where your ancestors lie, check out any local records available. You'll want to see what's on file with the office of vital statistics at the county courthouse—and sometimes check village or township records. Along with tracking down birth, death, and marriage records, look for old wills or probate records and land deeds—often indexed by grantor and grantee. Even court records such as lawsuits and divorce proceedings may shed light on forgotten relationships.

Check the newspaper morgue for obituaries and other newsworthy items; the church for baptismal, marriage, and funeral records; and the library for county histories, atlases, and other archives on deposit.

Look up the name you're tracing in telephone and city directories. You may locate unknown cousins who've lived there long enough to tell you about earlier generations.

In fact, part of the thrill of climb-

continued on page 18
Ancestral Chart, see page 14



We've just made your baby's first three months softer and drier.

Introducing New Improved Newborn Pampers

We're always looking for ways to make babies happier. Our New Improved Pampers® Newborns do just that in a most important way–they keep newborns drier than Pampers ever did before.

We did it by adding a thicker, fluffier, more absorbent padding to keep soft, sensitive newborn bottoms drier. And the added fluffiness makes Improved Newborns even softer.

All in all, it's a great new way to stay very dry when you're very young.



Maybe $79.95 is all you should spend for a mattress



Come find the Sears-O-Pedic Mattress that's right for you.



$79.95* twin size mattress or boxspring (544 coils full size) Sears-O-Pedic I

$89.95* twin size mattress or boxspring (627 coils full size) Sears-O-Pedic II

$99.95* twin size mattress or boxspring (716 coils full size) Sears-O-Pedic III

$119.95* twin size mattress or boxspring (1000 coils full size) Sears-O-Pedic IV

Presenting four new mattresses, each with a different degree of coil-count comfort and firmness all for Sears everyday low prices.

Sears doesn't think you should buy more mattress than you need—or pay more than you have to.

So, to simplify your purchase of a new mattress, we offer this unique series of four mattresses. Each is made with a specific number of coils to offer you four distinctly different firmnesses. Each one is enhanced by a specially engineered, built-to-match boxspring. Each one is backed by a Sears warranty of from five to twelve years. All are available in twin, full, queen and king sizes.

Come in to Sears and lie down on the $79.95 Sears-O-Pedic I. It *may* be all the firmness and comfort you want. If you wish an even firmer and more luxurious mattress with an even longer warranty, you may want to spend a little more. Because this series features only four Sears-O-Pedic mattresses, you'll know immediately which one feels best.

But, no matter which of the four you choose, Sears doesn't think you'll find four better constructed mattresses with more firm coils and luxury features anywhere!

Come in and try our new line of Sears-O-Pedic mattresses and boxsprings now. At most Sears larger stores and through the catalog.

The place to shop for mattresses **Sears**

©Sears, Roebuck and Co. 1977

WARRANTY

The warranty statement below is printed on a label attached to Sears-O-Pedic bedding (mattress or boxspring).

Full one-year warranty on Sears-O-Pedic adult bedding

For one year from the date of purchase, Sears will, at our option, repair or replace this bedding, free of charge, if defective in material or workmanship.*

Limited warranty

After one year from the date of purchase until 5 years for the Sears-O-Pedic I, 8 years for the Sears-O-Pedic II, 10 years for the Sears-O-Pedic III, or 12 years for the Sears-O-Pedic IV from date of purchase, if this bedding is defective in material or workmanship, Sears will, at our option, replace or repair this bedding, charging you 1/5, 1/8, 1/10, or 1/12 of your purchase price times the total number of years owned. Contact your nearest U.S. Sears store for warranty service.

If bedding is queen size (60-inch width) these warranties only apply when the bedding is used with center support frame or bed rails that provide rigid center support.

*Prices higher in Alaska and Hawaii

continued

Family tree

To help you get started on tracing your family tree, here is a five-generation chart with spaces for listing 30 direct ancestors. Fill in as many as you can right now, then mobilize your family to help you fill in the blanks and extend the lineages back even further. List each female by her full maiden name. If you want to include your spouse's genealogy on the same family tree, start with your child's name instead of your own.

Ancestral Chart

your father's full name
b.
d.
m.

paternal grandfather
b.
d.
m.

paternal grandmother
b.
d.

your full name
b.

your mother's full maiden name
b.
d.

maternal grandfather
b.
d.
m.

maternal grandmother
b.
d.

great-grandfather
b.
d.
m.

great-grandmother
b.
d.

great-grandfather
b.
d.
m.

great-grandmother
b.
d.

great-grandfather
b.
d.
m.

great-grandmother
b.
d.

great-grandfather
b.
d.
m.

great-grandmother
b.
d.

great-great-grandfather

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great-great-grandfather

great-great-grandmother

great-great-grandfather

great-great-grandmother

Legend
b. — date & place of birth
d. — date & place of death
m. — date & place of marriage

YIPPEEE!
NEW WESTERN STYLE® TOP CHOICE® dog food WITH LIVER AND BACON FLAVOR CHUNKS.



Bring it on home!

New Gaines® Western Style® Top Choice. Chopped burger for dogs, rustled up with savory liver and bacon flavor chunks. It has the moist, meaty taste of Original Top Choice, as much iron as fresh liver, and the great taste of bacon.

So go ahead and feed your favorite sidekick new Western Style Top Choice every day. It's a fully balanced diet, and a mighty satisfyin' meal.

Gaines®

©G.F.C. 1977

Is constipation part of growing older?

It's true that as you get older, your body does slow down and regularity can become a problem. But it doesn't have to be.

You don't have to suffer from constipation... not when there's Serutan to help you.

Serutan is the laxative especially formulated to help a sluggish system back to regularity. That's because Serutan's natural ingredients add the necessary moisture and bulk that your system needs as you get older.

And since Serutan works more like nature than harsh chemical laxatives, it gives you effective, more natural relief. You eliminate smoothly and comfortably.

Try Serutan. Because constipation doesn't have to be part of growing older.



Read label for directions.

LIMITED WARRANTY TO CONSUMERS
Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

continued

Family tree

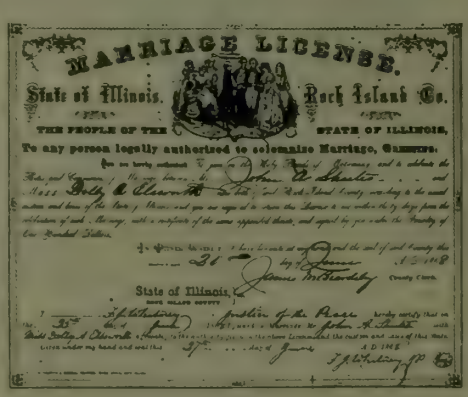
ing the family tree comes from finding other living descendants of your progenitors. Usually your kin will be delighted to meet you and exchange family anecdotes. They also may have old family photographs, Bibles, letters, and other heirlooms you'll enjoy seeing and hearing about.

The state historical libraries are central depositories for local and family archives, and many have volumes dealing with other parts of the country as well. There you'll find such items as the government-sponsored WPA (Works Progress Administration) records. During the Great Depression, unemployed people were put to work copying gravestone inscriptions, vital statistics in courthouses, and other archives and records. These files are invaluable in cases where the courthouse records were later destroyed or lost or where the gravestones have weathered into illegibility or crumbled completely.

Search the census rolls

Among the most useful aids for family-tree climbing are the census lists, both federal and state. The federal census was taken every ten years, beginning in 1790. Only the head of the household is named, along with the numbers of males and females of different age groups.

Beginning in 1850, however, everyone is named. Age, place of birth, and occupation are also given. Many historical and genealogical societies and libraries have microfilm copies of the federal census lists.


MARRIAGE LICENSE.

State of Illinois. Rock Island Co.

THE PEOPLE OF THE STATE OF ILLINOIS,

To any person legally authorized to solemnize Marriage, Greeting.

State of Illinois,

The state census is also useful since it was sometimes taken between the federal decades. Iowa, for example, compiled a state census in 1856, 1885, 1895, 1905, 1915, and 1925. The 1925 census even names every resident's parents and the places of the parents' births and their marriage.

Other facts can also be gleaned from the census. The 1856 Iowa census indicates Robert Davis was a farmer and a member of the militia. His farm production that year: 12 tons of hay, 300 bushels of corn (from 12 acres), 30 bushels of potatoes (from ¼ acre); sold 2 hogs (value $25), 4 cattle (value $170), and 200 pounds of butter.

Old soldiers never die...

State and federal archives contain records of military service. If you know or think an ancestor served in the American Revolution, the War of 1812, the Mexican War of 1846-1847, the War Between the States, or the Spanish-American War, write to Military Service Records (NNCC), National Archives (GSA), Washington, D.C. 20408, and ask for GSA form 6751. Answer the questions on it to the best of your knowledge and return it. If a file is found for that person, photocopies of the papers will be sent to you along with a nominal bill (usually $2). There's no charge if no record of your man can be found.

You stand a better chance of finding family information in the file if your ancestor survived the war and later applied for bounty land or a military pension. If his widow applied for a pension based on her husband's service, the file should at least give the date and place of the couple's marriage.

The Civil War widow's pension record of Mary (Allen) Stilson Dutton relates her marital plight: "That about two years after their marriage, said David B. Stilson deserted your petitioner and went to California and never returned to live with your petitioner. That after some three years had elapsed, she sought legal advice and was counseled by her advisers that David B. Stilson's desertion absolutely freed her and acting on such advice, she on or about 1862 was married to James Pusey and after living with him about six years his conduct in the use of liquor and

continued

High Tar No Longer Essential To Taste.

Tests prove low tar MERIT delivers flavor of higher tar cigarettes.

For years, it seemed the only way to get *real* taste from a cigarette was to smoke a high tar brand.

High tar cigarettes had an "exclusive" on taste.

Today, all the standards are changing because of a new taste breakthrough called 'Enriched Flavor' tobacco.

MERIT is packed with 'Enriched Flavor' tobacco. *Tobacco fortified with certain key flavor-rich ingredients isolated in cigarette smoke and proven to deliver flavor way out of proportion to tar.*

© Philip Morris Inc. 1977



LOW TAR-'ENRICHED FLAVOR'

Test Data Conclusive

MERIT and MERIT 100's were both tested against a number of higher tar cigarettes. Thousands of smokers were involved.

Overall, smokers reported they liked the taste of both MERIT and MERIT 100's as much as the taste of the higher tar cigarettes tested.

Cigarettes having up to 60% more tar!

'Enriched Flavor' tobacco. A real challenge to high tar cigarettes.

And you can taste it.

Kings: 8 mg. "tar," 0.5 mg. nicotine av. per cigarette, FTC Report Dec. '76
100's: 12 mg. "tar," 0.9 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT
Kings & 100's

continued

Family tree

other ways rendered her life unbearable with him, she was obliged to leave him and she sought advice about getting a divorce from James Pusey, when to her surprise she was advised that she was the legal wife of David B. Stilson and that the marriage to James Pusey was void, whereupon she immediately applied and was granted a decree of divorce from David B. Stilson, and married Joseph Dutton as above set forth."

Many religious, patriotic, and regional societies have compiled excellent records that may be helpful in tracing your family history. Examples include the Daughters of the American Revolution, whose members claim descent from soldiers or patriots who worked for the American cause; and the Huguenot Society, whose members trace their lineages back to French Huguenots who fled France during the persecution of the Protestants.

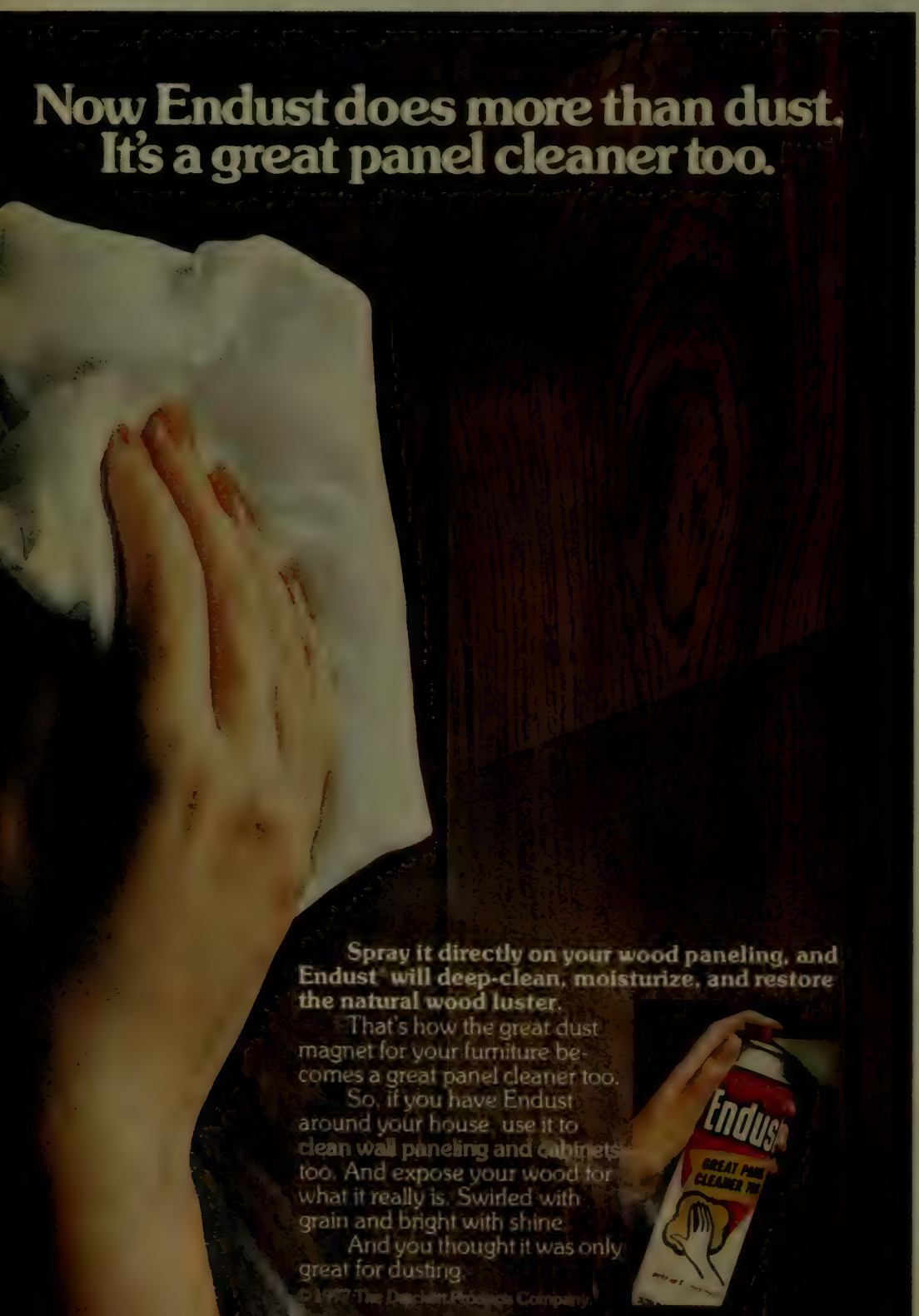


Genealogical departments of state and other large libraries will be able to supply names and addresses of the many organizations and societies in America, especially if they have the "Directory of Historical Societies and Agencies in the United States and Canada" published by the American Association for State and Local History. They will also have genealogy how-to books and pamphlets that will tell you where to write for vital statistics and other family records in countries outside the United States.

Among the best genealogical collections in the United States—aside from the state historical libraries—are The Public Library of Fort Wayne and Allen County, Indiana, 900 Webster St., Fort Wayne; The New England Historical and Genealogical Society, 9 Ashburton Place, Boston; Newberry Library, 60 West Walton St., Chicago; The Los Angeles Public Library, 530 South Hope, Los Angeles; and, of course, the Library of Congress and the National Archives & Records Service (General Services Administration) in Washington, D.C. You may visit any of these archive depositories and conduct your own research.

If there's a Mormon branch library near you, much record searching can be completed there. Properly called the Church of Jesus Christ of Latter-Day Saints, the genealogi-

continued



LONG DISTANCE IS FOR LITTLE THINGS, TOO.



Why just call Long Distance when people expect it? Little things come as surprises, and the telephone is a convenient, inexpensive way to share them. Pick up your phone the next time you have some news, and bring someone you love into your life again. Long Distance is the next best thing to being there.

Bell System

continued

Family tree

cally minded Mormon Church maintains a worldwide library with headquarters at 50 East North Temple, Salt Lake City, Utah 84150, and branch libraries in many cities.

Camera crews around the world are constantly filming records in courthouses and museums. These archives include church registers, land grants, property deeds, marriage records, probate records, census lists, tax and pension files, naturalization records, and ships' passenger lists. Well over one million rolls of microfilm have already been deposited in the library.

You may check these microfilm rolls either at the Salt Lake City headquarters library (open most days from 8 a.m. to 9 p.m.) or by having the rolls you're interested in sent to the branch library nearest you. There's a nominal fee for postage and handling. For example, if you want to view the records of the Chester County (Pennsylvania) Historical Society, you'll find every book and scrap of paper carefully indexed by family name on the rolls of microfilm—just as it is at the society's library in West Chester.

When you visit the Mormon branch library, inquire about their other services, such as the microfiche index. You may wish to hire them to perform a preliminary search of their files for a specific family name.

Note your sources

Any record you find, even though it was filled out at the time of the event, may contain errors. Obituaries often have facts mixed up. You may find great-aunt Florence listed in the census at the age of four as a male named Lawrence. The marriage license of Priscilla Coulter calls her Pauline. The date on a tombstone may not agree with that recorded in the family Bible.

The 1935 death certificate of Zachariah Taylor Shutes lists his parents as William Shutes and Sarah Severens. The informant was Zachariah's widow, who had never known her in-laws. Further research revealed the mother was actually Julia Ann Severns, who had died when her son was very young. This was proven by two contemporary records: the 1841 marriage license of William Shutes and Julia Ann Severns, and the 1877 estate file of Nye Severns, which names the seven children of his daughter Julia Ann Shutes, who had predeceased him in 1856.



When gathering material, always record the source of your information, so when contradictions crop up, you'll be able to recheck if necessary.

What was that name again?

Watch for name changes. Luther Nott may be found in some records as Luther Knott. Nicknames may have been used: John was often called Jack; Polly was a common name for Mary, Sally for Sarah, Nellie for Eleanor, Fanny for Frances.


BAPTISMAL CERTIFICATE

THIS CERTIFIES THAT

Lucile Dutton

in humble submission to the Divine Command and as evidence of her faith in the teaching and example of our Savior Jesus Christ was buried with Him by Christian Baptism at Tiscamia Iowa this 22nd day of June 1912

R. E. Musgrave

Other countries often used different methods for naming children. Jacob Johnson meant Jacob, son of John; John's second name might be Nelson—son of Nels. MacDonald meant son of Donald. Robert ap David—son of David—from Wales, might become Robert David or Davis or Davies in America.

Names were sometimes simplified or Anglicised. The German name Schwartz often became Black in America. The French de Blanc might translate as White. The Dutch Roosa crossed the ocean to become Rose. Johann Martin Busch arrived in Philadelphia from Germany in 1749, and is found in later records as Martin Bash, as well as Basch, Berch, Besch, Bisch, and Busch.

After the English conquered New Netherlands in 1664 and renamed it New York, Jacob Jansen, to distinguish himself from two other Dutchmen of the same name in the town, assumed the name of his birthplace and became Jacob Jansen van Etten (from Etten). Later descendants spelled it Van Eaton or Vaneaton; others shortened it to Eaton; some changed it to Van Atta.

First names were equally changeable: Dirk became Richard, Jacobus became Jacob, Maritje became Mary, Heinrich became Henry, Jurg became George. Jan and Johannes both became John. This can be confusing, as in the case of Captain John Van Etten, commander of Fort Hyndshaw during the French and Indian War, who had been baptized with the name Jan. His brother Johannes served with him at the Fort, so two Johns appear in the journal kept by the commander.

Even place names were fluid. The village of Esopus on the Hudson River was later called Wiltwyck, and finally Kingston. Pine Grove, Pennsylvania, became Grove City. Turk's Head, Pennsylvania, became West Chester. Lafayette, Iowa, became Albion.

Township, county, and even state boundaries shifted. Chester County, Pennsylvania, was subdivided in 1789 to form the new county of Delaware. In 1767, the Mason-Dixon line determined that settlers who considered themselves residents of southern Chester County, Pennsylvania, were actually living in Cecil County, Maryland. Thus, although an ancestor lived in the same place all his life, you may have to check records of several counties or states to locate all mentions of him.

Horse thieves and other vagaries

Don't be surprised if you discover strange relationships and other facts that might have been considered

continued

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continued

Family tree

family skeletons.

In 1754, widow Patience Bishop married her first husband's nephew, who was only five years her junior—thus making her sister-in-law her mother-in-law.

Quaker meeting records—which are excellent for piecing together family trees of members of the Society of Friends—record the Society's disownment in 1756 of Richard Woodward III for marrying his niece, Abigail Hayes, daughter of Richard's *half*-sister, Jane Hayes. This provides an important clue in determining which of Richard Woodward, Jr.'s two wives was the mother of Jane Hayes.

While the proverbial horse thief people fear finding on the family tree actually is quite rare, you may encounter relatives who met sudden death. Warner Davis was bludgeoned to death in 1859 when he surprised thieves in his smokehouse carrying off a freshly dressed beef. His grandmother, widow Susanna Davis, was living alone in her house west of Philadelphia when she was robbed and murdered on the night of January 3-4, 1782. A reward of ten pounds sterling was offered for the arrest of an Englishman accused of the crime, but existing records do not reveal whether he was ever caught.

Susanna's will (on file at the courthouse) disposes of her "Temporal Estate," including a white beaver hat, plat (plaid?) bonnet, two feather beds, and her first, second, third, and fourth best brass kettles.

You may find forebears who were indentured servants—a not uncommon method of paying for one's passage to America.

William Brown's will of 1743 grants freedom to his Negro servant named Jenny. He also bequeathed to Jenny "her bed & beding whereon She Lies which is One feather bed & Chaff bed under it; Two pillows & One pair of Sheets. & Two blankets, & One Coverlet. & a mat, & a new bed cord. . ." a chest, two spinning wheels (the large wheel was used for spinning wool and the small wheel for flax), "One Iron pott. Pott Lid & Hooks. One Small brass kettle. Two Pewter Dishes, and two Pewter basons. One tin pan & three tin cups. One Pewter Quart (a container of measure). half a dozen of Spoons. One dozen of trenchers. three Noggins & two Wooden platters. Two Earthen Dishes. & four plates & Seven Viols. Seven Wooden Ladles. Two milk bowls & two milk pans. One milk pail. Two Cheesepotts. four glass bottles. Her Mistresses Clothes box, three pudding pans. four Earthen porringers. One chamber pott. One Small Spit. . . ." Such listings and inventories give you a fair idea of the domestic utensils considered necessary to proper housekeeping in earlier times.

Family legends—truth or fiction?

Regard with suspicion family legends purporting coats of arms, vast estates waiting to be claimed "back in the old country," and blood connections with royalty and other notables. A few stories may contain a kernel of truth, but don't accept a lineage you can't prove.

You may indeed be a direct de-

continued



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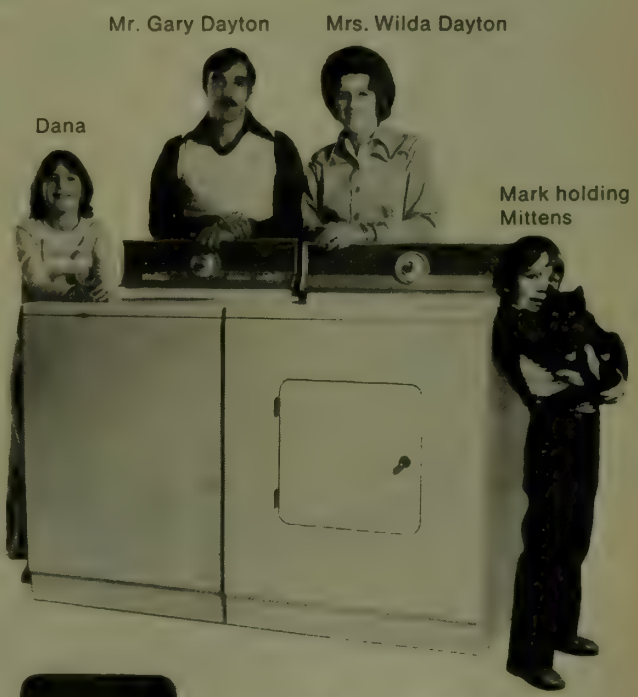
Now going on 10, her Maytag Washer still zips through 14 loads a week with no complaints.

To her the Maytag Washer she got in 1967 is living proof that Maytag builds them to last longer and need fewer repairs, says Mrs. Wilda Dayton, Marlboro, N.Y.

"With two children, a girl 9 and a boy 5, I wash about 14 loads a week," she writes. But her old Maytag just goes on and on, and Mrs. Dayton states she has hardly ever had a repair bill in all these rugged years.

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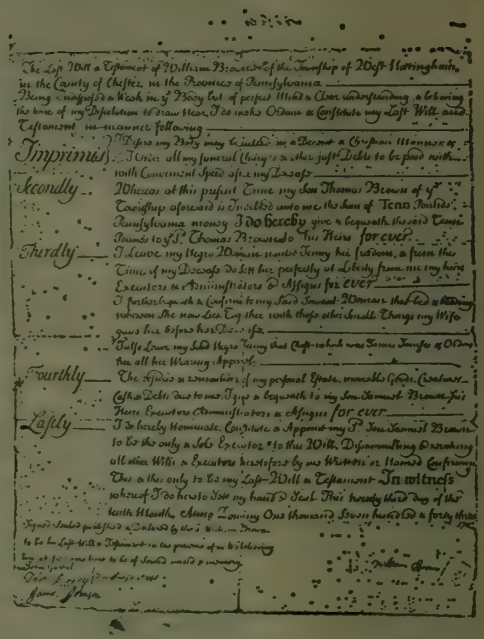
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continued

Family tree





scendant of King Henry I of England, but probably through one of his more than 20 illegitimate children. And, Henry's father, William the Conqueror, was also an acknowledged bastard.

All Davises are not kin of Jefferson Davis, President of the Confederacy. And nobody can prove direct descent from George Washington, the father of our country, since he was childless. The children he raised were his wife's by a prior marriage, and later some of her grandchildren, whom the General adopted.

But if you really desire to bask in reflected glory, search your collateral lines diligently, and you may find you're a second cousin, thrice removed, of President McKinley. Or maybe you're a shirttail relative of Mary Sanford, accused of witchcraft or for holding public meetings other than those prescribed by the elders or for dealings with "Sathan"; found guilty and executed in 1682.

Utilize your postman

While it's great fun to visit the areas where your ancestors lived and track down their records yourself, this isn't always possible. If cross-country or out-of-the-country treks aren't possible for you, don't despair. Much research can be done by correspondence with relatives, librarians, county, state, and federal officials, and others. Keep your questions concise and specific, and always include a self-addressed, stamped envelope to facilitate a reply. If your question requires extensive research, you may receive a list of qualified researchers in that area whom you may contact.

If you're unsure where to write for birth, death, marriage, or divorce records in the United States and outlying areas, contact the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, and request whichever of these pamphlets you need: "Where to Write for Birth and Death Records," HE20.6202:B53/976; "Where to Write for Marriage Records," HE20.6202:M34/976; "Where to Write for Divorce Records," HE20.6202:D64/976. Each pamphlet is 35 cents; make your check payable to the Superintendent of Documents.

Don't get discouraged

Tracing a family tree takes time. Don't expect to climb yours in six weeks, or even six months. Waiting for replies to your queries requires patience. As you unravel your mysterious ancestral past, one clue leads to another, much like a thrilling whodunit. The suspense of the hunt adds to the fun of the revelations.

If you come to a dead end on one family, such as your direct paternal line from whence you got your surname, start working on one of your many maternal lines; they may be just as interesting, if not more so.

One amateur genealogist was given a silver bed bell used by his mother's mother's mother's mother. In tracking down this great-great-grandmother, he discovered she had fallen 40 feet down a bluff when a swing broke at an 1851 Fourth of July picnic. Picked up more dead than alive, she recovered, married, survived an Indian raid on her wag-

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continued

Family tree

on train headed west, and finally died in bed of consumption (now called tuberculosis) at the age of 58, after a long illness.

Some facts may have to be established obliquely. No record has been found of the second marriage of Mary Ellen "May" (Davis) Beasley; but other records show it must have happened between October 28, 1896, when she was granted a divorce from her first husband on grounds of his "habitual drunkenness," and December 9, 1896, when she attended the wedding of a niece, Bertha (Shutes) Dutton, and signed the Victorian guest book as "Mrs. J. B. Pence."





Organize your findings

You may decide to publish your family history in a limited edition to provide copies for interested relatives. If not, at least make two or more family record notebooks, and donate one copy to your state or county historical library. They make great gifts for children, grandchildren, and other favorite relatives, and will become treasured heirlooms in years to come. On each page, put a photo of one ancestor and his wife, if such a portrait is available, along with all the information you have found about them: dates and places of birth, marriage, and death; place of burial; education; military record; occupation; places they lived; stories about them you know firsthand or have heard from others, and additional interesting data. Perhaps Granddad's nickel-plated pocket watch or a velvet quilt feather-stitched by Great-grandmother has been handed down to you or one of your siblings. Mention such items.

While tracing your family tree, you'll learn a great deal of the history and geography of the country as you follow the daring pioneers on their treks. You'll also acquire many new friends as you find and correspond with distant relatives from coast to coast. ■

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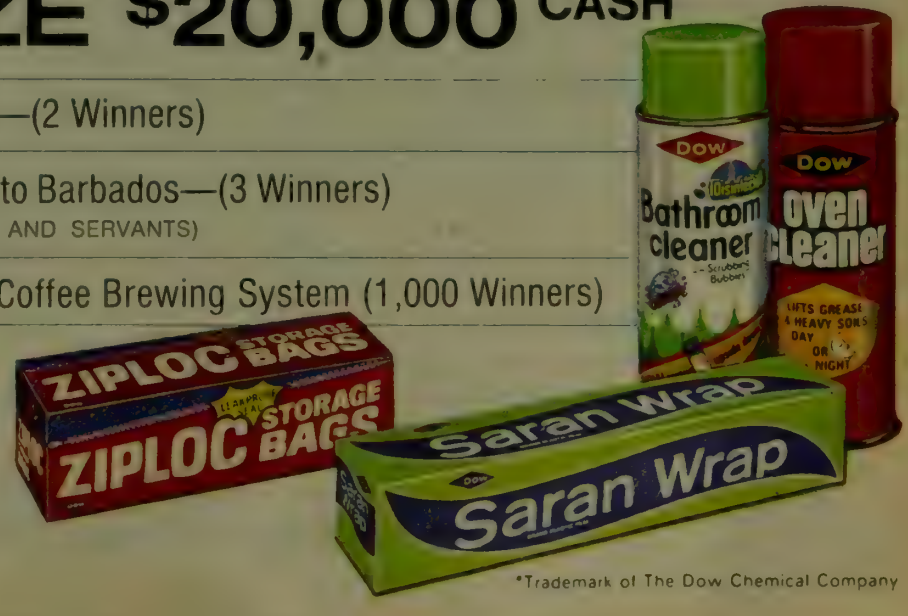
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House buying: how to dig up that down payment

Buying a house is the best investment a young couple can make but coming up with the money gets tougher all the time. Because of rising housing costs and increasing down payment requirements, a couple today must carefully plan and save to realize their dream of owning a home. And unless they're willing to make some sacrifices, they won't accumulate the money.

Here are some tips that can help young families come up with the money for a down payment. If you have children who are newly married and hope to buy a home someday, clip this article and give it to them. Or give it to anyone you know who wants a house but doesn't have the money.

Discipline yourself to budget

If you're newly married, saving is especially hard because you're confronted with the many immediate costs of setting up a household. But it's at this point in your lives that some goal setting, sacrifices, and financial discipline can mean the difference between renting and home ownership over the next ten years. With all the other things competing for your money—travel, entertainment, clothes, cars—it's particularly important to establish a budget and a savings plan and stick to them.

Unless you or your spouse qualifies for a no-money-down Veterans Administration loan, you will probably need several thousand dollars for the down payment. And you'll need another $1,000 or so for closing costs, payable at the time the mortgage loan is made.

Force yourself to save

You'll probably save best with a "forced" savings plan, where money is automatically deducted from your paycheck or bank deposit and put into savings. The theory is that you don't spend the money you don't see.

If you and your spouse are working, you both can save through payroll deductions. Earmark at least five percent of your total monthly income for savings. Then authorize your employers to automatically deduct that portion of your paycheck for deposit in your savings account. If you can, deposit your savings in a credit union where you'll probably earn a higher rate of interest than you would at a commercial bank.

If you deposit your paycheck yourself, have the bank deduct at least five or ten percent of the deposit to be transferred to savings. You can also have your bank make automatic deposits from your checking account to your savings account. Simply tell your bank to transfer a specified sum to your savings account at fixed intervals.

Another way to save is to buy U.S. savings bonds through a payroll savings plan or through a bond-a-month plan at your bank.

If you can't discipline yourself to save through any of the above methods, there's still hope. Claim fewer or no deductions on your income tax and you'll get the money back in a lump sum when you receive your tax refund. However, you should be aware that you're giving the government interest-free use of money that could be earning for you in a savings account.

Remember—the advantage of these forced plans is that they help you to save money you otherwise might have frittered away.

Learn to sacrifice

To get together a 20-25 percent down payment, you'll also need to make sacrifices. If you're a two-income family, try to live on one income and put the other in savings.

Sell some of your assets, such as an expendable second car or expensive stereo equipment. Take a part-time job, postpone your vacation, and delay all unnecessary purchases.

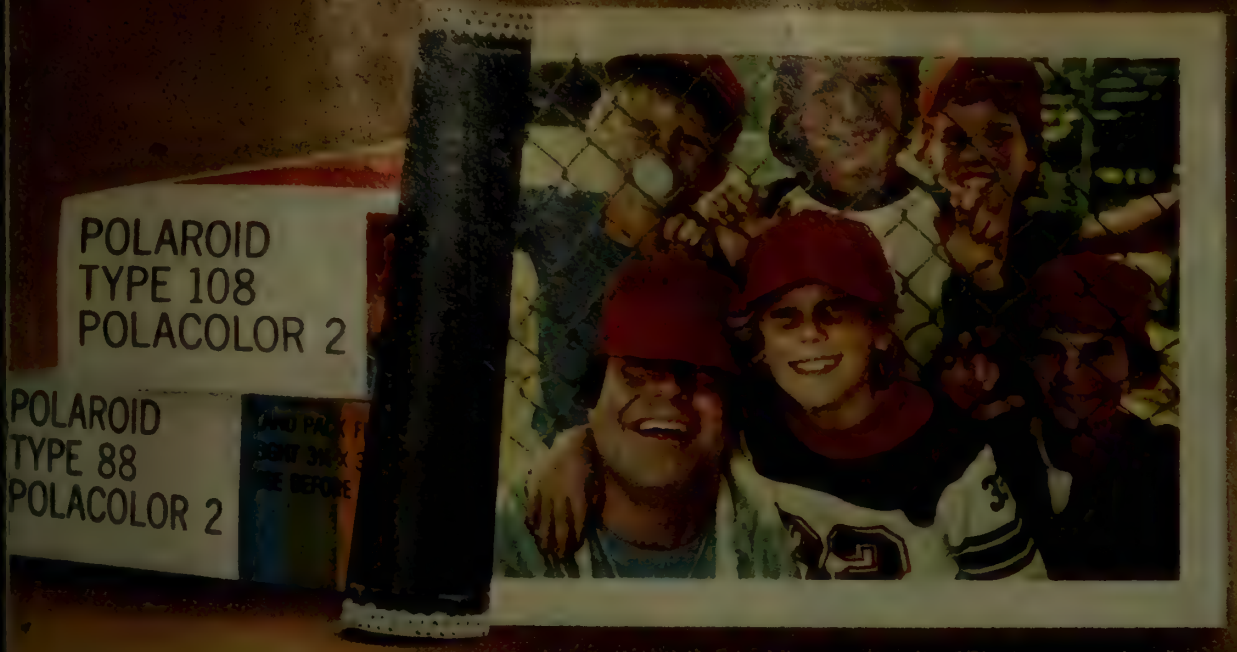
Plan a periodic "nothing week" when you don't spend any money on entertainment or dinner out. Eat inexpensive food at home, read books, watch TV—and add $35 to your growing nest egg. Quit smoking and put all the money you don't spend on cigarettes into your savings.

Earn more on your money

Before depositing your money in a savings account, you should shop around for the bank or savings and loan company that offers the highest interest rate. Also ask the officers at each institution you visit whether they'll give you better terms on a mortgage after you've been on their books for a while. And remember to check your credit union, where you may get the best rate and assistance later with your mortgage. In addition, check into 90-day-notice accounts which offer slightly higher interest rates than conventional savings accounts.

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House buying

you. One of the best ways is to invest your funds in savings certificates (also called certificates of deposit or CDs) at your local bank or savings and loan association. CDs offer a guaranteed interest rate when you commit a required minimum amount (usually ranging from $500-$1,000) for a specified time. If you're often tempted to withdraw money from your savings, CDs would be a good investment for you. You pay a penalty in the form of reduced interest if you withdraw CDs before their date of maturity.

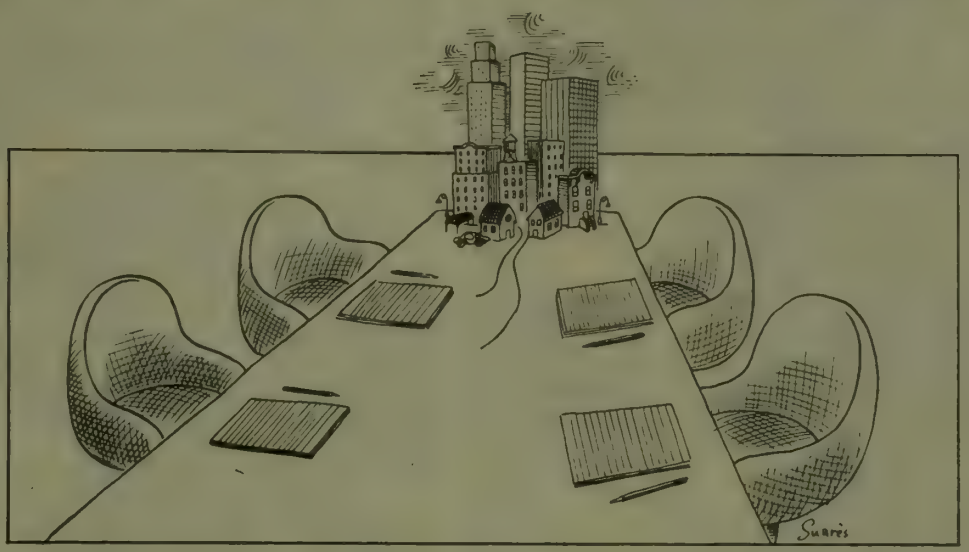
Short-term CDs are usually available from three months up to 30 months. Longer term CDs available from four years on up offer the highest interest rates paid on any savings accounts. And the longer you leave your money in a CD, the higher the interest rate you collect. Buying CDs with a cash wedding gift would be an excellent investment.

Build your down-payment nest egg

If none of the above methods works for you, or if you're using one of them but it's not enough, do something different:

- Save any windfall money you might get—tax refunds, cash gifts, bonuses, dividends, and inheritances. The key is to put all this money into your savings account as soon as you get it.
- Deposit so many of your paychecks each year into savings. For example, you could deposit every ninth weekly paycheck or the first check of every quarter of the year.
- Adopt a "loose money" system of savings. At the end of each day put aside all the change you have in your purse or pocket. Or set aside all your quarters or single dollars. At the end of the week, deposit your "loose cash" in your savings account.
- Borrow against your life insurance policy if it has built up enough equity. You can probably get the lowest interest loan on your insurance policy, and you can pay it back at your own rate.
- Ask your parents or relatives for an interest-free loan to be paid back on terms you work out together. ■

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REPORT ON SOCIAL INVOLVEMENT

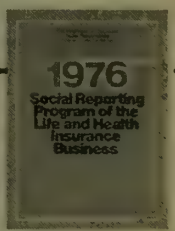
We were the first business in America to voluntarily publish an annual report disclosing the extent of our attempts to solve social problems. The information is collected from the individual companies and compiled by our clearinghouse. In addition to publishing this report, the clearinghouse advises and encourages companies to become more involved in this area.

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Sweet & Sour Meatballs





Buying information, page 94

Photographs: Hedrich-Blessing; Dieter

Until his marriage to Jeanne a year ago, Marc Rubenson did all of his own cooking. Now cooking is a shared activity that the Rubensons enjoy as much as their other hobbies: camping, hiking, tennis, and water skiing. Marc even tries his hand at beer making (and tasting)! A graduate student at Ohio State University, Marc spends his summer months as a counselor and water-ski instructor at a girls' camp in Maine.

His Sweet and Sour Meatballs recipe features meatballs, sauerkraut, and cranberries. The off-beat combination may raise a few eyebrows, but it's a favorite with college friends. Marc calls it "a super dish" because it's easy to fix and makes enough to feed a small army. "I serve it over rice, with a salad and hot vegetable. For smaller groups, I halve all the ingredients, except the sauerkraut—I really like it better that way."

SWEET AND SOUR MEATBALLS

- **1 envelope *regular* onion soup mix**
- **½ cup water**
- **2 eggs**
- **2 pounds ground beef**
- **1 16-ounce can sauerkraut, drained and snipped**
- **1 8-ounce can whole cranberry sauce**
- **¾ cup chili sauce**
- **¾ cup water**
- **⅓ cup packed brown sugar**
- **Hot cooked rice**

In mixing bowl combine dry onion soup mix and the ½ cup water; beat in eggs with fork. Add ground beef; mix well. Shape mixture into 40 meatballs. Combine sauerkraut, cranberry sauce, chili sauce, the ¾ cup water, and the brown sugar. Pour *half* the mixture into bottom of 13x9x2-inch baking dish. Set remaining mixture aside. In a 10-inch skillet quickly brown meatballs, about one-third at a time. Remove meatballs, draining excess fat, and arrange atop sauerkraut in baking dish. Pour remaining sauerkraut mixture over meatballs. Cover with foil and bake in 325° oven for 20 minutes. Uncover and bake 15 to 20 minutes longer. Serve over hot cooked rice. Makes 10 servings. ■

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes become the property of Meredith Corporation.

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See how Carlton stacks down in tar. Look at the latest U.S. Government figures for:

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	tar mg / cigarette	nicotine mg / cigarette
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Brand C Non-Filter	23	1.4
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Brand M	18	1.1
Brand S Menthol	18	1.2
Brand S Menthol 100	18	1.2
Brand BH 100	18	1.0
Brand M Box	17	1.0
Brand K Menthol	17	1.4

Other cigarettes that call themselves low in "tar"

	tar mg / cigarette	nicotine mg / cigarette
Brand P Box	15	0.8
Brand K Mild	14	0.9
Brand W Lights	13	0.9
Brand M Lights	13	0.8
Brand D	13	0.9
Brand D Menthol	11	0.8
Brand V Menthol	11	0.7
Brand V	10	0.7
Brand M Menthol	8	0.5
Brand M	8	0.5
Carlton Soft Pack	**1**	**0.1**
Carlton Menthol	**less than 1**	**0.1**
Carlton Box	**less than *1**	***0.1**

*Av. per cigarette by FTC method



Soft pack-1 mg.
Menthol-less than 1 mg.
Box*-less than 1 mg.

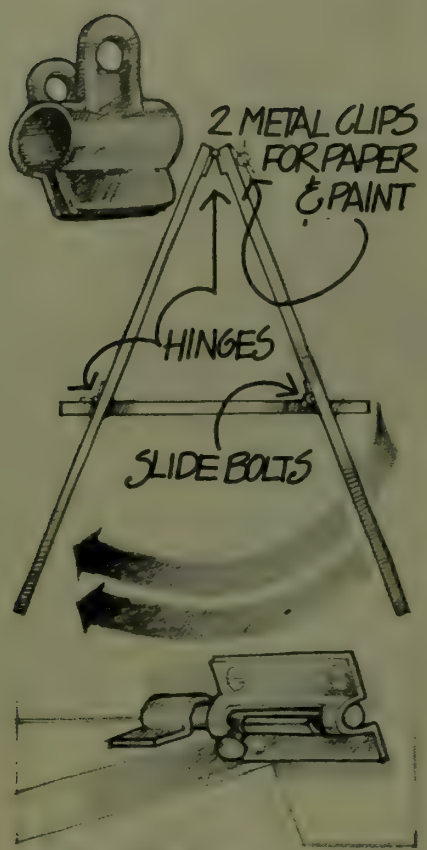
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Step-by-step project scrapbook

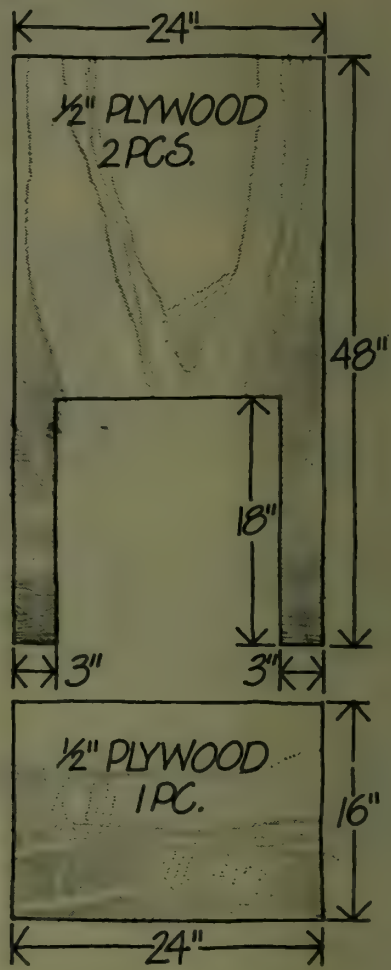


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Drawing: Hellman Design Associates

"We're looking for people to write children's books."

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by Francis Gemme



Francis Gemme, a Founder of the Institute of Children's Literature, is the President and Publisher of *Gallery Books* and former President of Young Reader's Press.

We need writers. There are over 150 publishers of books for children and more than 250 magazines, all of which have a need for writers.

Have you ever read a children's story and said, "I can do better than that"? Have you ever deplored the lack of good new literature for young readers? Do you love children? Do you want to do something important with your life? Do you want the personal satisfaction and the rewards that come with writing for children? That very attitude may be the clue that you can do it, for the desire to write must come first.

Stories only you can write.

Once you learn to use the basic writing techniques, writing for children may be easier than you think. Your personal experiences, fantasies, personality traits, and hobbies all lend themselves to good subjects. Many of these subjects have been written about—plainly and simply—and have been published. You probably have within yourself many children's stories that only you can write.

A new kind of school.

At the Institute of Children's Literature top writers and publishers have worked together to create a professional course to teach you to write for young children and for teenagers. They include people like Lee Wyndham, a teacher and author of forty-eight books, including *Writing for Children and Teenagers*, Hardie Gramatky, author and illustrator of many famous children's books like *Little Toot*, and Stanley Glos, President of Scroll Press and publisher of many award-winning children's books. In total, these professional writers have published hundreds and hundreds of books and magazine articles for young readers. They know how to write—how to teach—and how to help you get your writing published.

Learning to write and to sell.

This course will train you step-by-step from the writing of the opening sentence through the polishing of a finished manuscript. Yes, you will have completed a manuscript suitable for submission to a publisher when you finish this course.

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Because writing is a very personal experience, we believe that the teaching of writing must also be personalized. That is why, in addition to writing materials, textbooks, instruction, and assignments, you will receive personal guidance on every lesson from your own instructor.

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Work at your own pace.

A writing course is most effective when you can work at the time you feel most like working. With this course, there is no bell to end the class and no interruptions from other students. You and your instructor can work together at the pace most suitable for *you*. This flexible schedule allows more time for each student than is possible in a classroom situation.

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While there are no promises, many writers of children's books report earning $10,000 to $15,000 a year and more. In addition, the benefits of a career in writing also include the challenge, the excitement, and the great satisfaction of doing something important with your life. When you complete this course, you will be a trained writer with a future. And what a future!

The market is enormous. Editors and publishers of children's literature are searching for talented writers.

Last year, more than 30 million children's books were published, producing total sales of over 170 million dollars! And over 250 periodicals for children with a combined circulation of over 60,000,000 were published. Books and magazine articles for children are frequently adapted for television and for the movies. In addition, there are twenty-six children's book clubs and a rapidly expanding children's paperback market.

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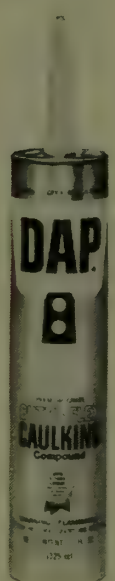
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FOOD

Sweet cherry desserts

Plump, dark sweet cherries are a welcome fresh-fruit snack for spring. Now try these naturally sweet berries in some terrific desserts. Act fast—the season is regrettably short. You'll find a good supply of Bing and Lambert from May through July.

Photographs: Dieter





Buying information, page 94

SWEET CHERRY STREUSEL CAKE

To make sour milk, simply add ½ teaspoon vinegar to ½ cup plain milk; let stand 5 minutes—

¾ cup sugar
¼ cup butter or margarine
2 eggs
½ teaspoon vanilla

• • •

1¼ cups all-purpose flour
½ teaspoon baking soda
½ teaspoon baking powder
⅛ teaspoon salt
½ teaspoon ground cinnamon
½ cup buttermilk *or* sour milk
2 cups dark sweet cherries, halved and pitted
1 recipe Streusel Topping

In large mixer bowl cream sugar and butter or margarine till light; beat in eggs and vanilla. Stir together dry ingredients; add alternately with buttermilk to creamed mixture, beating well after each addition. Pour into greased 9x9x2-inch baking pan. Arrange cherries, cut side up, over dough; sprinkle with Streusel Topping. Bake in 350° oven for about 30 minutes or till done. Serve warm, topped with whipped cream, if desired.

To make Streusel Topping: Combine *⅓ cup all-purpose flour* and *¼ cup sugar;* cut in *2 tablespoons butter or margarine* till crumbly.

SWEET CHERRY BOMBE

2 cups (12 ounces) dark sweet cherries, pitted and finely chopped
1 14-ounce can *sweetened condensed* milk
1 teaspoon vanilla
Few drops almond extract
1 cup whipping cream
1 pint chocolate-nut ice cream

Combine cherries, condensed milk, and flavorings. Pour into freezer tray; freeze firm. Chill a 5-cup mold. Break cherry mixture into chunks and place in small mixer bowl; beat till fluffy with electric mixer. Whip cream; fold into cherry mixture along with *several drops red food coloring,* if desired. Remove 1 cup mixture; cover and freeze. Turn remainder into chilled mold and freeze till partially firm, then spread over bottom and sides of mold, leaving center open. (If mixture slips down, refreeze till workable.) Stir chocolate ice cream just to soften; spoon into center of mold, smoothing top. Spread the reserved 1 cup cherry mixture over top. Cover with foil; freeze 6 hours or overnight. Remove foil. Invert mold on chilled plate. Rub mold with hot damp towel to loosen; lift off mold. Let stand at room temperature 10 minutes before slicing. Makes 8 servings. ■

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HEALTH Michael P. Scott

Diabetes: The Prognosis Is Brighter

The discovery of insulin in 1921 demolished the centuries-old belief that diabetics were doomed. Today, diabetics live long, almost normal lives and can be—indeed, should be—actively involved in the treatment of their illness. As one prominent diabetes researcher puts it, "No one with a lifelong limitation that interferes with bed, board, and bathroom can afford the luxury of being in a passive patient role."

Although the outlook is encouraging for the ten million Americans who have diabetes, the disease continues to pose a serious and widespread health problem. Each year diabetes is directly responsible for 38,000 deaths and contributes to 300,000 others, making it our third largest killer. The number of known diabetics increases six percent each year and is likely to continue to increase as more and more diabetics lead almost normal lives and pass along diabetic tendencies to their offspring. Another reason for the increasing numbers of diabetics is the national propensity for inactivity and overeating, a combination that can lead to excess weight, if not obesity.

Dr. Donnell D. Etzwiler of the University of Minnesota, and president of the American Diabetes Association, says, "Early diagnosis and proper control under the supervision of a qualified medical team generally mean a diabetic will be able to live an active and productive life. The trouble is, two out of five diabetics either don't know they have the disease, or ignore it and don't get proper medical attention."

It's important for families to know the symptoms of the two main types of diabetes, and the consequences. Here are answers to the most frequently asked questions about this serious and all too common disease.

What is diabetes, anyway?

Diabetes is an inability of the body to convert the food we eat into fuel (glucose) for immediate or future energy needs. The key to this process is insulin, a hormone manufactured by the pancreas.

When the pancreas fails to produce insulin, or produces only a little, glucose cannot be converted to energy. Instead the glucose accumulates in the blood. This process overwhelms the kidneys, and the excess glucose is passed out of the body in the urine. As a result, the body must draw on its storehouse of fats and proteins for energy.

Juvenile-onset diabetes usually occurs in the young, thin person whose pancreas produces little or no insulin. Of the two main forms of diabetes, juvenile-onset is the more difficult to control and must be treated with injections of insulin.

Maturity-onset diabetes usually occurs in the older, obese person. Here the pancreas continues to manufacture insulin (in fact, some of these diabetics may produce more insulin than non-diabetics do), but because of excess weight and inactivity, the body resists the action of the insulin.

Although juvenile- and maturity-onset diabetes are considered by some to be almost two separate diseases, most diabetes authorities agree the two forms are different aspects of pancreatic disturbance. Insulin dependency is a more important criterion than age since it is possible (although rare) for young people to develop maturity-onset diabetes, and older persons to develop juvenile-onset diabetes. These two forms of diabetes are often referred to as juvenile-onset/insulin dependent, and maturity-onset/non-insulin dependent.

What causes diabetes?

Diabetes may be caused by many combinations of factors, including heredity, environment, certain illnesses, or removal of the pancreas (secondary diabetes).

It is well established that persons with diabetic relatives run a far higher risk of contracting the disorder; some families have several diabetic members.

It's easy to see why diabetes is called the geneticist's nightmare. The heredity patterns of juvenile- and maturity-onset diabetics are markedly different. Tests with identical twins have shown that if one twin develops maturity-onset diabetes, the other almost certainly will also. However, if one twin develops juvenile-onset diabetes, there is a 50-percent chance that the other twin will not develop the disease. This, and other evidence, leads researchers to believe that juvenile-onset diabetes may be the result of damage to the pancreas by viruses such as those that cause mumps, congenital rubella, and hepatitis.

Possible causes for maturity-onset diabetes are more obscure. The condition may occur as the premature onset of the aging process—pancreatic cells may cease to function earlier in some people, just as some people lose their teeth before others.

Obesity may not *cause* diabetes, but there is clearly an association between the two. In fact, the risk of diabetes doubles for every 20 percent of overweight.

Another reason for the increasing number of diabetics may be longevity. More people are living into middle and old age, and those are the years when diabetes strikes most frequently. In fact, the risks double for every decade of life.

continued

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Yet Secret has a soft, gentle, beautiful fragrance that tells you it's for a woman.

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continued

Diabetes

Who gets diabetes?

There are 50 percent more female diabetics than male. The disease seems to be more prevalent among low income families, and is 20 percent higher among blacks.

Diabetes can occur during pregnancy, which puts stress on the pancreas and thus decreases the amount of sugar converted to energy. This calls for a special diet, and constant monitoring of the mother and baby by a physician so that long-range developmental defects in the infant can be minimized.

Although this type of diabetes may disappear after pregnancy, it can reoccur later in life. Smaller families may decrease the incidence of pregnancy-related diabetes.

What are the symptoms of diabetes and how is it detected?

For juvenile-onset/insulin dependent diabetes, the symptoms are a raging thirst despite continual drinking of liquids; frequent and compelling urination; weight loss despite a voracious appetite; and a special craving for sweet foods. The individual tires easily and feels weak, and may be irritable and confused. These symptoms usually begin suddenly, and because they are dramatic they are usually detected and treated rapidly. But in the days before insulin, the victim lapsed into a coma and eventually died.

Maturity-onset symptoms are usually milder and escape notice until picked up in a routine physical examination. There may also be any of the symptoms of juvenile-onset diabetes—or none of them. Other symptoms may include slow-to-heal skin infections; gum disease; urinary tract infection; blurred vision or a marked change in vision; cramps in the legs, feet, or fingers; genital rashes; intense itching; and in men, impotence.

Three simple tests are performed to measure the amount of sugar in the body. Urine testing determines if sugar is spilling into the urine; blood tests give physicians an accurate measure of sugar in the bloodstream; and the glucose tolerance test determines the body's ability to absorb and use sugar.

How is diabetes treated?

There are two popular misconceptions about diabetes: that every diabetic requires insulin, and that all diabetics have to be deprived of certain foods. Neither, as we'll see, is true.

Insulin is now recognized as just one essential element in the control of juvenile diabetes. Effective treatment tries to restore the proper balance between insulin, activity, and food. For the juvenile-onset diabetic, this means supplementing the hormone by regular injections of insulin. The insulin-dependent diabetic must inject into his arm, thigh, or abdomen one or more doses of insulin based on the severity of his disease, how much he exercises and rests, his weight, and his diet. This

continued

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continued

Diabetes

balancing act requires careful control of calories, mealtimes, exercise, and insulin injections. A regular routine makes managing diabetes easier, but the experienced diabetic learns to adjust his schedule to the day's events.

Most maturity-onset diabetes can be controlled by diet and increased exercise. A maturity-onset diabetic can often return his blood-sugar level to normal by losing weight and adopting a more active life-style. In some cases, the maturity-onset diabetic may have to begin an insulin regimen when he grows older.

What about oral drugs for diabetes?

Oral drugs (hypoglycemics) are used only by maturity-onset diabetics. The tablets or capsules are **not** a substitute for insulin. Rather, they seem to stimulate the pancreas to produce more insulin, or enable the body to make better use of the small amounts of insulin that are produced. The drugs seem to be most effective in mild cases of maturity-onset diabetes. However, they may lose their effectiveness after five to seven years and then must be replaced by insulin injections.

Since the long-term effects of oral drugs are still being debated, many physicians recommend weight loss and more exercise to help the body utilize what insulin is produced.

What happens if insulin and sugar get acutely out of balance?

An imbalance of insulin activity and food can result in an *insulin reaction* or *diabetic acidosis.*

Insulin reaction occurs when the level of sugar in the blood is too low, because the diabetic has eaten a smaller than normal meal, exercised more than usual, or taken more insulin than necessary. The effects of an insulin reaction occur quite suddenly. The diabetic feels hungry, anxious, restless, and confused. He may stagger and experience difficulty in speaking (insulin reactions are often mistaken for drunkenness). His skin turns pale and clammy, his head aches, and his heart pounds. If the condition is not treated, he may lapse into unconsciousness.

The diabetic can reverse the insulin reaction by eating a form of sugar that gets into the bloodstream quickly—such as candy, sugar, or a non-diet soft drink. But if the diabetic is unconscious, he may require an injection of glucose or glucagon, a hormone that counters the effect of insulin.

Diabetic acidosis, the diabetic coma, is the result of too little insulin in the body. It occurs when a diabetic fails to take his insulin injection, takes too little insulin, eats more food than usual, is ill—often with an infection—or is under severe emotional stress.

The symptoms of diabetic acidosis include flushed, dry skin; deep, labored breathing; an overwhelming thirst; fatigue; and drowsiness.

Emergency treatment calls for properly supervised insulin injections and fluid replacement. The diabetic coma can be fatal if not treated in time.

Must a diabetic eat special foods?

The important thing for diabetics to remember as they plan their meals is to eat a well-balanced diet at regular times. Contrary to popular belief, sugar does not necessarily have to be avoided. According to Dr. Ethan A. H. Sims of the University of Vermont, "Concentrated sugar plays a very important role in the diet of the diabetic who takes insulin. It can prevent, or help him recover from, low blood sugar that results from some unplanned event, like pushing a car out of a snowbank, or having to delay a meal during travel." A diabetic may even drink moderate amounts of alcohol, provided the calories are permitted, and are calculated in his diet.

Carbohydrates were once sharply restricted in the diabetic's diet, but today he can include up to 50 percent carbohydrates. Fats (30 percent) and protein (20 percent) are kept at low levels because of their possible involvement in cardiovascular problems.

The so-called dietetic foods are not necessary. One physician says the dietetic foods do little for the disease and nothing for the pocketbook. Instead, diabetics should carefully evaluate foods by checking the ingredients on the labels. Dietetic foods may actually be higher in fat, sugar, or calorie content than non-dietetic foods.

Diabetics can vary their diets according to personal tastes if they follow the recently revised meal-exchange plan recommended by the American Dietetic Association and the American Diabetes Association (see February, 1977, *Better Homes and Gardens* magazine). The exchange lists group foods into six categories: meat and protein-rich foods, fruits, vegetables, breads and other starches, milk, and fats.

Can a diabetic lead a normal life?

A diabetic whose disease is under control feels healthy, strong, and able to do anything a non-diabetic can do.

In contrast to the past when diabetics were sheltered and protected, they are now encouraged by their doctors to keep active. Exercise is recommended as a means of burning off energy naturally, thus minimizing the need for insulin. Diabetics are advised to follow a regular exercise program and to choose the active, rather than the passive, way of doing things—like walking up stairs instead of riding an elevator, and parking in the most distant stall of a parking lot.

What are the complications of diabetes?

Chronic complications involve changes in large and small blood vessels, and nerves. It has been estimated that half of juvenile-onset diabetics face the possibility of death from kidney failure. Diabetics are two to three times as likely to develop hardening of the arteries, stroke, and heart attack as are non-diabetics; and diabetics are 50 times as likely to develop blood vessel problems. Diabetic damage to the nerves results in loss of sensation, pain, or weakness in the extremities, especially in the legs and feet. Diabetic retinopathy—damage to the small blood vessels in the retina—is the leading cause of new cases of blindness in adults in the U.S.

Not all diabetics develop these

continued

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(Best Foods® Real Mayonnaise keeps these salads in shape.)



FROSTY FRUIT LOAF

(Refreshing frozen yogurt & fruit salad!)

- 1 can (30 oz) fruit cocktail
- 1 envelope unflavored gelatin
- 1/2 cup BEST FOODS Real Mayonnaise
- 1 package (10 oz) frozen sweetened strawberries, thawed, crushed
- 1/2 cup KARO® Light Corn Syrup
- 1 container (8 oz) plain yogurt

Drain fruit cocktail reserving 1/2 cup syrup. In saucepan sprinkle gelatin over syrup. Stir over low heat until dissolved. Beat in Real Mayonnaise. Stir in strawberries and corn syrup. Chill until mixture mounds slightly when dropped from spoon. Fold in fruit cocktail and yogurt. Spoon into 9-inch loaf pan. Cover; freeze until firm. Serves 8.

POLYNESIAN PINEAPPLE

(A main dish with a tropical touch!)

- 1 cup BEST FOODS Real Mayonnaise
- 1 Tbsp. honey
- 2 tsp. prepared mustard
- 2 small pineapples, halved lengthwise*
- 1 can (17 oz) apricot halves, drained, halved
- 2 cups diced cooked ham
- 1/3 cup raisins
- 1/2 cup slivered blanched almonds, toasted

Stir together first 3 ingredients; set aside. Hollow out pineapple halves leaving 1/2-inch shell intact. Remove core; cut pineapple into chunks. In large bowl combine pineapple, apricots, ham, raisins and 1/4 cup of almonds. Spoon into shells; pour on dressing. Garnish with remaining almonds. Serves 4.

*1 can (20 oz) pineapple chunks, drained, may be substituted.

COLE SLAW SOUFFLE

(An elegant side dish that's simple to make!)

- 1 can (8 oz) crushed pineapple
- 1 package (3 oz) orange-flavored gelatin
- 3/4 cup boiling water
- 3/4 cup BEST FOODS Real Mayonnaise
- 1 cup finely shredded cabbage
- 1 cup shredded carrot
- 1/2 cup raisins
- 1/2 cup chopped walnuts
- 3 egg whites, stiffly beaten

Fold 22-inch piece of aluminum foil in half lengthwise. Tape firmly around 1-quart soufflé dish. Drain pineapple, reserving liquid. Dissolve gelatin in boiling water. Add reserved liquid. Beat in Real Mayonnaise. In loaf pan freeze until firm 1 inch from edge, but soft in center, about 20 minutes. In large bowl beat until fluffy. Fold in pineapple and next 4 ingredients, then egg whites. Pour into prepared dish. Chill until set. Remove foil. Serves 6.







Homes that allow air infiltration and leakage around doors and windows and cracks and crevices waste energy and money. M-D energy saving products can save you money on home heating and cooling costs.

Your local hardware, building supply or home center dealer has quality M-D caulks, thresholds, door bottoms and other weatherproofing products to get you started saving energy this weekend. Plus, you'll find some helpful hints on how to spot and stop energy wasters around the home in M-D's 12 page booklet, "How to Save Money with Energy Saving Products." For your copy, just send 25 cents in stamps or coin to:



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Dept. BG3
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Oklahoma City, Oklahoma 73125

m-d

It's fun to make saving energy a family affair. Why not get started this weekend.

continued

Diabetes

complications and not all develop them with the sam severity. According to a recent statement by the Amer can Diabetes Association, strict control of diabetes ca postpone or reduce damage to the small blood vessel especially in the eye and kidney, and may slow damag to the coronary arteries.

Can diabetes be prevented?

There are a few precautions that may help reduce th risk of developing diabetes:

- Weight control. It's been shown that members of diabetes-prone family who are of normal weight are les likely to develop the disease than are their overweigh relatives.
- Genetic counseling. Diabetic couples (both with diabetes) should have genetic counseling about the pos sibility of passing on diabetic susceptibility.
- Immunization. There is considerable research un der way exploring the theory that diabetes may b linked to a virus. Some research has indicated a rela tionship between diabetes and certain childhood dis eases such as mumps and rubella. The connection is ye to be proved, but if it is, the incidence of diabetes migh be decreased by early immunization of all children against the viruses most likely to damage the pancreas

If someone in your family has symptoms of diabetes, what should you do?

1.) See that he or she gets prompt medical attention especially if the victim is an adolescent. Medical attention is also important for adults; even vague symptoms should be called to a doctor's attention, especially if there's a family history of diabetes and the adult is overweight and inactive. Tests for diabetes are swift, simple, accurate, and painless, and the condition can be quickly identified and treated.

2.) Help the diabetic follow the doctor's orders. If your child requires regular insulin injections, make sure he follows his schedule and gets proper rest, exercise, and diet.

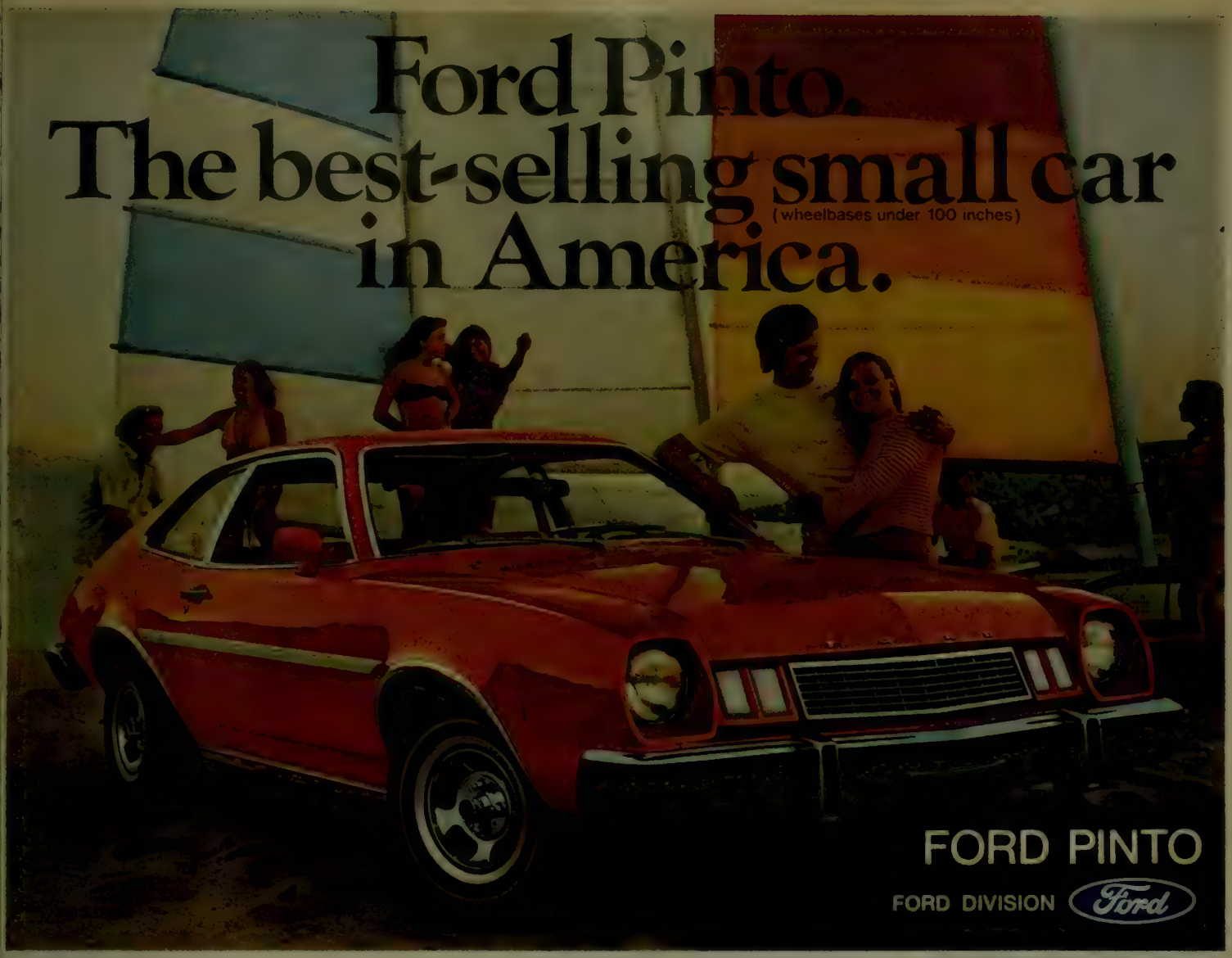
3.) Learn to recognize the symptoms of an insulin reaction and diabetic coma and be prepared to provide emergency treatment. Keep supplies of concentrated sugar or injectable glucagon available in case of need.

4.) If your child has diabetes, see that school authorities are aware of the condition; a diabetic of any age should carry identification (preferably a bracelet, necklace, or pin) that states his condition, name, address, doctor's name, and emergency treatment in case of an accident. The latter is especially important in case of injury, since some drugs should not be used for diabetics. You can get further information on identification tags and diabetes by writing American Diabetes Association, 500 Fifth Avenue, New York, New York 10020. For information on school films about diabetic children, write Juvenile Diabetes Foundation, 23 East 26th Street, New York, New York 10010. ■

(Produced in cooperation with Edwin Kiester, Jr.)

Ford Pinto. The best-selling small car in America.

(wheelbases under 100 inches)



Ford Pinto 3-Door Runabout

Check the facts:

1. Low price plus . . . Pinto starts out with a low price. But that low price includes a powerful cast-iron engine for climbing steep hills, passing quickly, and entering highways confidently. Pinto also has a wide track to help give it a comfortable, stable ride. And every Pinto has a sporty suspension system and rack-and-pinion steering for precise, responsive handling.

2. Excellent mileage.

39 mpg highway	27 mpg city

EPA estimates: With 2.3 liter engine, manual transmission, 2.73 axle without air conditioning, power steering and power brakes. Your actual mileage will vary depending on your car's condition, optional equipment, and how and where you drive. California and high altitude ratings lower.

3. Scheduled maintenance reduced $353.

- Over the past four years, more than 75% of the scheduled maintenance requirements on Pinto's 4-cylinder engine have been reduced or eliminated. That's an estimated reduction in costs of $353.
- So today, the base Pinto's average scheduled service is estimated at only $186 for the first 50,000 miles.

Based on Ford's Service Labor Time Standards Manual, a $13.50 labor rate, and suggested retail parts prices in effect 8/31/76.

4. High resale value.

Pinto consistently has high resale value. Compare Pinto's resale prices to Vega's, for example:

Used Car Retail Prices, January 1977

MODEL YEAR	VEGA	PINTO	Pinto Advantage
1973	$1,264	$1,489	$225
1974	$1,572	$1,861	$289
1975	$1,958	$2,306	$348

Source: National Average N.A.D.A. Used Car Guide

It's easy to see why most small cars have a tough time beating Pinto's built-in and lasting value.

And more...

- **Durable and reliable 2.3 liter cast-iron engine.**
- **Roomy, comfortable interior.**
- **Exciting options.**
- **Rugged unit-body construction.**
- **The best rust and corrosion protection system in Pinto's history.**
- **More than 5,500 Ford Dealers.**



3-Door Runabout
with new all-glass third door
and flip-up removable roof options

FORD

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UNITED AIRLINES

SPECIAL DIETS

Delicious Diabetic Crepes

To make a diabetic menu seem extra special, try these crepes filled with chicken and broccoli and topped off with a low-fat cheese sauce. But don't stop there. Make the crepe portion of this recipe and then create your own fillings, using the Diabetic Exchange Lists (see February 1977 issue) to figure the exchange values.



Photograph: Dieter

CHICKEN CREPES ELEGANTE

The special process cheese product has just 8 percent milk fat—

- **1 recipe Crepes**

• • •

- **¼ cup chopped onion**
- **¼ cup water**
- **1 cup skim milk**
- **¼ cup all-purpose flour**
- **¼ teaspoon salt**
- **1½ cups (6 ounces) shredded process cheese product (Borden's Lite Line)**
- **1 4-ounce can sliced mushrooms, drained**
- **2 cups (11 ounces) finely diced cooked chicken**
- **1 10-ounce package frozen chopped broccoli, cooked and drained**

To make Crepes: In bowl, combine *¾ cup all-purpose flour, 1 slightly beaten egg, 1 cup skim milk, and 1 tablespoon margarine, melted;* beat till smooth. Lightly grease a 6-inch skillet; heat. Remove from heat. Pour in 2 tablespoons batter; lift pan and tilt from side to side till batter covers bottom. Brown crepe on one side only. Turn out onto waxed paper. Repeat with remaining batter to make 12 crepes in all.

To make sauce: In saucepan, combine onion and water. Cook, covered, 5 minutes. Do not drain. In screw-top jar, shake together milk, flour, and salt; add to onion. Cook and stir till bubbly. Add shredded cheese product; stir till melted. Reserve ½ cup of the sauce. Add drained mushrooms to remaining sauce; cover and set aside.

To make filling: Combine chicken, broccoli, and the ½ cup reserved sauce. Spoon about ¼ cup filling on unbrowned side of each crepe; roll up. Arrange crepes, seam side up, in 13x9x2-inch baking dish. Cover and bake in 350° oven for 20 minutes. Meanwhile, heat mushroom sauce; serve over crepes. Makes 6 servings, 2 crepes each. (Count each serving of *2 plain crepes* as 1 Bread Exchange, ½ Fat Exchange, and ⅓ Milk Exchange. Add 3 Meat Exchanges, 1 Vegetable Exchange, and ½ Fat Exchange for filling and sauce.) ■

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Taste so good you won't believe they're lower in tar than all these 100's.



19 MG TAR 1.2 MG. NIC.	18 MG TAR 1.1 MG. NIC.	18 MG TAR 1.0 MG. NIC.	16 MG TAR 1.2 MG. NIC.	19 MG TAR 1.4 MG. NIC.	18 MG TAR 1.3 MG. NIC.	18 MG TAR 1.2 MG. NIC.	16 MG TAR 0.9 MG. NIC.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Of All Brands Sold. Lowest tar: 0.5 mg. "tar," 0.05 mg. nicotine av. per cigarette, FTC Report Dec. 1976. Kent Golden Lights 100's Regular and Menthol: 10 mg. "tar," 0.8 mg. nicotine av. per cigarette by FTC Method.

MONEY Margaret Daly

HOW MUCH HOUSE CAN YOU AFFORD?

That's a tough question for many families these days. Both new and older home prices are rising all the time. Loans are often hard to get. Taxes and utilities can set any budget reeling.

But even though housing costs do take a bigger bite out of the family budget than in the past, that doesn't mean they must be unmanageable. Planning is the key: Examine your resources honestly. Talk over the kind of life-style you want. Know what mortgage and other costs you can realistically expect. Consider all your options thoroughly. Be prepared to compromise.

Try looking at the problem through the eyes of the experts. Mortgage lenders generally have a good fix on how much house people can afford in their specific locales. You may have heard of formulas comparing a home's value with annual income—say, a home worth two and a half times your pay. But that quick rule of thumb often fails to reflect the real problems of housing costs today. Instead, most lenders look at affordable housing primarily in terms of your monthly cash flow. Here's how:

The mortgage payment

Your monthly mortgage payment always includes something for both principal and interest on the loan. Generally, the payment also adds in one-twelfth of your yearly property taxes and homeowners insurance premiums. (Those costs are likely to go up some each year, so your actual payment may rise, even though with most mortgages the loan payment itself remains fixed.)

As the mortgage lender considers how much you can afford to borrow, he follows some pretty firm guidelines—especially since other costs, like taxes, utilities, and maintenance and repairs, have recently dealt such a staggering blow to the budget.

First, the lender looks at your monthly gross income. He must by law consider all steady income from both husband and wife. That includes part-time income, alimony, and child support—provided the inflow can be demonstrated to be steady and likely to continue so. On the other hand, income from occasional employment probably won't count much.

Next, the lender looks at your outstanding debts, especially those that stretch beyond seven or eight months.

Finally, he considers less tangible elements. The lender's own experience and rules will prevail here, but typical questions involve how long you have been at the same job, what your credit record has been, how much houses cost in the particular market, how prices are rising or falling, what other housing expenses (like taxes and utilities) are typical for the locale. Soaring energy costs have taken on special

continued

HOW TO MATCH YOUR INCOME TO MONTHLY MORTGAGE PAYMENTS
(figured at interest rate of 8¾%)

Cost of house	Loan Duration	Down payment %	Down payment $	Loan amount	Monthly payment* Principal/interest + typical taxes & insurance**	Qualifying annual income* % monthly gross allowed*** When 25%	When 30%
$40,000	25 years	10%	$ 4,000	$36,000	$296 + $83 + $12 = $391	$18,768	$15,640
		20%	$ 8,000	$32,000	$263 + $83 + $12 = $358	$17,184	$14,320
		25%	$10,000	$30,000	$247 + $83 + $12 = $342	$16,416	$13,680
	30 years	10%	$ 4,000	$36,000	$283 + $83 + $12 = $378	$18,144	$15,120
		20%	$ 8,000	$32,000	$252 + $83 + $12 = $347	$16,656	$13,880
		25%	$10,000	$30,000	$236 + $83 + $12 = $331	$15,888	$13,240
$50,000	25 years	10%	$ 5,000	$45,000	$370 + $104 + $16 = $490	$23,520	$19,600
		20%	$10,000	$40,000	$329 + $104 + $16 = $449	$21,552	$17,960
		25%	$12,500	$37,500	$308 + $104 + $16 = $428	$20,544	$17,120
	30 years	10%	$ 5,000	$45,000	$354 + $104 + $16 = $474	$22,752	$18,960
		20%	$10,000	$40,000	$315 + $104 + $16 = $435	$20,880	$17,400
		25%	$12,500	$37,500	$295 + $104 + $16 = $415	$19,920	$16,600
$60,000	25 years	10%	$ 6,000	$54,000	$444 + $125 + $20 = $589	$28,272	$23,560
		20%	$12,000	$48,000	$395 + $125 + $20 = $540	$25,920	$21,600
		25%	$15,000	$45,000	$370 + $125 + $20 = $515	$24,720	$20,600
	30 years	10%	$ 6,000	$54,000	$425 + $125 + $20 = $570	$27,360	$22,800
		20%	$12,000	$48,000	$378 + $125 + $20 = $523	$25,104	$20,920
		25%	$15,000	$45,000	$354 + $125 + $20 = $499	$23,952	$19,960

* Figures rounded to nearest dollar.

** Taxes figured on national average of 2½% of home's value. Insurance figured as typical average nationally.

*** See text for details on how lenders figure percentage allowed.

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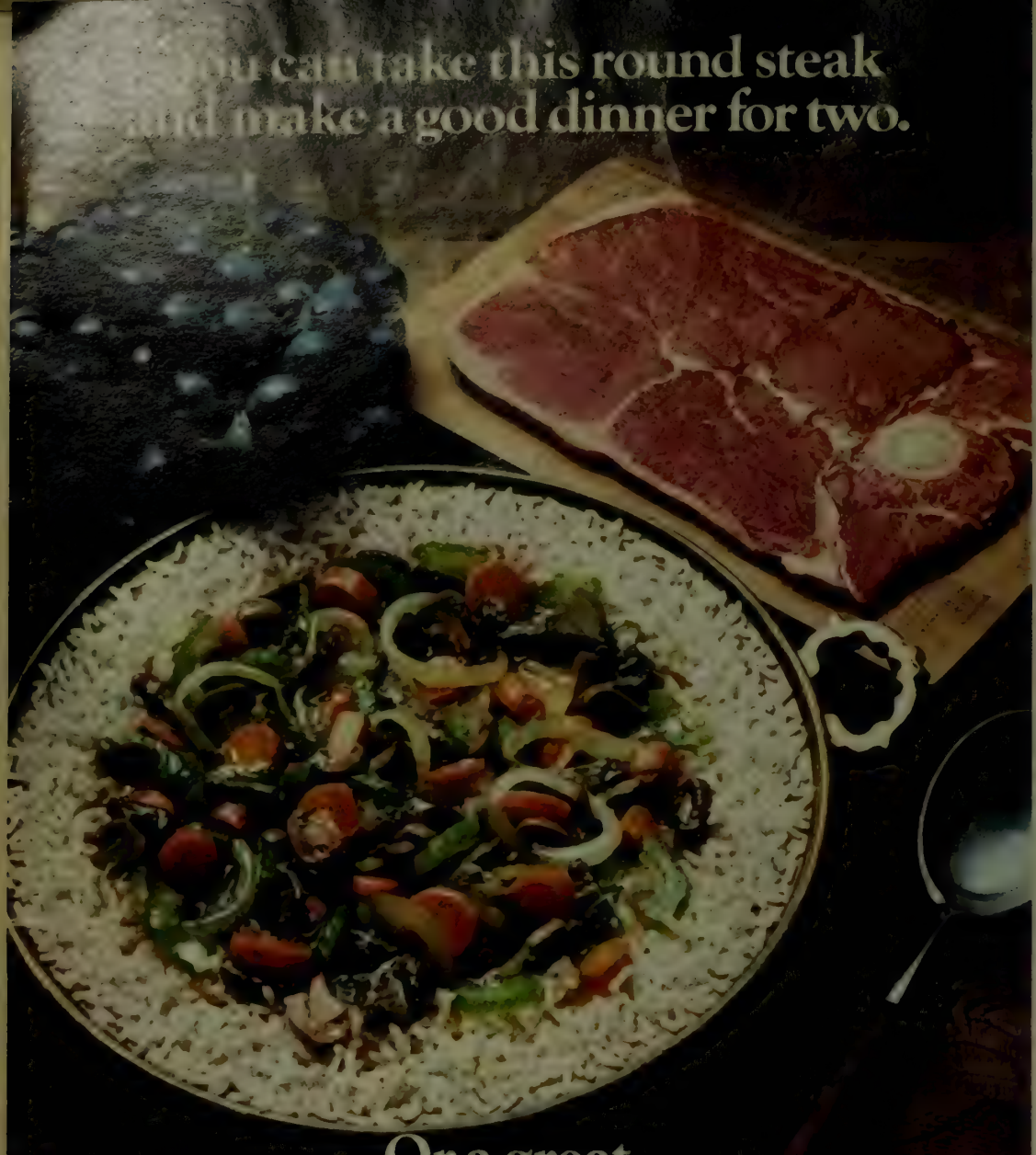
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TRADEMARK

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Steak Burgundy

- 4 cups hot cooked rice
- 1 pound lean beef round steak, thinly sliced in 1-inch strips
- 3 tablespoons vegetable oil
- 2 cups each sliced onions and carrots
- ⅓ cup Burgundy or other dry red wine
- 1¾ cups beef broth
- 1 can (4 ounces) sliced mushrooms and liquid
- 2½ teaspoons seasoned salt
- 1 tablespoon Worcestershire sauce
- 2 cups diagonally sliced celery
- 2 tablespoons cornstarch

While rice is cooking, saute steak in oil until brown. Add onions and cook 2 minutes longer. Stir in carrots, wine, broth, mushrooms with liquid, and seasonings. Bring to a boil. Reduce heat, cover, and simmer 10 minutes. Add celery and continue cooking 10 minutes longer. Dissolve cornstarch in ¼ cup water. Stir into meat mixture. Cook, stirring constantly, until thickened. Serve over beds of fluffy rice. Makes 6 servings.

For other menu-stretching recipes, write to:
Rice Council of America, Dept. B,
Box 22800, Houston, Texas 77027.

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Street_____

City_____

State_____ Zip_____

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RICE.
A great eating idea whose time has come.

continued

How much house

significance in this mix, of course.

With all the data in place, the lender then turns to charts that show the exact principal and interest payment for the specific loan you want. The figure is strictly a function of amount borrowed, interest rate, and length of time the loan will run.

Suppose the going terms in your area are an 8¾-percent interest rate and 25-year loans. You're looking at a $50,000 house—about the national average for new houses—and the lender requires a 20 percent down payment. That means you'll need to borrow $40,000. (We're excluding closing costs to simplify matters here.) The monthly principal and interest payment rounded off would be $329 for the life of the loan.

Taxes and insurance

The lender's figuring doesn't stop with loan costs. Before deciding what kind of house he thinks you can afford, he'll also look at taxes and insurance costs. Usually those will be set into your monthly mortgage payments, and they'll be adjusted each year. (Even if taxes and insurance are not included, figure them in on your own to help see what you can afford.)

For that $50,000 house, typical taxes might be $1,248 and insurance $192 a year (both figures represent an average of costs across the country). That's an extra $120 a month, and the lender will add it to your loan costs. Then, he simply looks at your monthly gross income to see if you can handle the load required by the house you want.

What percent of income?

Lending policies vary somewhat, and each loan application is considered individually. Still, most lenders find that monthly payments for interest, principal, taxes, and insurance are affordable when they are not more than 25 to 30 percent of your monthly gross income—sometimes a bit less or a bit more. Also, the lender may or may not evaluate other specific data, like the number and ages of your kids, and your expenditures for travel, education, entertainment, and the like. (Whatever the lender does, be

continued

Some houses were never meant to be painted.

hitect: The Office of Sigmund Blum & Assoc., Franklin, Michigan.



Sun, rain and harsh climates can quickly destroy the natural beauty of wood. Exposed siding needs protection. That's why more architects specify Olympic than any other stain. All Olympic Stain semi-transparent and solid colors offer beautiful lasting protection against cracking, peeling and blistering. In any kind of climate. If you like the beauty of natural wood, you'll love Olympic Stain.

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ARMOUR VIENNA SAUSAGE, THE MEATY SNACK, MAKES A MEATY MEAL TOO.

We don't have to tell you what a juicy snack Armour Vienna sausages make. But, because they're filled-to-bursting with robust beef and pork, we heartily recommend them for main dishes like this, too.



VIENNA 'N' NOODLES

½ cup each chopped onion and celery
1 cup grated carrot
⅓ cup butter
3 tablespoons flour
1 teaspoon salt
1½ cups milk
½ cup mayonnaise
½ teaspoon Worcestershire sauce
2 cups cooked noodles
2 5-oz. cans Armour Star Vienna Sausage in Beef Stock, drained, sliced

Heat oven to 350°. Cook onion, celery, carrot in butter 5 minutes. Stir in flour, salt, milk; cook, stirring constantly, until thickened. Stir in mayonnaise, Worcestershire sauce, noodles, sausages; place in 1½-qt. casserole. Bake, covered, at 350° 25 minutes. 6 servings.

10¢

SAVE 10¢ ON 2 CANS OF ARMOUR VIENNA SAUSAGE

Dealer: You are authorized to act as our agent for redemption of this coupon. We will pay you its face value, plus 5¢ handling, provided you and the consumer have complied with the terms of this offer. Offer Terms: This coupon is good only when redeemed from a consumer at time of purchasing specified brand. Any sales tax must be paid by consumer. Invoice showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Void if taxed, restricted or prohibited by law. Cash value 1/20 of 1¢. Send coupons to Armour-Dial, Inc., Box 182, Clinton, Iowa 52732. Offer limited to one coupon per specified product and size.

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10¢ STORE COUPON **10¢**

YOU KNOW IT'S GOOD IF IT'S ARMOUR

continued

How much house

sure to consider such factors your they're bound to affect your fu cash flow needs.)

Whether you are on the low or h end of that scale is affected by o data, such as outstanding long-t loans and energy costs. The age of house also may count, since o houses will probably require more going outlay for maintenance and pair. (Again, for your own budge you should think about the effec energy and repair costs even if lender doesn't.)

The chart on the opening pag this article gives you an idea of t cal income requirements for var houses, with both 25 percent and percent monthly gross income con ered. To help you peg your ra we've listed annual income.

What can you do?

Either your monthly income mat the lender's terms or not. But if don't make the grade, you're not essarily locked out of the house. H are some possibilities for getting a you can afford and for finding o ways to hold overall costs in check.

● **Increase the size of your do payment.** That means you'll hav borrow less on the mortgage, and difference could bring your mon payments within the lender's requ ments. With home prices continuin rise, the sooner you can get the qua ing down payment together the bet It's probably not wise to rely o short-term loan for the extra c since mortgage lenders look at all standing obligations. An informal rangement with your family m help, however.

Most lenders these days ask for 2 25 percent down on a house. Some accept ten percent. FHA and VA lo go for as low as five percent down, they're not so easy to get. The m obstacle: lengthy delays that c hold up approval of the loan.

A switch from ten to 20 per down on the $50,000 house in the ch means $5,000 more in initial cash lay. But you're borrowing $5,000 l With a 25-year loan, for example, monthly payment is reduced by Putting 25 percent down raises the

g ante another $2,500, and month-
sts drop another $21. That kind of
h just might make the difference to
lender, especially if energy costs,
tanding loans, or other factors
e him cautious about your month-
sh capabilities.

**ecrease the size of your down pay-
t.** If your monthly income quali-
for the house you want, it probably
es more economic sense to put as
e cash down as possible. That's be-
e, with inflation almost a certainty
years to come, any fixed-figure
mitment like a traditional mort-
loan is paid off in dollars worth
as the years pass. With a lower
n payment, your loan payments
be more each month, but in the
ntime you'll have immediate use
e extra money you did not pay out
ally.

esuming you have the down pay-
t money available and you can
ify for the loan with a low or a high
ay, your decision about down pay-
ts may revolve around the ques-
of immediate versus ongoing
needs. Say you're in the market
major appliances; that may be the
use for a lump sum rescued from
down payment. On the other hand,
u're in a high-energy-demand area
you've bought an older house that
need more repairs, you may want
extra cash each month to meet or-
ry expenses.

ear up other loans. Generally,
less you owe, the more you'll be
to borrow for your home. You
won't face bothersome ongoing
s along with your mortgage.
ost lenders consider any debt obli-
ons extending beyond seven or
t months as long-term loans. In
r words, your car loans, education-
ebts, and major installment loans
may affect the lender's judgment
t how much house you can afford.
may want to think twice about
rring more such debts for now. You
might work to pay off such obliga-
s as fast as possible.

argain for different terms. As the
t shows, stretching the loan from
o 30 years will lower monthly out-
It also may bring your income into
range the lender requires for you to
ify for the loan. See if he will go
g—if not, look for one who will.

inued

Treet has a taste that's bigger than just sandwiches



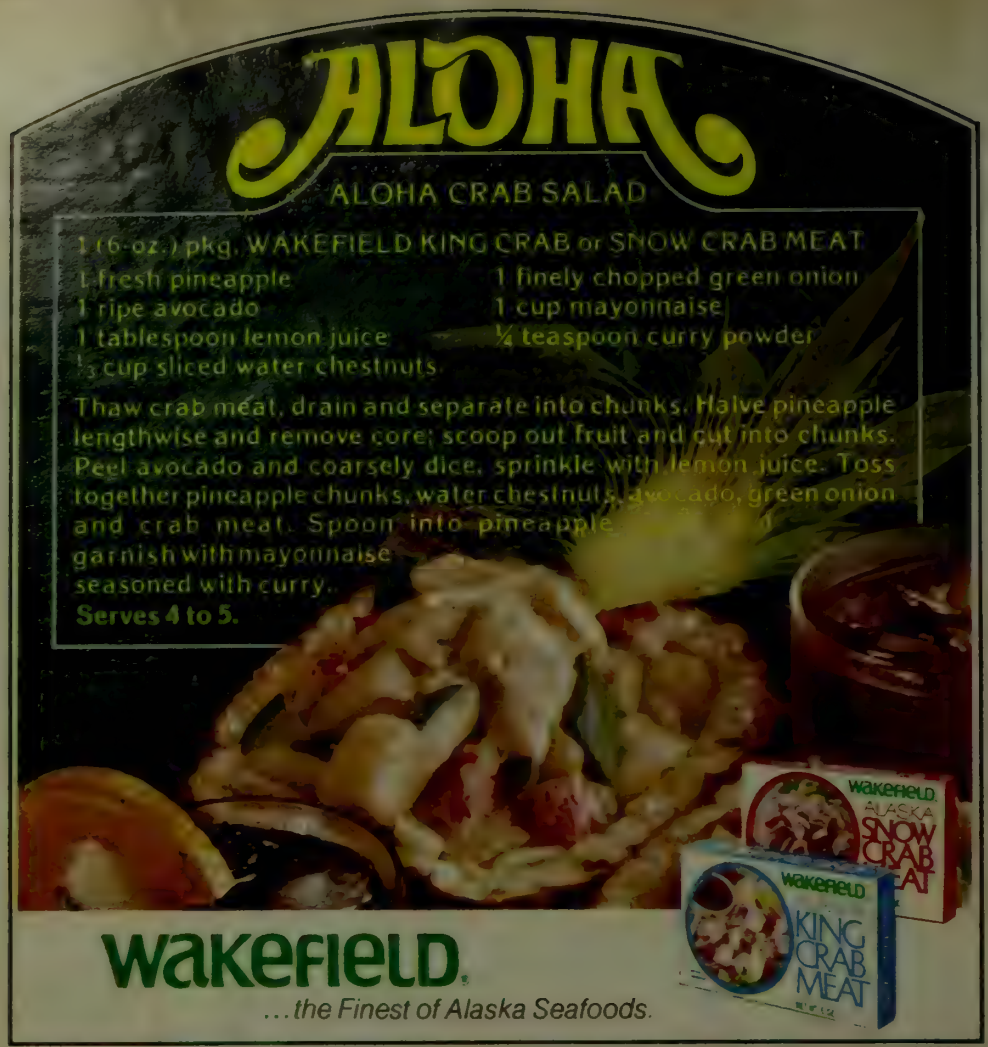
Taste country-style Treet in the easy-open can.

Treet, with its country-style ham flavor, sprinkle of brown sugar, pinch of nutmeg and cloves, inspires all kinds of serving ideas besides sandwiches. Like this Treet Tahitian Supper.

Just add ½ cup packed brown sugar, 2 tbs. cornstarch in saucepan; add pineapple syrup (reserved from 1-13¼oz. can pineapple chunks), 1 cup water, 2 tbs. vinegar. Cook, stirring constantly until clear and thick. Stir in 1-12oz. can Armour Star Treet, cut in 1" cubes, pineapple, and 1 cup green bell-pepper strips; keep cooking until hot, about 10 minutes. Serve over hot cooked rice. Serves 4.

Treet . . . another quality canned meat product from Armour

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To make a terrific cleaner for floors and walls, mix ½ cup of 20 Mule Team® Borax, ½ teaspoon of dishwashing liquid and 1 tablespoon of ammonia with 2 gallons of warm water. See if this mix doesn't help you lower the high cost of household cleaning.

continued

How much house

Interest rates are probably set by current lender policy, but they're worth exploring and comparing, too. Also, inquire about alternate kinds of mortgages. Some savings and loans offer variable rate mortgages (VRMs), with the rate pegged to certain market conditions. Since the lender won't be locked into a specific rate forever with a VRM, he may be willing to offer more favorable terms to begin with. In addition, a few lenders are experimenting with graduated payment schedules on mortgages.

All such setups may bring borrowing costs within range to start with, and presumably you'll be financially able to handle higher costs later on. Still, be sure you understand the pitfalls as well as the advantages. What you can afford now may become more costly than you can manage later.

- **Watch out for hidden costs.** There are no substitutes for careful shopping and serious thought before you buy. The most affordable loan in the world won't help your budget when you're buying a house that leaks away energy dollars or requires lots of unexpected, costly repairs. Two home warranty programs are rapidly becoming available nationwide to help protect you against unforeseen costs once you buy: 1. for new homes, the Home Owners Warranty (HOW) program of the National Association of Home Builders; 2. for used homes, the Home Protection Program approved by the National Association of Realtors. Steep hikes in real estate taxes can also have a draining effect on ongoing housing costs. Choose your neighborhood with such possibilities in mind. Also count in commuting costs to work, school, shopping, and church.
- **Reset your sights.** Your dream house just may be too expensive for now. But that doesn't mean you cannot afford a lesser house, which you might trade up, fix up, or expand later. If you plan to add on, keep your development ideas in mind when you shop so you choose a house whose layout suits your plans. And when you're ready to add major improvements, don't overlook their hidden costs—most likely in higher real estate taxes and more energy dollars. ■



Butters four quarts of popcorn as it's popping.

I've never seen anything like the Great American Popcorn Machine Corn Popper. It's a miniature version of a turn-of-the-century popcorn wagon. With spoked wheels and lots of fancy gilt trim. And best of all, it turns out all that hot, buttered popcorn a lot faster and easier than in my grandma's day.



If your family's anything like mine, your Great American Popcorn Machine Corn Popper will sure be busy. It looks so super, ours stays out right on the shelf in the family room, ready for fun. This popcorn maker's so nice to use—and so much fun besides.

Even butters the popcorn for you, while it's popping. And the cover flips over to become a serving dish. So you don't get stuck with an extra bowl to wash. Nice! For old-fashioned enjoyment, you can't beat The Great American Popcorn Machine Corn Popper from Sunbeam.



Sunbeam

I really love their quality
Shirley Jones

TEFLON II

The item shown in the above advertisement is coated with DuPont TEFLON II for easy, non-stick cooking, and no-scour clean-up.

Sunbeam Appliance Company, a division of Sunbeam Corporation ® Sunbeam™ The Great American Popcorn Machine © Sunbeam Corporation, 1977



THESE PEOPLE KNOW FOOD

Fresh Fruit & Vegetable Ideas from Experts on the Farm

By Sally P. Torpey

"My father started retailing vegetables out there by the curb, with just a couple of sawhorses and a few upturned boxes with produce on top," says George Grossmann, pointing to one edge of the triangular plot.

Grossmann's Farm has changed a bit since then. Now the produce is sold from a large open building near the old family farmhouse that still stands on the tip of the lot. And the size of the business has grown along with the Grossmann family tree.

George, with help from his son and son-in-law, runs the Long Island farm. His sister, Barbara, operates a cut-flower business from one room of the warehouse-like building, and in another room Aunt Anna teaches a cooking class for customers interested in new ways to use the fresh fruits and vegetables they buy. During the selling season, April through November, the wives and children help, too.

"After Thanksgiving, we get a rest from the customers and they get a rest from us," George jokes. "In the winter months, we work inside the greenhouses, in 80-degree temperatures, dressed like this," indicating his cotton short-sleeved shirt. "We have to start the seedlings for the next spring."

With so much produce available in supermarkets, why do people still go out of their way to buy vegetables and fruits at Grossmann's Farm? George's answer makes sense in this age of formulated foods and prepackaging: "When people stop here, they can go out and see the produce growing in the fields, they can see it being picked, and they can buy it on the spot." Now that's fresh!

PRODUCE POINTERS



"The upswing in home gardening has helped business," George claims, "because it's increased interest in good, fresh produce."

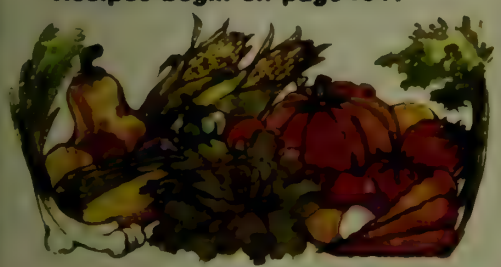
And freshness, he points out, is crucial with produce. "Corn should be eaten the same day it's picked. Always buy corn that's still in the husk, and look for husks that are a rich green color. Peel back the husk on an ear. The silks should have some life to them—not be dry. The corn kernels should be small. Pop a few kernels with your thumbnail; the milk should spurt out.

"A young cabbagehead should be hard and green; the more mature it gets, the whiter the inside and the less tender the leaves. The head should be firm, never soft. If it's soft, it's immature and will wilt quickly and deteriorate. The outside leaves are called the wrapper leaves. Their only purpose is to protect the head. They're tough and should be discarded.

"Melons should be firm —if they're soft or spongy, they're over the hill. When a melon's picked, the stem should pull out clean. Press the end opposite the stem with your thumbs; the end

Aunt Anna's Cooking Class

On Wednesday mornings at ten tutoring is available right on the premises to help shoppers make the most of summer produce. Aunt Anna teaches the class to the 25 to 35 drop-in students who gather for her cooking demonstrations. There's no enrollment fee, no attendance records. Attentive students learn how to turn fresh fruits and vegetables into such flavorful dishes as: **Steamed Vegetables,** a tender-crisp combination of garden favorites; **Fresh Peach Dessert,** a cake-like cobbler; and **Ruby Wine Pears** in a sweetened red wine syrup.
Recipes begin on page 134.





Photographs: Helms. Source: Bonnie Maharam

should give a little. If the melon hasn't been chilled, smell the stem end; a fresh-picked melon has a fragrant aroma. Inside, the seeds should be attached to the flesh; if they're loose and soupy, the melon's overripe."

Selecting fresh produce is important, but even the freshest will lose flavor fast if improperly stored. "Don't store fresh fruits or vegetables in airtight containers," George cautions. "If you use plastic bags, leave one end open or punch holes in the bags so the produce can breathe."









Can-do Canvas Furnishings

When it comes to versatility and durable good looks, few fabrics can compete with casual canvas. Here are some ideas to help you capitalize on canvas both inside and outside your house.

By Pamela Wilson Cullison, Robert E. Dittmer, David Ashe

• Create sophisticated, comfortable seating by covering foam cushions with canvas, then placing them on a painted platform made of plywood. We purchased remnants of striped canvas at a "tent and awning" store, but you can also buy canvas at many fabric shops. You'll need a heavy-duty needle to sew canvas (medium-weight works best).

• While you're in the sewing mood, why not treat your window to a nifty canvas roll-up shade—the kind you used to see on summer porches? Ours is khaki-colored, but canvas comes in a multitude of colors to go with any decor.

• Do you have a deck on the back of your house? If so, check out our two-tone canvas privacy screen—we think it's a knockout. To make a similar screen, first build a frame on top of your porch or deck rail. (We used 2x4s and 4x4s for the frame.) Then simply cut strips of canvas to the height of the frame, hem the edges, and install three metal grommets at the end of each strip. Weave the strips as you would a basket in front and behind the railing, then attach the top and bottom to the frame.

• Even if you can't sew, you can still cash in on canvas. The chairs, the fanciful "umbrella" lamp, and the magazine holder all came straight from a store.

Buying information, page 94.





Casual, Comfortable Canvas



Photographs: Mike Dieter

• Get out your trusty hammer and nails, and in no time at all you can build this now-you-see-it, now-you-don't folding bench. It's perfect for a porch or a deck where you need extra seating only some of the time. Note how neatly the canvas seat stows behind the lift-up backrest. With just a flip of your wrist, the bench disappears.

Project Plan No. 50339
To order, see page 166.

• There's even such a thing as canvas art. You can buy one or more of the canvas-on-plywood triangles shown at right and hang them on the wall in any configuration you want. The backgammon game on the table comes in its own traveling canvas tote.





• So what if the sign says "Standing Room Only." All you have to do is whip out a "chair in a bag," like the one at left. And the bag for this nifty chair is actually the backrest. When it's time to move on, just fold up the seat, slip it in the bag, and away you go.

And for those of you who play tennis more than you watch, you can store your racquets and balls in this handy canvas container.

• Canvas lends itself beautifully to all kinds of products for the home and personal use. The sampling shown above includes good-looking tote bags and colorful purses; a wood/canvas magazine rack you can hang on the wall or stand on the floor; and an easy-to-carry collapsible sling-seat chair that folds into a compact shape.

Buying information, page 94

HOW TO CHEER UP A DREARY KITCHEN

By Joan McCloskey

Is a dreary, Dark Ages kitchen getting you down? Let these sunny success stories lead you out of the dungeon into an upbeat kitchen all your very own.

Each of these kitchens was cheered up in a different way. One family bumped out sliding glass doors to create a bay window oasis for dining. Another added a 4x8-foot extension onto their tiny kitchen and mounted a skylight on the roof. A third family bumped out the wall over their kitchen sink to form a deep ledge for a thriving plant colony. And the last family installed greenhouse-like windows along the wall and roof, plus a full-length glass door.



Bump-out dining nook

A bump-out breakfast nook adjacent to the kitchen gives the Richard Learneds a front-row seat to a constantly changing outdoor panorama. Originally, the kitchen ended with sliding glass doors on the wall in front of the table and chairs. To eke out a small garden spot for eating, eight-foot-tall, three-foot-wide sliding glass doors were pushed out three feet, 17-inch-wide glass panels were installed on each side of the doors, and a glass wall was extended to enclose the structure. A reinforced glass shed roof extends from the house on a slant, down to the eight-foot height of the alcove wall. Two-by-four runners strengthen the glass panels. Glass shelves along both sidewalls are overflowing with blooming potted plants that change with the seasons.

Buying guide, page 94.

Photograph: George de Gennaro. Source: Pauline Graves
Designer: Michael Learned
Drawings: Carlson & Partners



Back-porch greenhouse

When Suzanne and Alan Skolnikoff decided to remodel their kitchen, their number one priority was bringing more sunshine indoors. Originally the kitchen had five doors, a small window over the sink, and an enclosed back porch. Since the wall-locked room desperately needed light as well as more floor space, the back porch was turned into a solarium/dining area. This involved removing the walls and installing greenhouse-like windows along the wall. Additional windows were wrapped over the roof. A full-length glass door gives access to the mini-garden outside.

Photograph: Fred Lyon. Source: Helen Heitkamp
Architect: Peter Rooke-Ley





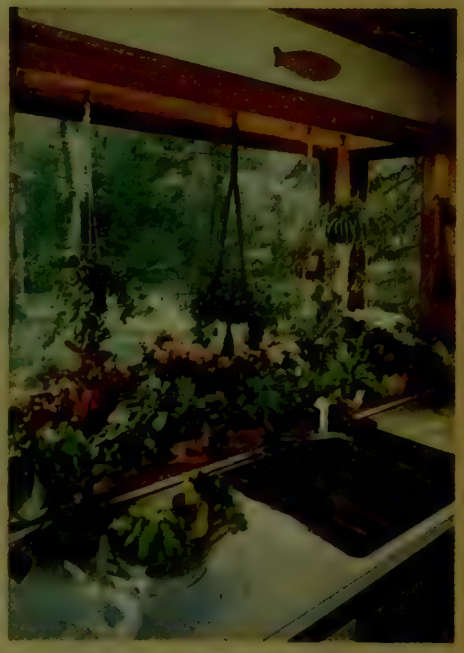
Bump-out bay window

When David and Diane Brackett's penchant for plants exceeded the available space for pots, the couple decided to push out a bay window over the kitchen sink—and bring in more light in addition.

Originally the kitchen consisted of two cramped rooms—a kitchen core and a pantry with maid's quarters in the back. Now, with walls removed and more light streaming in, the room is open and cheery.

The window is composed of two side panels which open up to let spring breezes refresh the room, and one large picture window in the center.

Photograph: Hedrich-Blessing. Source: Patricia Carpenter
Design: Kitchens, Inc.





Kitchen-sink solarium

This kitchen used to look nearly as dark as a basement coal bin. Now, sun pours through the long skylight—all because of a 4x8-foot bump-out over the kitchen sink.

Originally the kitchen was a mere 6x12 feet—hardly big enough for two great cooks. To eliminate costly foundation work, joists for the extension were tied into the existing floor joists and cantilevered out. Since the existing eaves already extended out 2½ feet, there was an 18-inch gap between the edge of the eaves and the new line of the wall. Now this area is enclosed with a strip of plastic skylights.

Photograph: Fred Lyon. Source: Helen Heitkamp
Architect: Christopher Ahoy



BEAT THE DREARIES:
A SUNNY SUCCESS STORY

If you're itchin' to get OUT of your kitchen, maybe it's because the room makes you feel hemmed in. Melissa and Ron LaRocca solved this common dilemma by making three tiny rooms into one large, open space. By comparing our before and after floor plans, you can see what a difference it made when the walls came tumbling down. Now the room is the congregating point for the family and all company who visit.







The LaRoccas added on 2½ feet to incorporate skylights over the stove wall, a pantry closet, and a niche for a washer and dryer.

Two 4x8 Douglas fir beams were added during the remodeling—one across the center of the room above the island to hold a basket collection, and the other along the stove wall to hold hanging plants. The skylight bay, which bumps out 29 inches, extends up to a pair of windows that pull in light and sun to the back side of the kitchen. Skylights are framed with 1x12 pine tied into the slope of the roof overhang.

To keep an open feeling, overhead cabinets were omitted and the necessary storage was designed into closet areas. Pantry supplies and small appliances are housed in the 29-inch-deep closet next to the laundry.

A deep sink and storage island separate the work area from the family room. The beam and island separate the two areas without blocking conversation between Melissa and friends who gravitate to the comfy stools near the island.

The small dining table, about 2x3 feet, is a good example of the importance of keeping things in scale. The chairs used with it are child-sized and higher than usual. ■

Buying guide, page 94.

Photographs: Fred Lyon. Source: Helen Heitkamp
Designer: Peter Bowman. Interior design: Kathy Addiego



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FEATURES Jo Moore Stewart



HOMEMADE SUMMER FUN

The last day of school always signals the start of vacation and fun-filled summer days for children. But often youngsters' initial euphoria is soon replaced by complaints that "there's nothing to do." If that happens at your house, use these ideas to trigger a whole summer of creative activity.



TOY INVENTORY

Start off with an inventory of the toy box. With your child pitching in, this cleaning-out chore turns into an exciting treasure hunt.

Put aside or give away to a worthy cause all toys your children have tired of. What's left should have variety and potential as creative playthings. Specific toy needs depend, of course, on the age of your child but here are some toy-box items you'll probably want to keep or acquire:

A ball—For the infant and toddler it should be rubber for rolling; for older children it may be a tether ball or a baseball.

Books—Make sure these match your child's interests and reading level.

Bath toys

Musical toys—These can range from the jack-in-the-box to more complicated instruments.

A soft cuddly toy

Building toys

Puzzles

Wheeled toys

Games—Easy to play "quick winner" games are better for younger children; competitive word or strategy games appeal to eight-year-olds and older children.

Art supplies

Old clothes—An assortment of old clothes, accessories, and costumes is great for "dress-up" play.

The real treasure of this hunt is rediscovering old toys that will become novel again to your child. To get rid of those toys that your child has outgrown, include them in your next garage sale. With your profits, you can shop sales for playthings to update the toy box.



THE BASIC BOX

Don't ignore the play potential of an everyday cardboard box—anything from a small shoe box to a large appliance carton. With only a few inexpensive materials, some imagination, and help from parents,

continued

Drawings: Greg Manchess

Save $100 on this Kenmore refrigerator

Now only $499.95 Until June 18

GET SPACE for those supermarket specials with this 19.1 cubic foot Kenmore.

No defrosting ever, refrigerator or freezer. Ice cubes replaced automatically. Even a cold water tap.

The name has changed from Coldspot to Kenmore, but it still helps give you celery that snaps, cake that stays moist, ice cream that's scoopable.

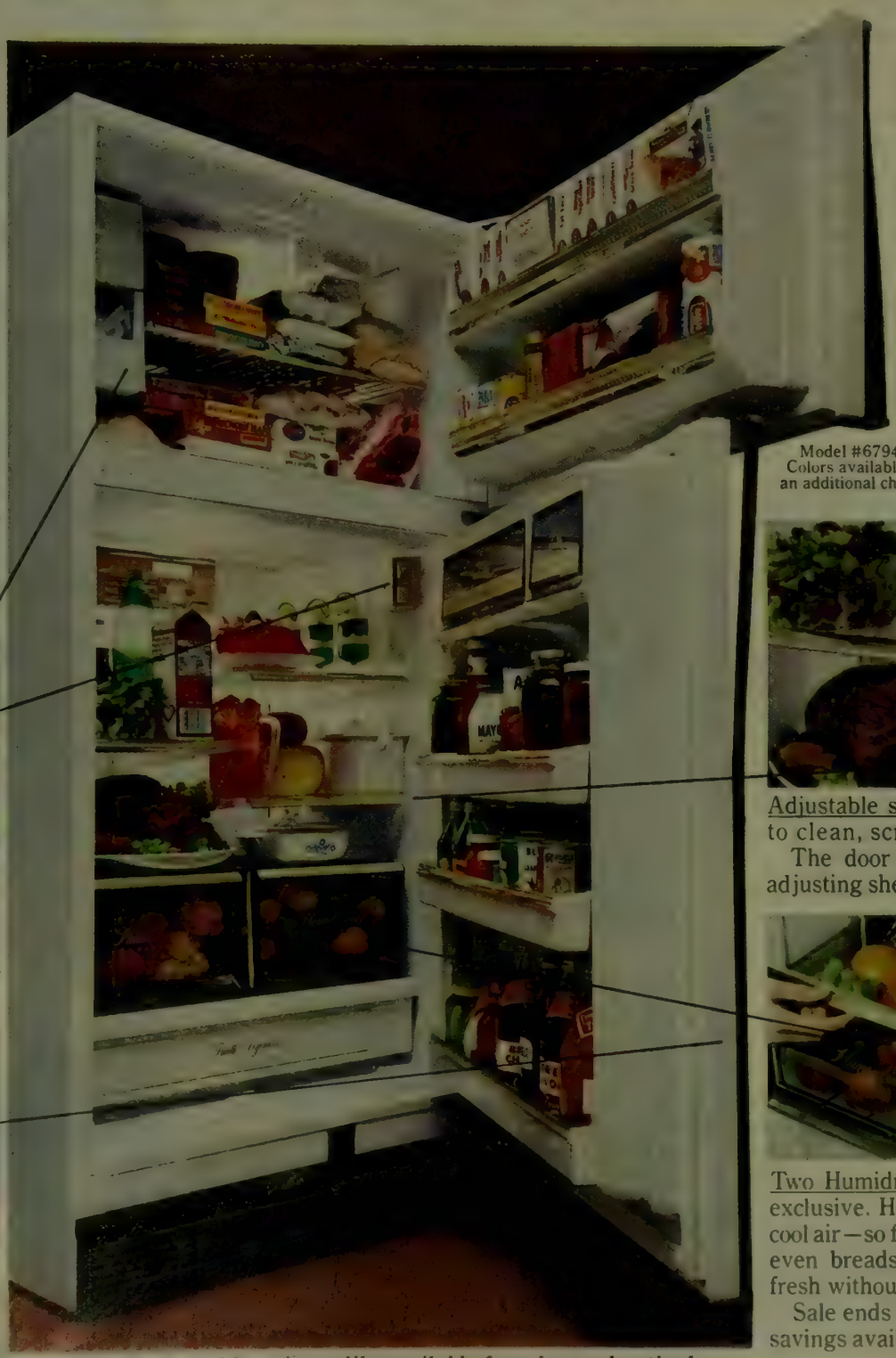
See it now, while it's on sale. Ask about Sears convenient credit plans. And remember, Sears service is as close as your phone.



Cold water tap and ice maker that connect to your water supply. Ice maker replaces cubes automatically. (Hook up to water supply at an additional charge.)



Easy to clean, durable porcelain-on-steel interior. On doors, the Kenmore patterned steel surface helps hide fingerprints.



Model #67941. Colors available at an additional charge.



Adjustable shelves are easy to clean, scratch-resistant.

The door has extra-deep, adjusting shelves, too!



Two Humidrawers®—a Sears exclusive. Help lock in moist, cool air—so fruits, vegetables, even breads and cake stay fresh without wrapping.

Sale ends June 18. Similar savings available in catalog.

This advertised item is readily available for sale as advertised.

Kenmore. Solid as Sears

Prices higher in Alaska and Hawaii. © Sears, Roebuck and Co. 1977.

continued

Summer fun

children can transform a simple cardboard box into a:

Grocery store
Lemonade stand
Television screen
Car or bus
Fort
Fire truck

The possibilities are as wide as your child's imagination.

Since youngsters are sensitive, don't discourage your child by being overly critical of his or her handiwork. Only you will notice if the "finished" product has a less than perfect paint job, erratic stitches, or lopsided proportions. The real value of the project is the fun your child had making it.



BACKYARD MAGIC

Your own backyard is filled with wonders for your child to explore. Butterflies, leaves, and rocks are all grist to a youthful imagination.

Just provide unbreakable pans or trays to hold your child's most recent nature discovery. By the end of the summer, he'll have a large collection to take to school for "show and tell."

The sandbox is an essential part of summer fun. And you don't have to buy toys to encourage imaginative play. Commercial molds are fine, but so is an old meat loaf pan. Tools for building magnificent sand castles can be as simple as plastic ice cream containers, cups, coffee or soup cans, and old kitchen utensils.

Help your child plant and take care of his own garden. For inside gardening use leftover milk cartons or cottage cheese containers, small rocks, potting soil, and seeds. Fruit jar terrariums are ideal because children love to watch things grow.

For big-time garden fun, let your youngster plant sunflower seeds in the yard and allocate a small section of the family garden for a personal tomato plant or row of corn.

Improve the familiar lemonade stand by adding cookies to the menu. Help your child bake and decorate the cookies or frost wafers.

Help build an ant farm. To make the frame, you'll need panes of glass from old picture frames, strips of wood cut to size, tape, and a sponge. (You can buy an ant farm container at a pet or hobby shop.) When you dig up the colony of ants, be sure to include the queen ant. She is larger than the others and is a must for a successful ant farm.

Help the kids plan and produce a backyard neighborhood carnival. Here are some theme possibilities:

1) **A magic show**—Kids love simple card and handkerchief tricks. Here's your opportunity to recycle those recital costumes that you only got to see for two minutes on stage.

2) **Art show**—Involve neighborhood playmates in the planning. A roll of brown paper tacked up to the side of the garage provides space for an ongoing summer mural.

3) **Puppet show**—Here's an easy outlet for your child's dramatic talent. A cardboard box can serve as the puppet stage, and the kids can make puppets from paper or socks.

4) **A parade**—A Fourth of July parade around the block can feature three-cornered paper hats, drums, and a variety of tin can instruments.

5) **A circus**—Of course the blanket on top of a picnic table makes the best "big top" in the world and can later serve for sleep-out parties.



GUESSING GAMES

The summer family outings and longer trips can be special adven-

Regular 5 mg. "tar", 0.4 mg. nicotine
av. per cigarette, FTC Report Dec. 1976

tures for children. Direct their eyes and minds outside the car and comic books with the old-favorite counting or guessing games such as:

1) I spy—It starts by the youngster's saying "I spy, with my eye, something red." Then the others try to guess what "red" was seen. The one to guess correctly is next.

2) Nature list—Have the kids make a list of animals and plants that they see and recognize from the car. Try to set a new record each trip.

3) License plate game—The family can play this game either together or in competition. Simply check license plates and list the states and foreign countries represented. Use a point system for scoring the game.

4) Associations—All the family members but one decide on a subject. The one who is "it" tries to guess what the subject is by asking the rest of the family such questions as "what kind of reading does this person like?" or "in what kind of house does this person live?"

5) Twenty questions—Someone selects a subject and gives one clue as to whether it is animal, mineral, or vegetable. The rest of the family have 20 questions with which to guess the subject. The questions can only be answered yes or no.

6) States—This is a good educational car game for the family. Ask the family in turn to name the states east or west of the Mississippi. Then have them list the state capitals.

7) Who am I?—Each family member except the one who is "it" decides which famous person or thing he or she will be for the game. The person who is "it" has three direct guesses to identify each character within a time limit.

8) Treasure hunt—Before your trip make a list of things to look for along the road. Make sure that at least some of the items are uncommon to make the game more challenging. Check off found items.

Make a travel kit for each child by filling a lunch bucket with little treats—such as crayons and books.

If you plan to visit a historical or scenic spot, take the kids to the library before the trip so they can read about their destination.

As soon as you return, while the trip is still fresh in your children's minds, help them make a scrapbook of mementos from the trip.

Community summer programs

Various community organizations are available to help your child develop interests and skills. Here are some to look into:

- YWCA/YMCA crafts and sports programs
- Scout summer camps
- Bible schools
- Public school music lessons
- Arts and crafts workshops at art centers
- Horseback riding schools
- Swimming lessons
- Park commission programs
- Library summer enrichment reading series
- Zoo tours
- Museum classes
- Playgrounds ■

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STEP-BY-STEP COOKING

Supercolossal stuffed burgers

Do you want to expand your grilling repertoire beyond conventional franks and burgers? Try these oversize Stuffed Burgers. They're great for a party because you can assemble them before your guests arrive.

Begin by choosing your favorite stuffing—rice, potato, or bacon. Then follow the simple step-by-step directions given below.

Because of the stuffing, one burger will satisfy the average appetite. You can serve the burgers "as is" with a little warmed catsup or place them on hamburger buns or hard rolls and heap on all the trimmings from mustard to onion to sauerkraut.



Photographs: Dieter

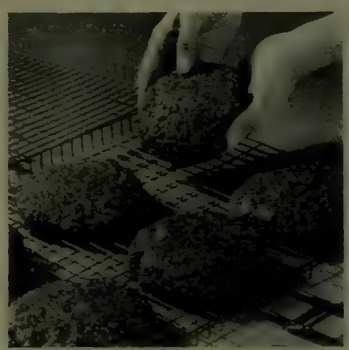
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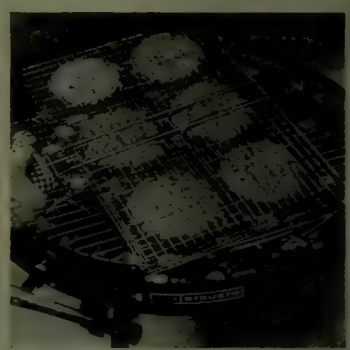
STEP 3



STEP 4



STEP 5



STEP 6

STUFFED BURGERS

- **2 beaten eggs**
- **¼ cup milk**
- **1 slice rye bread, crumbled**
- **2 tablespoons snipped parsley**
- **1 tablespoon worcestershire sauce**
- **1 teaspoon salt**
- **2 pounds ground beef**
- **1 recipe Rice Stuffing, Potato Stuffing, *or* Bacon Stuffing**

Step 1: Mix eggs, milk, bread, parsley, worcestershire, salt, and a dash *pepper*. Add beef; mix well.

Step 2: Shape meat mixture into twelve 4-inch patties.

Step 3: Place *six* patties on a piece of waxed paper. Center one portion of desired stuffing atop each.

Step 4: Place remaining patties atop stuffing; press to seal edges.

Step 5: Arrange burgers in grill basket. (Burgers may be placed directly on grill, but must be handled gently to prevent breaking apart.)

Step 6: Grill burgers over *medium* coals 6 to 8 minutes. Turn grill basket. Continue grilling till desired doneness, about 6 to 8 minutes more for medium. Serve with warmed catsup, if desired. Makes 6 servings.

BACON STUFFING

For an extra special stuffing, cook 1 cup chopped fresh mushrooms along with the celery and onion and add to stuffing mixture in place of the canned mushrooms—

- **4 slices bacon**
- **¼ cup finely chopped celery**
- **¼ cup chopped onion**
- **1 3-ounce can chopped mushrooms, drained**

In skillet cook bacon till crisp. Drain bacon, reserving 2 tablespoons drippings. Crumble bacon; set aside. Cook celery and onion in reserved drippings in skillet till tender. Stir in bacon and mushrooms. Divide into six portions. Makes 1 cup.

POTATO STUFFING

- **1¼ cups shredded pared raw potato**
- **½ cup chopped onion**
- **¼ cup shredded carrot**
- **3 tablespoons butter or margarine**
- **¾ cup soft rye bread crumbs (1 slice bread)**
- **1 beaten egg**
- **½ teaspoon salt**
- **⅛ teaspoon pepper**
- **¼ teaspoon dried marjoram, crushed**

In skillet cook potato, onion, and carrot in butter or margarine till tender. Combine vegetables with remaining ingredients. Mix well. Divide into six portions. Makes 1½ cups

RICE STUFFING

- **2 tablespoons sliced green onion**
- **1 tablespoon butter or margarine**
- **¾ cup quick-cooking rice**
- **¾ cup water**
- **½ teaspoon salt**
- **½ teaspoon dried thyme, crushed**
- **¼ teaspoon ground sage**
- **2 tablespoons chopped almonds**

In saucepan cook onion in butter or margarine till tender but not brown. Stir in rice, water, salt, thyme, and sage. Simmer, uncovered, 4 to 5 minutes or till most of the water is absorbed. Stir once or twice. Add almonds; mix lightly. Divide into six portions. Makes 1¾ cups.

Got a kid who fits the picture?



James F. Lincke
Forest Hills, N.Y.



Suzie Shipley
Ft. Wayne, Ind.



Sarah Anne Fargach
Southfield, Mich.



Matthew Best
Manchester, Conn.



Nate Marquart
Templeton, Calif.



Paul Kuhn
Upper Montclair, N.J.



Kelly Whiteside
Phoenix, Ariz.



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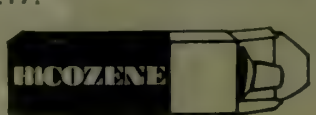


Problem itching is no joke.

There's nothing funny about problem itching. You know that. We know, too. That's why we developed BiCOZENE.

BiCOZENE — say it "By-Co-Zeen" — is the greaseless creme formula that helps stop problem itching on contact. Helps stop the itch with more relief medication than the other leading creme.

For your free sample tube, send 25¢ to RELIEF — Dept. BHG6. 423 Atlantic Ave., Brooklyn, N.Y. 11217.



At your drugstore now

BUILDING

What's what in roof brackets

A good pair of roof brackets can be a roofer's best friend. These simple metal devices give you the footing you need to work confidently and effectively on your roof. Whether you're installing new shingles or repairing old ones, you anchor brackets the same way: Simply lift the flap of a shingle to expose a part of the roof normally covered. Then drive an 8d common nail into the roof, keeping the nailhead about ¼ inch from the roof, and hook the end of the bracket on the nail. Mount two brackets this way and lay a 2x4 or 2x6 plank on them to give you the footing you need. When you unhook the brackets, either lift the shingles and drive the nails flush or remove the nails with a pry bar.

Here are a few of the brackets available to you:



Holds 2x4 or 2x6 flat against roof.



Supports 2x4 or 2x6 at right angle to roof.



Holds 2x6 level on a 60-degree roof pitch.



Folding unit adjusts to hold plank anywhere from 90 degrees to level. ■

There's no other dog food like it.



Ken-L Ration Special Cuts.
It's more nutritious than prime beef.
Dogs prefer it over burger dog food.

It's a cut above beef. When it comes to nutrition, Special Cuts is actually better for your dog than a butcher's best beef. It has all the nutrition your dog needs every day.

It's a cut above burger dog food. When it comes to good taste, dogs prefer Special Cuts over the leading burger dog food. We proved it with tests in homes like yours. So, you see, Special Cuts really is something special.

A cut above burger.
A cut above beef.





A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU — TIPS TOOLS & TECHNIQUES

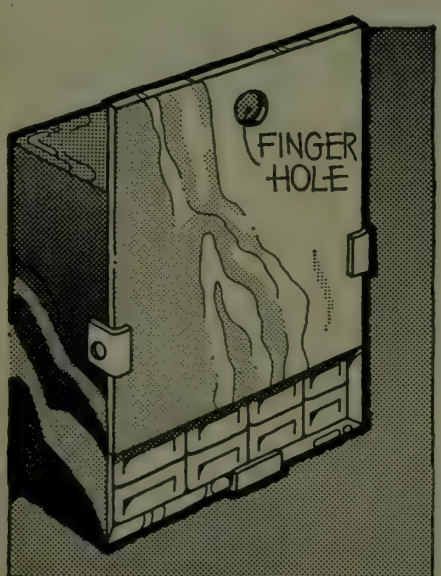
PROBLEM

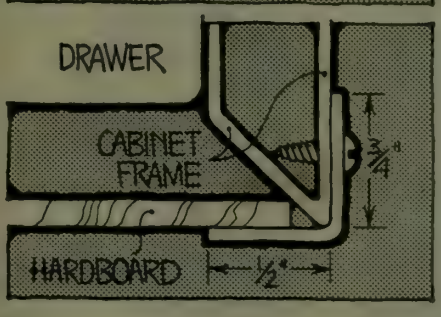
Whenever you move, jar, or accidentally tip your portable parts cabinet, its little drawers lurch forward and spill their contents all over the room.

SOLUTION

Make a simple drawer-stop cover that easily slides open for access to the cabinet. To do so, cut a piece of ⅛-inch hardboard ¼ inch smaller than the cabinet front (both dimensions) and drill a finger hole near the top edge. Then cut three pieces of metal angle (or bend your own pieces from sheet metal scraps) and attach them to the cabinet, as shown, with sheet metal screws. Slip the cover in place, and you won't lose another drawer.

R.D., Virginia, Minn.





This feature is written by you. It's a wide-ranging collection of shop hints, installations tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM

After boring a hole in wood with an auger bit, you discover the hole is too small. How do you enlarge it without chewing up its sides?

SOLUTION

Bore the correct-size hole in a piece of plywood, center the new hole over the old one, and temporarily nail the plywood in place. Then enlarge the original hole with an auger bit and remove the plywood guide.

D.P., Edgewood, Iowa

PROBLEM

The tip of your cartridge nozzle won't reach into a tight spot you want to caulk.

SOLUTION

Make an extension by slipping a piece of ⅜-inch (inside diameter) rubber or vinyl tubing over the end of the nozzle.

D.T., Cheektowaga, N.Y.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

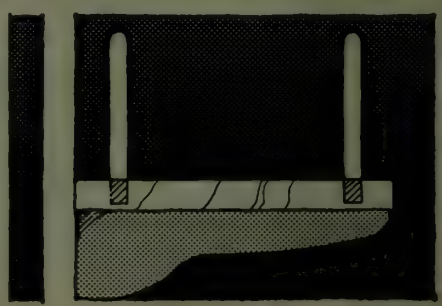
PROBLEM

You don't have (or don't want to buy) enough bookends to outfit your open-end wall shelves.

SOLUTION

Make permanent bookends by drilling two ⅜-inch holes roughly ⅝ inch deep (assuming the wood is ¾ inch thick) and about one inch in from the end of each shelf, as shown. Then round the tops of ⅜x6-inch dowels, stain them to match the shelves, and insert the dowels in the holes.

R.W., Wauwatosa, Wis.



PROBLEM

Whenever you stretch a line to use as a guide when you're building a fence, doing masonry work, or laying out a garden plot, the line begins to sag within a few hours.

SOLUTION

Insert a spring at one end of the line, as shown, then pull the line taut enough to stretch the spring about 1½ times its normal length and tie it securely. This compensates for the slack that usually develops in a line.

C.J., San Francisco, Calif.



Susan just saved $91.



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Just when you need them, we've put together a catalog full of terrific sports and leisure gear at terrific prices for every member of the family. Everything from Bancroft tennis racquets and Ram golf equipment to Garcia fishing equipment and Etonic sportswear is yours for the buying at special prices.

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proofs-of-purchase from any of these fine Colgate Value Brands.

If you use Colgate Value Brands now, you know you're getting beautiful quality at beautiful prices... whether it's Cashmere Bouquet Beauty Soap, Ajax Window Cleaner, Punch and Super Suds Heavy Duty Detergents, Octagon and Crystal White Dishwashing Liquids or Woodcrafter Furniture Polish. Now you can also use Colgate Value Brands to get you into some beautiful sports and leisure gear.

Please hurry before the offer expires on

Back then, a man often economized by replacing a large household staff with a smaller one.



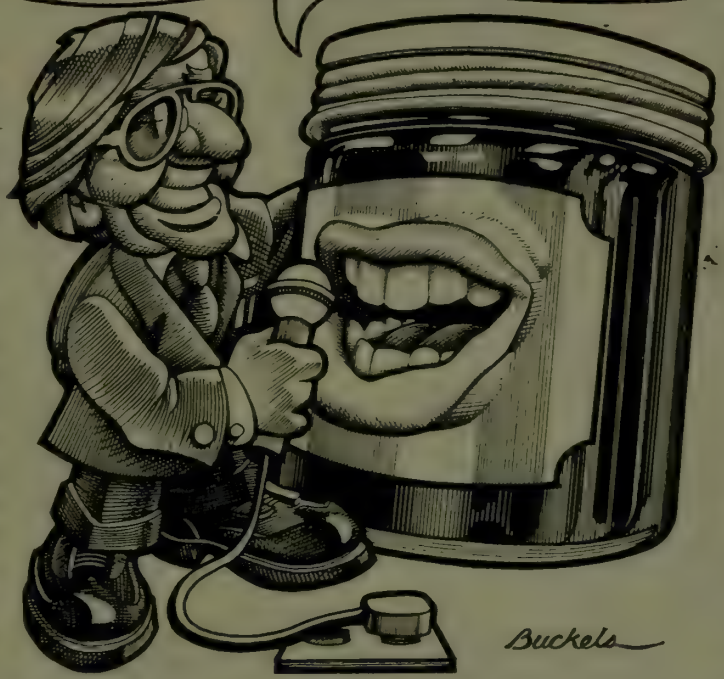
16 mg. "tar," 0.9 mg. nicotine av. per cigarette, FTC Report Dec. '76

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Fashions: Geoffrey Beene

WHAT THE NEW COSMETICS LABELS TELL YOU



If you take a good look at the label of the next cosmetic product you buy, you may see something new: a list of the ingredients. All cosmetics labeled since April 15, 1977, bear such a listing. Though the multisyllabic chemical names can be hard to pronounce, their inclusion on cosmetics labels represents a milestone for consumers. For years we've had more information about the fiber content of new clothing and the innards of a pillow than about the products we use on our bodies.

Here is what you can learn by reading labels.

What are cosmetics made from?

Ingredients have to be listed on the new labels in the order of their weight. Here are some of the commonly used materials:

- **Solvents** are liquids in which solid substances are dissolved. The most common are water and alcohol. Water makes up more than 90 percent of the volume of some cosmetics and ordinarily it is demineralized; that is, calcium, magnesium, iron, and other naturally occurring substances are removed, and often the water is distilled. For obvious safety reasons, water used in cosmetics should be bacteriologically and biologically pure.

Incidentally, adding water to reconstitute a cosmetic that has thickened isn't likely to restore it to its original form; something besides water could be lacking. If you want to try adding water, boil it first.

Alcohol is used in cosmetics in a number of forms. Although alcohol frequently is thought of as a drying agent, *cetyl alcohol,* a widely used cosmetics ingredient, prevents dryness. Alcohol in cosmetics can also have a cooling effect because it evaporates rapidly; hence, you'll see it listed as an ingredient in astringents, after-shave lotions, and perfumes.

- **Emollients** give the skin a smooth, silky feel when applied and afterward. Some, like lanolin and mineral oil, act also as barriers that prevent the loss of moisture from the skin's surface. Others, like glycerin, attract moisture from the air.

- **Emulsifiers** keep the oil and water components in cosmetics from separating and are commonly found in creams and lotions. A common emulsifier is *sodium lauryl sulfate.*

- **Stabilizers** act with the emulsifier to maintain the product's form. Examples are *citric acid* and *sodium citrate.*

- **Colors** can be functional as well as "cosmetic"; for instance, we buy eyeshadow or lipstick primarily for its color. Color additives also are used to enhance the aesthetic appeal of a product, as is the case with a rainbow of colored shampoos. Color additives, by law, must be proven safe for their intended use before they may be added to food, drugs, or cosmetics. The FDA is currently reviewing approximately six dozen colors now in use. On package labels you'll see specific color names such as "ultramarine blue" and "D & C Red No. 19." (The "D&C" indicates the color has been approved for use in drugs and cosmetics.) Last year the FDA banned the use in all foods, drugs, and cosmetics of Red No. 2, which formerly appeared in a variety of products, and carbon black, which was used in eye shadow and mascara. On the other hand, Red No. 4 is considered safe for use in externally applied drugs and cosmetics though it can no longer be used in foods or ingested drugs.

- **Flavorings** are added to mouthwashes, toothpastes, and lip products. Specific flavor ingredients don't have to be identified.

- **Fragrances** in cosmetics have to be declared on the label, but the specific ingredients—perhaps as many as 150—that make up the fragrance do not. This omission both simplifies the label and protects the manufacturer's trade secrets.

- **Preservatives** are added to keep harmful bacteria from growing in cosmetics during normal storage and use or to prevent cosmetics from turning rancid or discoloring. Virtually all cosmetics, even the so-called "natural" ones, contain preservatives. If a product contains more than 15 percent alcohol, it does not need a preservative to protect it against bacteria. However, even products with a high alcohol content

continued

Drawing: Carlson & Partners


They say I'm a
morning person.
Maybe so.
But I can't do a thing
'til I've had my Dial.
Oh you great big,
beautiful,
golden bar.
Wash away
the sleep.
Splash on the
confidence.
You can't
buy a better
deodorant
soap.
Or one
that lasts
longer.
Aren't you glad!
dial

Put on a beautiful new coat.

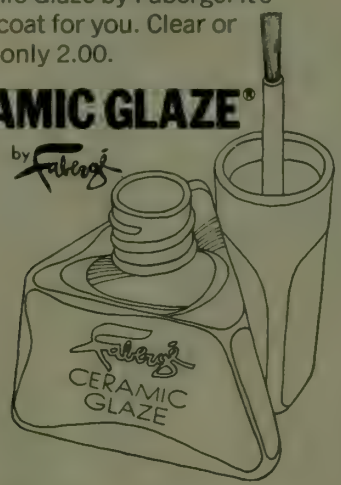
Cover your nails with shimmering Ceramic Glaze nail treatment by Fabergé. Used as an undercoat, Ceramic Glaze acts as a hardener, helping to protect your nails against everyday wear and tear.

Used as an overcoat, it acts as a clear, resilient shield to help prevent polish from chipping and peeling. Used alone, it creates a tough, glossy finish that lasts and lasts.

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The Strong One

allerest®
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REFORMULATED FOR EVEN MORE EFFECTIVE RELIEF
ALLERGY TABLETS

Strong relief from The Allergy Specialist

Pharmacraft Consumer Products ©1977 Pfizer Corporation

continued

Cosmetics labels

often contain an ingredient to preserve delicate color. On cosmetics labels, a common preservative name you'll see is *paraben*.

What about allergies?

Suppose, after using a cosmetic, your skin itches or breaks out in a rash. Or your eyes begin to water and your eyelids swell. In the past, a physician would have had to contact the cosmetic company for the product formula or consult reference books before attempting to establish your sensitivity to the separate ingredients. The new regulations largely eliminate such delays.

Fragrance and preservatives seem to cause the greatest number of adverse reactions. However, when the fragrance is causing your problem, your doctor will still have to contact the manufacturer to obtain fragrance samples for testing. Most cosmetics manufacturers will comply with a physician's request for specific ingredients, and some will even break down a fragrance into its individual components. The consumer who is allergic to a specific fragrance can then contact the manufacturer to learn which of that company's products *do not* contain the offending substance.

Once your doctor determines that the cause of an adverse reaction is indeed a component of a cosmetic, the new labels can help you avoid further contact with the particular ingredient.

The names on the labels are uniform. No longer is one manufacturer's "ingredient X" another manufacturer's "ingredient Y." Cooperating through the Cosmetic, Toiletry and Fragrance Association, Inc., a trade organization, manufacturers rely on a list of 2,800 "adopted" names, which represent 9,000 trade and chemical names for ingredients.

What does "hypoallergenic" mean?

Claims that products are "hypoallergenic" (meaning "less likely to cause an allergic reaction") now have to be proven. Cosmetics meeting FDA requirements will carry on

continued


Comfortable, dependable protection—that's the Tampax tampon promise. The smooth, prelubricated container-applicator makes insertion neat, quick and hygienic. And places the tampon so you can't even feel it! For freedom with comfort, trust your protection to Tampax tampons.
TAMPAX
40 tampons not 30 like some others
TAMPAX
40 Super
ECONOMY PACKAGE
FEEL FREE!

HOW TO FEEL MORE ALIVE AT 5:00



Some days I used to feel really dragged out by five o'clock.

You probably know the feeling because you've had it yourself. And usually just when you were planning something really nice for the evening.



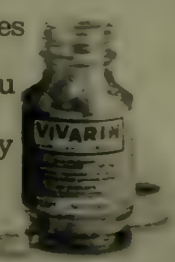
Then I found out about Vivarin.

Just one Vivarin tablet perks me up, makes me feel more alive.

You see Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

So for those times when five o'clock rolls around and you want to feel more lively, ready to enjoy the rest of the day, try Vivarin.

It really works.



Read label for directions

continued

Cosmetics labels

their labels the statement "less likely to cause adverse reactions than some competing products" along with the word "hypoallergenic." The products will have been tested on human volunteers against competing products having at least ten percent of the market share of all similar products.

Cosmetics manufacturers have until June 6, 1977 to justify claims of hypoallergenicity on products now in distribution; since existing stocks of merchandise do not have to be recalled, it may be a few months before you see this special labeling.

Test data is to be submitted to the FDA and will be available to the public.

Although all cosmetics are capable of causing reactions in some persons, the availability of uniform, high-quality raw materials and the advances in cosmetics technology have eliminated materials known to cause a relatively high frequency of adverse reactions. The new testing requirements for hypoallergenic cosmetics should lead to increased safety of all cosmetics.

Do labels make cost comparisons possible?

Only in the way that listing ingredients on food packages makes grocery shopping easier. Since listing of exact percentages of cosmetics ingredients isn't required, you can't make strict comparisons between similar products. The label also doesn't indicate the quality of the ingredients. The consumer has no way to tell, for example, which of several grades of lanolin a product contains.

You should be aware that in addition to the ingredients, packaging and merchandising are factors in determining a cosmetic's cost. Only you can judge whether such aesthetic factors as a product's feel, smell, and appearance are worth the price.

How did the new labels come into being?

The Federal Food, Drug and Cosmetic Act of 1938 was the first federal law controlling cosmetics in the U.S. This law prohibits adulteration and misbranding of cosmetics.

Color additive amendments were enacted by Congress in 1960. They require governmental review and approval of the safety of all color additives used in cosmetics.

The Fair Packaging and Labeling Act was passed by Congress in 1966 to prevent the use of unfair or deceptive methods of packaging or labeling of virtually all consumer products. The Act requires a statement of net quantity of contents and gives the FDA authority to require labeling of a cosmetic's ingredients. The present regulations are the result.

What about safety?

The safety of each ingredient in a cosmetic and each finished cosmetic product must be adequately substantiated by the manufacturer prior to marketing. The cosmetics industry has organized a program for review and evaluation of the safety of cosmetics ingredients by an independent panel of scientists. The review is expected to take several years.

The FDA does not have the authority by law to approve cosmetics before marketing as is the case with drugs.

The distinction between cosmetics and drugs often is fuzzy to the public as a result of the legal definitions. By law a cosmetic shall not affect the structure or any function of the body, or be intended to cure, treat, or prevent disease. Cosmetics do, of course, affect structure and function. Legal classifications hinge on representations made about a product. One sold "to reduce odor" is considered a cosmetic by law, while the identical product sold "to reduce perspiration" is considered a drug and therefore subject to more stringent regulation.

Some consumer advocates see the new labeling rules as a step towards requiring pre-market safety testing of cosmetics. Manufacturers, however, claim that the low rate of reactions suffered by the large volume of users indicates that no further safety requirements are necessary. For the present, the new labels will help many consumers with shopping decisions. ■

(Produced in cooperation with Lynne Lamberg.)



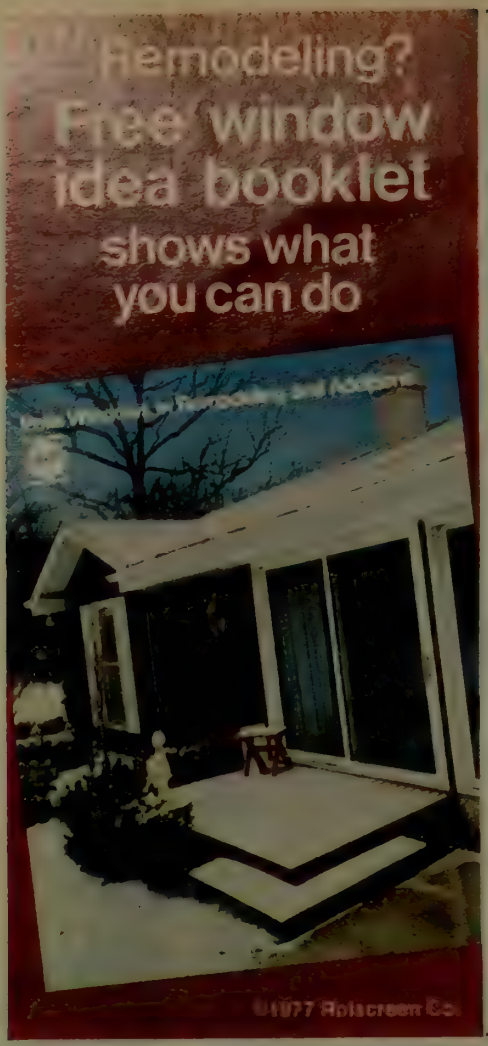
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BUILDING

Backyard pools: before you take the plunge

Outdoor pools can be great family recreation, but their upkeep can be costly and time-consuming. Before you take the plunge, make sure you know what that upkeep involves.

Cleaning your pool

Keeping the pool clean is the pool owner's most constant chore. The pool surface should be skimmed daily with a wire net to prevent leaves and other debris from sinking to the bottom. A pool vacuum, attached by a tube to the pool's filter and backwash system, should be used at least every other day.

Adding the chemicals

Special pool chemicals must be used to prevent bacteria and algae from forming. A pH balance test, done daily with a poolside kit, shows whether the water is at the proper acid and alkaline levels and indicates how much chlorine to add.

Figuring the operating cost

Monthly operating costs vary from $20 to $75, depending mostly on your pool's size. Although most pools recirculate water, filling the pool is costly. Heating a pool adds about ten percent to operating costs.

Insuring your pool

Insurance rates are determined yearly rather than by the months of pool use. Many states have laws that require fencing and a locking gate for all pools, which results in lower rates.

Repairing your pool

The good news is that pool equipment is virtually care-free and most parts are backed by ten-year guarantees. A concrete pool, however, usually needs patching every five or six years to repair cracks. Small tears in plastic-lined pools can also be patched. ■



Pearl keeps her cool where the people are, honey. It just makes more sense.

Pearlie Mae's not about to blow her hard-arned money on keeping the whole house cool hen she's only sitting in the living room. hat's why I call these darlin's from White-Vestinghouse the "People Coolers."

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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HE COOKS—SWEET & SOUR MEATBALLS

Page 36 (right): Dinner plate "Romany"—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010. Baking dish "Staccato"—Lenox Inc., Prince & Meade Sts., Trenton, N.J. 08605. Salad bowl—Etco Industries, Inc., 225 5th Ave., N.Y., N.Y. 10010. Wooden salt and pepper shakers—H. E. Lauffer Company, Inc., Belmont Drive, Somerset, N.Y. 08873. Salad servers—R. F. Brodegaard & Company Inc., 225 Fifth Ave., N.Y., N.Y. 10010. Fork and spoon—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549.

SWEET CHERRY DESSERTS

Page 44 (left): Cup and saucer and dessert plate—Doulton & Company, Inc., 400 Paterson Plank Road, Carlstadt, N.J. 07072. (Right): Pedestal plate—Meiselman Imports, 225 Fifth Ave., N.Y., N.Y. 10010.

CAN-DO CANVAS

Page 66: Sisal rug—Rosecore Carpet Co., Inc., 979 3rd Ave., N.Y., N.Y. 10022. Canvas folding chairs—Gold Medal Inc., 1700 Packard Ave., Racine, Wis. 53403. Canvas for seat cushions and back rests on banquette, roll-up shade and privacy screen—John Bathey & Assoc., 3520 S.W. 9th St., Des Moines, Iowa 50315. Throw pillows on banquette—Available through Chains 'n Things, 225 5th Ave., N.Y., N.Y. 10010 or Randall Pacific Marketing 8755-4 Venice Blvd., Los Angeles, Calif. 90034. Umbrella lamp—George Kovacs Inc., 831 Madison Ave., N.Y., N.Y. 10021. Strip lighting—Halo Lighting Div., McGraw-Edison Co., 9301 W. Bryn Mawr Ave., Rosemont, Ill. 60018. Paneling on back wall—Masonite Corp., 200 Mason Way, City of Industry, Calif. 91746. Standing magazine rack—Squire & Small/Van Dow Fenton, Inc., 225 5th Ave., N.Y., N.Y. 10010. Yellow "X" bench or luggage rack and green deck chair—Alan Spigelman Inc., 225 5th Ave., N.Y., N.Y. 10010. Card table in foreground—Gold Medal Inc. (address above). Place mats on table—Vera Linens, 417 5th Ave., N.Y., N.Y. 10018. Dishes—Dansk Designs, Ltd., Mt. Kisco, N.Y. 10549. Vase—iittala USA Ltd., 233 Washington St., Mt. Vernon, N.Y. 10553.
Page 68 (top left): Canvas for bench—John Bathey & Assoc. (address above). "X" bench—Squire & Small/Van Dow Fenton (address above). (Bottom): Shaped canvas triangles on wall—Greg Copeland, Inc., 41 Central Ave., Passaic, N.J. 07055. Light fixture—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305. Backgammon set—George Taylor Co., Inc., 225 5th Ave., N. Y., N.Y. 10010. Jug—Dansk (address above). Chairs by UPO—Stendig, Inc., 410 E. 62nd St., N.Y., N.Y. 10021.
Page 69 (top): Potbellied stove—Washington Stove Works, P.O. Box 687, Everett, Wash. 98201. Circus chair—Gold Medal (address above). Wall-hung magazine rack—Squire & Small/Van Dow Fenton (address above). Totes on chair—Queevil Needleworks, available through Apel Garden, Rt. 25A, Stoneybrook, N.Y. 11489. "Stuff" tote—Drummers, Inc., 225 5th Ave., N.Y., N.Y. 10010. "Bread, wine and cheese" tote and "Brown bag"—Squire & Small/Van Dow Fenton (address above). Duffel bag—Alan Spigelman (address above). (Bottom): "Chair-in-a-bag"—Vandor Imports available through Faroy Sales, 255 5th Ave., N.Y., N.Y. 10010. Tennis tote—Drummers, Inc. (address above). Wall-hung holder for rackets and balls—Alan Spigelman (address above). Paneling—Masonite (address above).

HOW TO CHEER UP A DREARY KITCHEN

Page 70: Table—Brown-Jordan, 101 S. Robertson Blvd., Los Angeles, Calif. 90048.
Page 71 (top left): Tile—Franciscan, 2901 Los Feliz, Los Angeles, Calif. 90039. (Bottom left): Dishwasher—Thermador, 5119 District Blvd., Los Angeles, Calif. 90022. Sink—Elkay, 2700 S. 17th Ave., Broadview, Ill. 60153. Washer and dryer—Westinghouse, Mansfield, O. 44902. Counter—Formica, 4614 Spring Grove, Cincinnati, O. 45232.
Page 73: Wicker chair, sofa, and stools—Cost Plus Import, San Francisco, Calif. 94101. Rug—Design Mart, Sansome St., San Francisco, Calif. 94111. Fabric for cushions—S. Harris, 580 S. Douglas, El Segundo, Calif. 90245. Range—Magic Chef, Cleveland, Tenn. 37311. Refrigerator—Westinghouse, Mansfield, O. 44902.

SUPERCOLOSSAL STUFFED BURGERS

Page 78 (left): Bowl—Pyrex, Corning Glass Works, Corning, N.Y. 14830. Spoon—Ekco Housewares Company, 9234 West Belmont Ave., Franklin Park, Ill. 60131. (Right): Grill—Structo Manufacturing Company, Division of King-Seeley Thermos Company, Route 75, Freeport, Ill. 61032.

COOKING ON THE MOVE

Page 119 (top—upper left): Green plate "Oblique"—Plastic Mfg. Co. (PMC), 2700 S. Westmoreland Ave., Dallas, Tex. 75224.
Page 121 (top): Freezer container—Tupperware Home Parties, Inc., P.O. Box 2353, Orlando, Fla. 32802.

WINE FINERY

Page 126: Follow keyed pictures, page 160, to identify patterns and manufacturers:
1. Crystal carafe with tumbler—Waterford Glass, 225 Fifth Ave., N.Y., N.Y. 10010. 2. Silver-plate champagne goblet—Oneida Ltd. Silversmiths, Oneida, N.Y. 13421. 3. Crystal liqueur glass pitcher "Holbein"—Ellis Barker Silver Co., Inc., 60 Merrimack St., Amesbury, Mass. 01913. 4. Pewter wine goblet—International Silver Co., 500 Broad St., Meriden, Conn. 17405. 5. Five-piece wine glass set—Vintage Collection, Imperial Glass Corp., Bellaire, Ohio 43906. 6. Pewter party pail—International Silver (address above). 7. Crystal water goblet "Alexandra"—Gorham, 333 Adelaide Ave., Providence, R. I. 02907. 8. Sixteen-ounce goblet "Navarre"—Fostoria Glass Co., Moundsville, W. Va. 26041. 9. Crystal decanter "Carlyle"—Doulton and Co., Inc., 400 Paterson Plank Rd., Carlstadt, N.J. 07072. 10. Claret glass "Bente"—Hadeland of Norway, Bing & Grondahl Copenhagen Porcelain, 111 N. Lawn Ave., Elmsford, N.Y. 10523. 11. Silver-plate wine cooler—Oneida (address above). 12. Crystal continental champagne glass "Queen's Park"—Doulton and Co., Inc. (address above). 13. Pewter cordial cups—Gorham (address above). 14 & 15. Corkscrews—Irvinware, Div. of Beatrice Foods, 24-60 47th St., Long Island City, N.Y. 11103. 16. Sterling jigger—Reed & Barton Silversmiths, Taunton, Mass. 02780. 17. Silver-plate double jigger—Reed & Barton Silversmiths (address above). 18. Crystal jigger—American Cut Crystal, 1150 Broadway, Hewlett, N.Y. 11557.

CHILLY SOUPS FOR SUMMER

Page 128 (top): Soup bowls—Rosenthal Studio Haus, 548 Fifth Ave., N.Y., N.Y. 10036. Footed white bowl—Fitz & Floyd, 2040 Dallas Trade Mart, Dallas, Tex. 75207. Soup spoons—Oneida Silversmiths, Kenwood Station, Oneida, N.Y. 13421. (Bottom): Round container—Tupperware Home Parties, Inc., P.O. Box 2353, Orlando, Fla. 32802. Blender—Scoville Manufacturing Co., 1509 Rapids Dr., Racine, Wis. 53404.

PRIZE TESTED RECIPES

Page 131 (left): Baking dish—Anchor Hocking Corp., 5th and Pierce Sts., Lancaster, O. 43130. Salad plates "Rune"—Bing & Grondahl Copenhagen Porcelain Inc., 111 N. Lawn Ave., Elmsford, N.Y. 10523. (Right): Dinner plate "Winter Frost"—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830.
Page 132 (left): Serving spoon—International Silver Co., 500 S. Broad St., Meriden, Conn. 06450. (Center left): Condiment jar—Viking Glass Co., P.O. Box 29, New Martinsville, W.V. 26155. (Center right): Soufflé dish in wicker basket—Hammacher Schlemmer, 147 E. 57th St., N.Y., N.Y. 10022. Serving spoon—H. E. Lauffer Co., Inc., Belmont Drive, Somerset, N.J. 08873. (Right): Baking dish—Pyrex, Corning Glass Works, Corning, N.Y. 14830. Two jars with cork lids—Wheaton-Nuline, Div. of Wheaton Glass Co., Inc., Millville, N.J. 08332. Serving spoon—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549.

"I'm a Thinner."



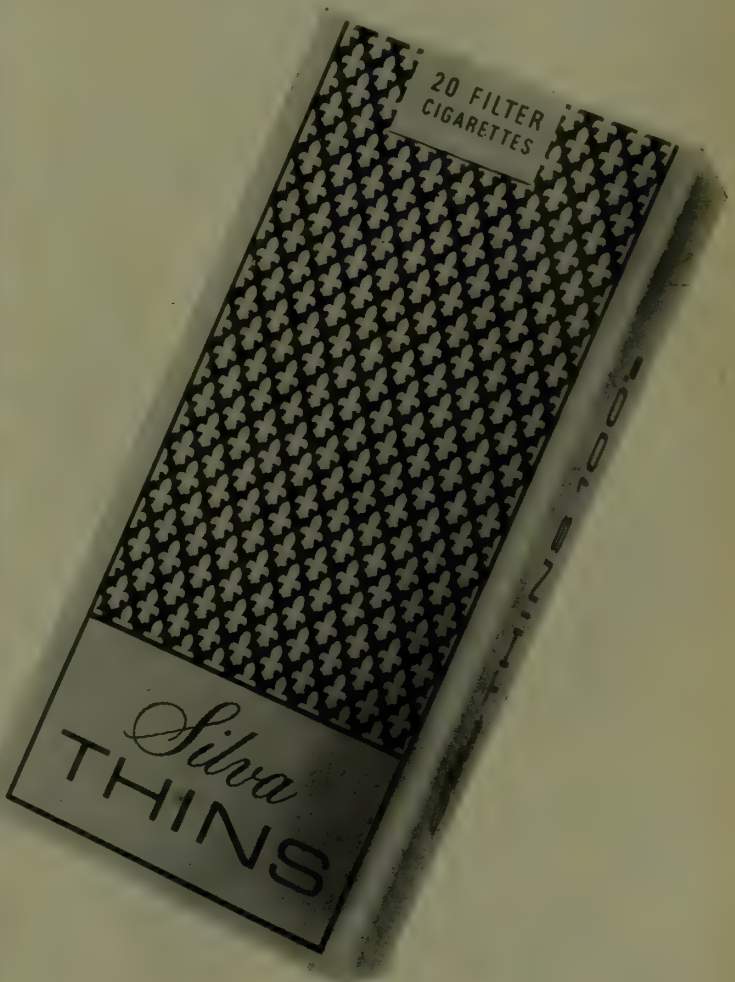
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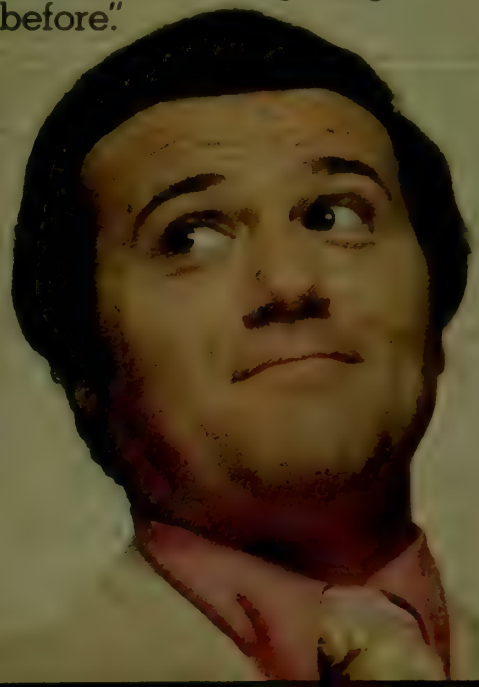
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"I'm her decorator and I've never seen anything like it before."



Super simple storage center

Any room of your house would function more efficiently with this build-it-yourself storage center. It's versatile enough to serve as a bookshelf, game center, stereo center, and entertainment center all in one. In the family room, the unit can hold games and things for kids and adults, and in the dining room it can serve handsomely as a buffet and plant center.





Company at the door? Flip out the table and stools for a card game, or use them for overflow seating and an extra coffee table when you're entertaining a large group. The supports for the table and stools are built of two pieces of plywood with a slip joint in each to form a crosswork base. The stool bases are stored in the lower left-hand compartment of the storage center. A four-inch-deep plywood box slips over the base to form the seat; a cushion provides padding. The table, stored in the central compartment under the stereo equipment, has a hinged top which fits over the base when it's opened.

For a young couple with their first house and not much furniture, this unit is ideal. Because of its size (seven feet wide, 7½ feet high, 18 inches deep) it could easily become a focal point in a room. Combine the unit with a love seat or sofa and a few occasional chairs, and you have a great living-room arrangement.

To build the unit, cut notches in the four vertical panels and then cut notches and drill holes for the dowels in the shelves. Insert dowels in the shelves on both sides of the uprights to stabilize the unit and keep horizontals from slipping. When you put the unit together, lay it down on the floor and enlist a helper.

This storage center is good-looking "as is," but you can stain or paint it to complement any color scheme or decor. ■

Project Plan No. 50337
To order, see page 166.

IF YOU HAVEN'T ASKED FOR MEOW MIX® YET, WHAT'S THE MATTER, CAT GOT YOUR TONGUE?



It's come to our attention that there are some people out there who have never asked for Meow Mix by name. Despite numerous requests by their cats.

What's more, while the great majority of cats eat it up, there are still a few of them (a small, but hard core) who have never asked for Meow Mix by name.

For those people, and those cats, we have three words: tuna, liver, chicken.

Meow Mix is the one dry cat food with tuna, liver and chicken; the three flavors cats love. In separate, bite-size morsels.

So, with Meow Mix, a cat gets a delicious mouthful of variety practically everytime he opens his mouth. Not to mention a bellyful of nutrition.

If you're a cat and you have a bone to pick with the cat food you're presently eating, or not eating, just ask for Meow Mix cat food at your neighborhood grocery or supermarket.

And if you get tongue-tied saying the word "mix," don't worry. In that case, a simple meow will suffice.



TASTES SO GOOD CATS ASK FOR IT BY NAME.®

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Why your bartender always makes a great Gimlet.



Because he uses Rose's Lime Juice. As a matter of fact, practically every good bartender in the world does. So if you want your gimlet to taste as good as your bartender's, always use Rose's.

Here's how he does it. Stir together one part of Rose's Lime Juice and 4 to 5 parts gin, vodka or white Puerto Rican Rum. Serve ice cold, straight up or on the rocks.

Rose's Lime Juice. For great gimlets.

DECORATING

Upbeat beds for kids

Looking for ways to make your child's room extra special? Here are two ideas that don't cost a lot but are sure to put a smile on your youngster's face.



Photograph: Ernest Braun. Source: Helen Hayward. Design: Barbara Elliott/Hoffman Co.

Look what an inventive bed frame can do for a plain box spring and mattress. This 18-inch-high hardboard frame is trimmed with 1x4 molding strips. Inside, 2x4 cross braces support the box spring. Here the framed panels sport juvenile wallpaper, but you might try covering them with carpet or fabric that matches the bedspread. Another idea would be to apply decorative decals or cutouts of storybook characters.



Photograph: John Rogers. Design: Parker Foise, A.S.I.D. Source: Barbara Sims, Linda Magazzine

It's the cat's pajamas! This whimsical headboard is sure to purr any little one to sleep. To make it, fasten five pine shelving boards together with two 2x4s. Use a saber saw to cut the headboard in the shape of a cat's body. Next, cut the head and tail sections from plywood and nail them to the body. After painting the rest of the headboard, cut the eyebrows, nose, and mouth from cardboard, then paint and glue them in place. ■

the energy saving "springtime" machines from York





The high efficiency Champion E line is pictured in the "springtime" setting. Shown here, York's standard Champion IV line with highly competitive energy efficiency ratios.

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LIVE OUT AND LOVE IT!



By Noel Seney and
Steven Coulter

Want to expand your horizons right at home? You can do it, even if your lot is little. Simply explore the outdoor living ideas in this issue, decide which ones suit you best, then set to work translating them to your yard. When you're done, you're all set for outsize outdoor fun this summer, and many summers to come.



DECK OUT FOR EASY LIVING

This backyard deck filled with plants forms a natural outdoor extension of an eating area adjacent to the kitchen. The overhead supports were designed specifically to accommodate a multitude of hanging plants. They turn the deck into a leafy bower—an inviting place to eat or just sit and relax. Large old shade trees cast changing shadows that dapple the bright sunshine hitting the deck.

LIVE OUT AND LOVE IT!

Every yard has problem areas that demand maintenance and offer few, if any, benefits. Narrow side yards, sloping ground, and tree-crowded areas are just a few examples. Here are some solutions to help you turn those waste spaces into valuable living areas.

BUILD A DECK AROUND TREES

When trees are close together, the ground between the trunks is often unusable. And trimming the grass around the trunks becomes a tedious, often neglected chore. But this 10x14-foot lounging deck (*right*) turns such an area into an asset.

First, railroad ties were placed around the trees and leveled to form a sturdy base for a framework of redwood 2x6s. Then, 2x4s were nailed in place to make the deck platform.



Photograph Bill Helms. Designer Atlantic Nurseries. Source Bonnie Maharam Drawings Hellman Design

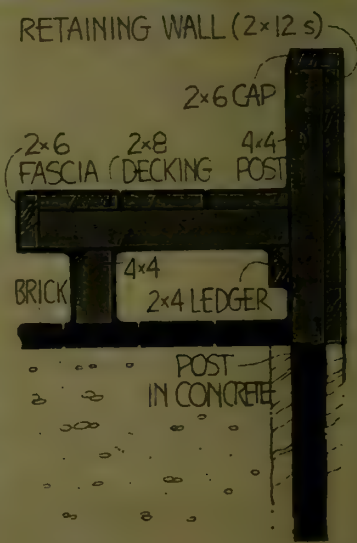


Photograph Ernest Braun. Designer Al Willis. Source. Helen Heilkamp

CARVE SPACE FROM A SLOPE

A garden with gently rolling ground can be charming, but if there are no level areas, the spot can't be used for outdoor living.

This hillside sloped down to a shallow ditch within a few feet of the house. The ditch made the area unsightly and unusable. But then . . . problem solved! . . . a bench/planter retaining wall was added. It made space for a large terrace and diverted runoff water.

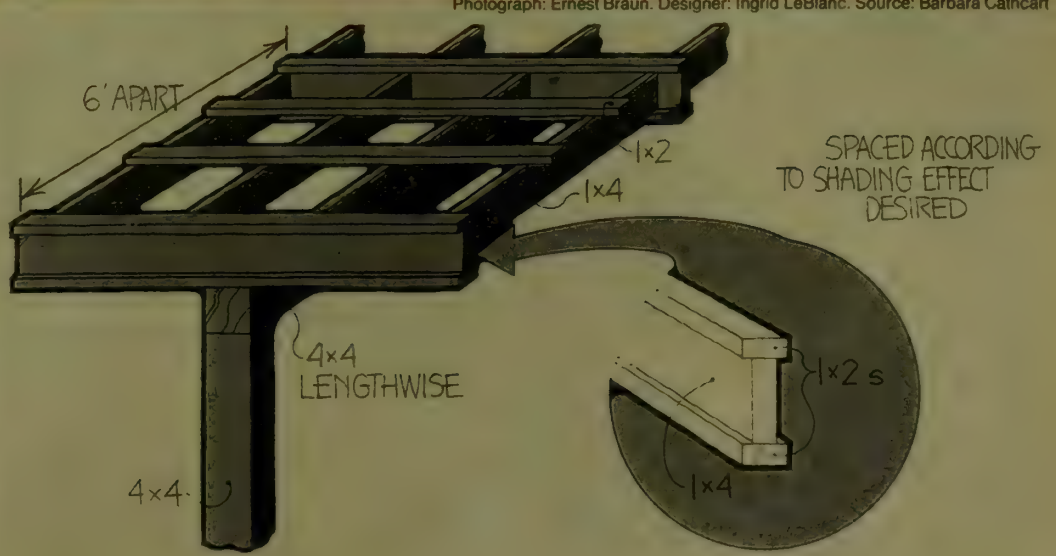


Photograph: Ernest Braun. Designer: Ingrid LeBlanc. Source: Barbara Cathcart

UTILIZE A SKINNY SIDE YARD

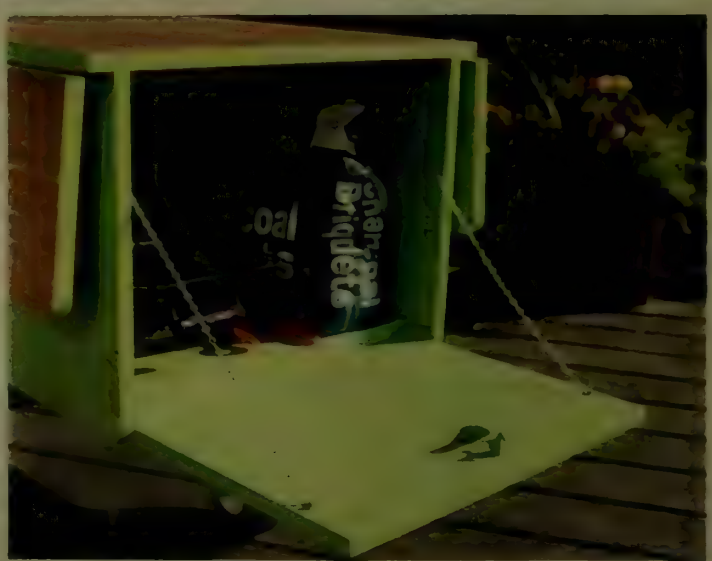
A privacy screen, overhead trellis, brick floor, and a few plants transformed a ten-foot-wide side yard.

Three 4x4 posts form the major support for the overhead trellis. Another 4x4 fastens lengthwise atop these posts, which are set into concrete. To this long beam, 1x4s on edge with 1x2 trim attach crosswise. Four more 1x4s fasten to these boards lengthwise, forming a platform for laths.



Consolidate all your barbecue equipment in one handy center. One or more of these convenient units will save you countless trips between indoors and out, and leave you more time to enjoy backyard-style dining.

Better Homes and Gardens Project Plans 50333, 50334, and 50335
To order, see page 166



Photographs: Mike Dieter. Designer: Concepts West

COOK OUT IN COMFORT

This mobile cart lets you roll all your supplies and equipment right to the barbecue in one easy trip.

The roomy interior will hold the charcoal, a hibachi, and any other gear you might need. When the party's over, you simply roll everything to the kitchen door for quick cleanup.

Complete instructions are available for this cart as well as for the other two projects shown here.





CART YOUR TRAYS ANYWHERE

Fill up to six individual serving trays in the kitchen, load them on this portable rack (*above and left*), and wheel it to wherever the action is.

BUILD IN A COOKING CENTER

You can gain valuable work counters and storage space with this sturdy enclosure (*right*). The opening for the barbecue center is standard size.



Photograph: Bill Maris. Designer: Atlantic Nurseries. Source: Bonnie Maharam

LIVE OUT AND LOVE IT!



Photograph: Bill Maris, Designer: Atlantic Nurseries, Source: Bonnie Maharam

You can double the enjoyment of your yard if you gear it for stay-at-home fun with built-in units that are always ready when you need them. Here are ideas for serving food and just relaxing, plus a playhouse for the swing set.

PUT UP A PLACE TO PLAY

Tarzan never had it so good. Ladder access to the 8x10-foot house and rope swings for quick exits make this structure extremely adaptable.

The roof beam extends eight feet beyond the house to support the two tire swings that double as climbing ropes. Sand beneath the swings cushions falls and provides building material for castles and racetracks for toy cars.

Better Homes and Gardens
Project Plan 50336
To order, see page 166

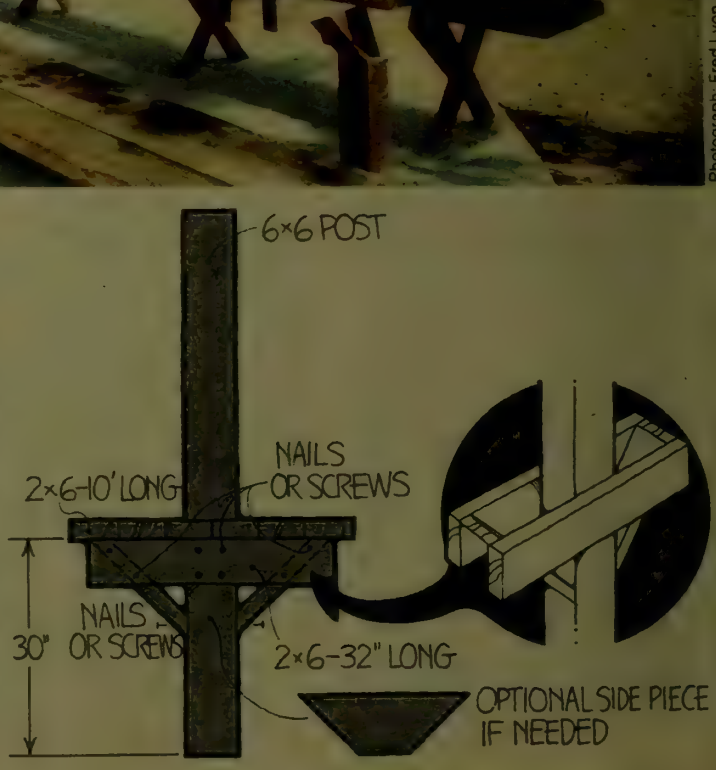


Photograph: Fred Lyon, Designer: Susan Manning

GET READY FOR PICNICS

There's never a shortage of table space when you have a ten-foot-long table at the ready. Unlike most picnic tables, this one has no cumbersome underpinnings to thwart access or eat up legroom.

The table is hung from support posts for the trellis. The tabletop consists of six 2x6 boards nailed to double 2x6 Ts on the posts; angled 2x6 braces make the connection firm.



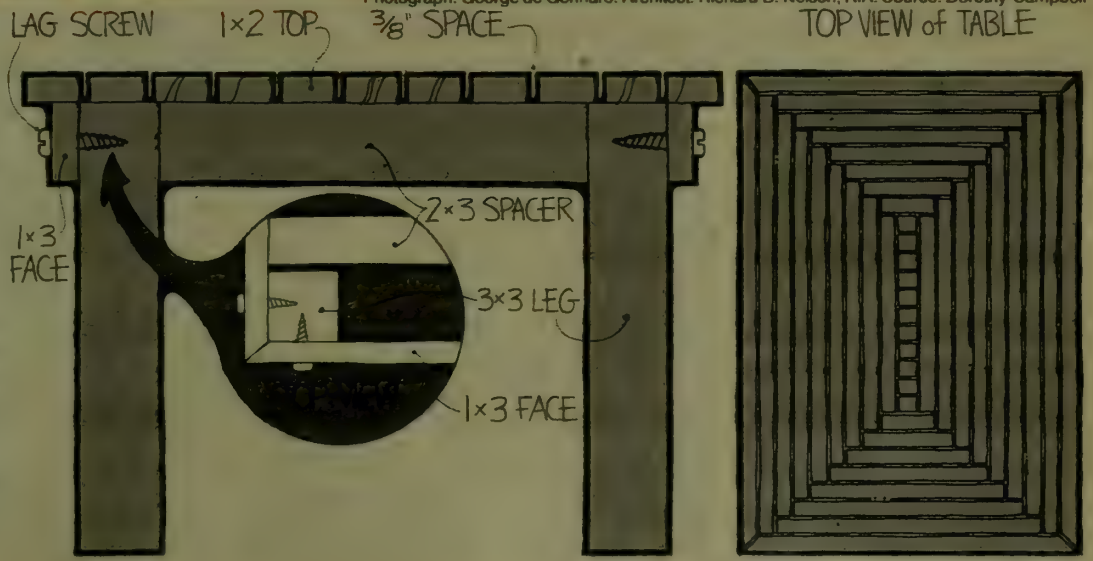
Photograph: George de Gennaro. Architect: Richard B. Nelson, AIA. Source: Dorothy Campbell

TEAM A TABLE AND BENCH

When are a bench and a table not just a bench and a table? When their design is so distinctive that they become a piece of sculpture, like this patio duo.

Beveled 1x2s are spaced three-eighths of an inch apart to accent the design of the tabletop (*see drawing at far right*).

A backrest adds another dimension to the bench where it jogs around a planting area.



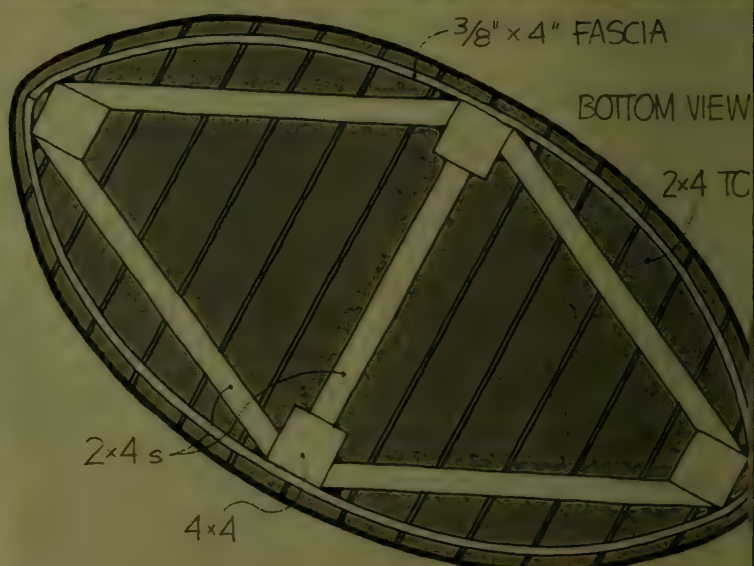
A bench is inviting, whether you want to sunbathe or merely sit and relax after a hectic day. Stain your bench or let it weather naturally if you want it to blend in unobtrusively.

CUSTOM-CURVE A RESTING PLACE

Consider a free-form shape instead of the conventional square-cornered bench. This 3x5-foot oval shape utilizes 2x4s atop five 2x4 crosspieces. The posts are four 4x4s.

A ⅜x4-inch fascia board conceals the support structure. The drawing at right shows the positioning of the framework.

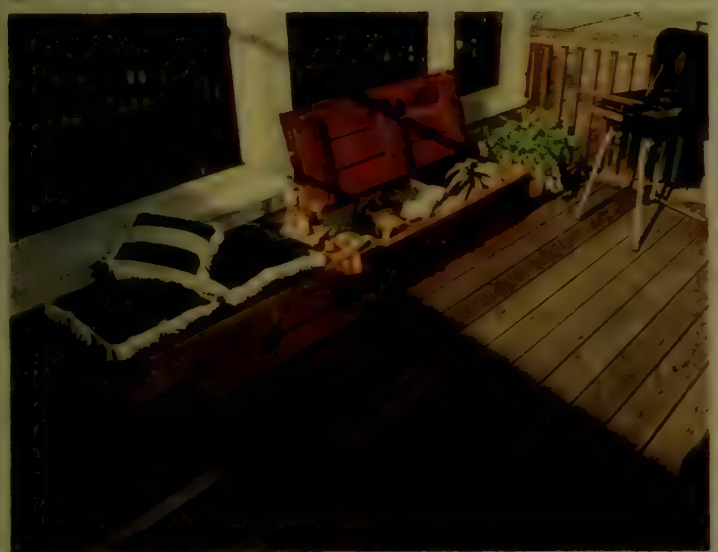
Finish with stain or paint, or let the unfinished wood weather naturally.



Photograph: Ernest Braun
Designer: Jerry Alan Whiting
Source: Barbara Cathcart

LIVE OUT AND LOVE IT!





Photograph: Fred Lyon. Architect: Lawrence D. Gavin. Source: Barbara Cathcart

SNEAK IN SOME STORAGE

This bench (*left*) occupies little space, yet offers so much. It provides seating for the deck, and does double duty as a storage unit. Barbecue equipment and a garden hose can be stored in one end, deck cushions and sunbathing gear in the other.

The unit measures 8¾ feet long by two feet deep and 12½ inches high, and is built of redwood 2x6s. The bench tops are hinged.

SUPPLEMENT THE SEATING

The bench above doubles as an edging for a small deck. Redwood 2x4s set on edge with two-inch separators form the bench top; legs are 2x8s with 2x4 bracing.

Seat boards are bolted together with threaded steel rods through the dividers.

Raised plant beds break the pattern of the decking and provide space for flowers close to outdoor living areas. The beds are framed by 2x12s with a 2x6 cap.

LIVE OUT AND LOVE IT!



Photographs: Balthazar Korab. Designer: Richard O'Grady. Source: California Redwood Association



TRY AN EASY-DOES-IT DECK

Want a deck but you're afraid to tackle the design yourself? Take heart. A deck design kit has been put together to help you plan and build any size structure. It comes complete with ideas for benches, railings, and stairs, with options on design.

In the kit-designed deck pictured here, benches double nicely as railings.

To order kit, see page 166

PARQUET A TERRACE

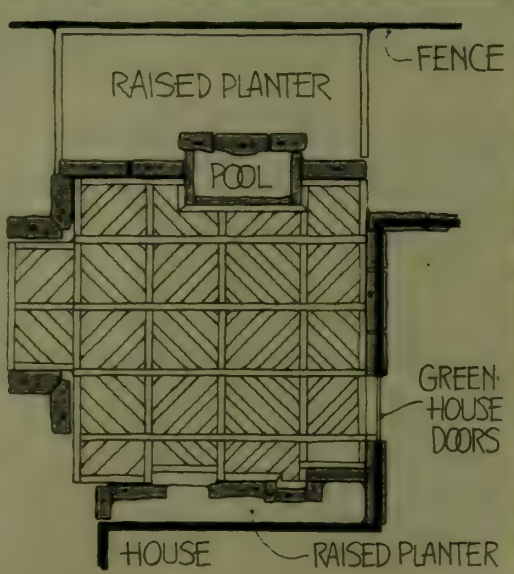
Break out of the concrete patio mold! This backyard terrace *(opposite page)* consists of rough-sawn cedar laid in a parquet pattern. The landscape architect/homeowner, Dean duVander, tells how it was done:

"First we laid out a grid of 4x4s. Then, at the points where they intersected, we notched both 4x4s to fit into each other. When all the notching was done, we nailed the grid together at each intersection. Next we

leveled the grid and placed a cement block under every junction of the 4x4s; the wood doesn't touch the soil.

"We nailed 2x2 cleats inside each square of the grid. These were installed low enough so the two-inch-thick paving boards would be level with the 4x4s.

"Last we cut 2x6 and 2x 12 boards, dropped them into the squares of the grid, and nailed them in place. We left a little space between boards to allow for swelling in wet weather." ■





Photographs: William N. Hopkins. Source: Pat Carpenter

Farm & Ranch vacations

By George Bush

Live the urban life long enough, and you begin to think that eggs grow in cartons and corn comes out of cans. Far worse, you lose the tranquillity that comes with feeling nature's flow: the sense that all existence derives from the soil, and that feasting is a celebration of having produced one's daily bread. For children, nothing could be more rewarding than to become aware of these basics, and for grown-ups nothing more peaceful. That's why vacationing on a farm or working ranch is something every family should experience at least once—and chances are that this "once" won't be the last time.



Photographs: George Bush

Chipping in on chores is half the fun. At aptly named "Happy Acres" in central Wisconsin—one of America's more than 500 farms and ranches that take in paying guests—enthusiastic kids wrestle hay bales onto the elevator (*above*) and help farmer Conrad Bolz feed a new calf (*right*). "It's amazing," says Mrs. Bolz. "Parents keep telling me that their children won't do a lick of work at home, but here they thrive on it."



Of course, the kids take time for lots of horseplay, too: squirting milk at each other in the cow barn, once they've gotten the hang of milking; romping in the hay; and swinging from the rafters and playing on bales stacked in the loft, always a favorite.

Most guests—not only the youngsters—find themselves lending a hand. They help disk the fields, bring in the crops, fix up machinery. Conrad may even let you run the tractor and the combine. Or you can just come along for the ride and smell the sweet earth, and look up at a sky that's as crisp as Grandmother's linen.

Making new friends is easy on a farm, and indeed, it's a big part of the joy of such a vacation. City kids and farm kids get acquainted quickly as they toss carrots and corn cobs to the pigs (*below*). Then, too, there's fun to be shared at the old swimming hole (*right*), where everyone goes to splash around and cool off.

The two little girls feeding chickens (*below, center*) became great pals at the Honeysuckle Farm in eastern Minnesota. The Farm's owners have five children of their own.



Backyard picnics are a venerable farm tradition. At the Bolzes' (*below*), there's at least one every week. Then the air is scented with hot dogs and corn roasting over an open fire, and the serving table groans under platters heaped with salads, fresh vegetables from the garden, and homemade cakes and pies.

Like most farm wives, Charlotte Bolz is a tireless cook. Her meals, sounded by a bell that can be heard for miles—another farm and ranch tradition—are all-you-can-eat feasts.











It's a real hayride, with everybody aboard the wagon (*above*), when the alfalfa has been hayed and must be brought under cover. If rain is threatening, there's an exciting race with the weather, and the job can last well into the night. Visit Happy Acres in late June or early July, and you'll be in on the first alfalfa crop. Next come oats, and later it's alfalfa again. Picking sweet corn for supper is an August joy (*far right*) that often turns into an impromptu game of hide-and-seek among the tall stalks of late summer.

Farm vacations are a real bargain. At Happy Acres, where you are put up in spare bedrooms, adults pay $80 for the Saturday-to-Saturday week; children under 12, $60; and infants come along practically for free, maybe $10. These rates, which include everything, are about average for the Midwest. Some farms, especially those where you occupy a separate house on the property, may charge $10 to $20 more, as for instance Honeysuckle Farm, mentioned above.

The Happy Acres address is Deer Road, Rt. 2, Withee, Wisconsin 54498; Honeysuckle's, owned by Carl and Beverly Heinrich, Rt. 2, Rush City, Minnesota 55069.

At both places, there's lots going on besides the daily farm routine, which is signaled by the crowing of roosters at the first light of dawn. You'll also want to try your luck fishing in local streams, go sight-seeing in the neighborhood, and participate in country pastimes: swapping tall tales on the porch and whooping it up at local fairs and square dances.

Farm & Ranch vacations



Meanwhile, back at the ranch...







Bar B-Q Ranch in northern Idaho runs several hundred head of Herefords. Its owners, Lloyd and Rowena Jones, also specialize in raising quarter horses, Appaloosas, and rodeo stock. Not surprisingly, this ranch has its own rodeo arena, where cowboys from all over regularly drop in for a little friendly competition.

At least one rodeo is held each week, and vacation guests sometimes get in on the team-roping and barrel-racing events. A few visitors, like the young brave from Boston (*above*), also try calf riding, a brief and often bruising thrill.

Lloyd Jones is so involved with horses that he has gone back to old-fashioned farming: he plows, mows, rakes, and binds his hay with horses. His pride is a team of big Belgians, originally bred to pull heavy beer wagons. In summer, guests love to watch Lloyd training his horses, and even more to bounce along behind a four-horse hitch in a sturdy wagon (*top left*).



The banjo sing-along, like this get-together *(above)* at George Leffingwell, Jr.'s G Bar M spread in the Bridger Range of central Montana, is a frequent evening event on ranches. On farms, you are more likely to gather around a guitar or piano. And where the old-fashioned picnic is a farm custom, so chuck-wagon cookouts are an integral part of ranch life. As on the farm, ranch vittles are indigenous: not so many garden vegetables, but instead juicy steaks from the spread's own home-grown beef.

Cattle salting (that's bringing salt blocks to cattle grazing the high summer pastures) is a routine wrangler chore. At the G Bar M (*above*) most of the salters happen to be Eastern dudes: on real cattle ranches, guests get to come along on these and other pleasant expeditions. If that's the kind of activity you want, it's important to distinguish between working ranches, like the G Bar M and the Bar B-Q, and "guest ranches" and "ranch resorts." At the latter they generally don't run cattle anymore, though they probably did at one time. And while you live in a Western atmosphere with horseback riding and wilderness pack trips the major activities, you'll also find the likes of swimming pools and tennis courts.

Of course, on a working ranch you do more than join in cowboy activities. There are scenic trail rides, too, like the Bar B-Q outing in the Bitterroots pictured at the top of the page, led here by the Jones' black-hatted son, Lonnie, a competition bronc rider.



Rousing roundups, such as this one on the Bar B-Q spread *(pictured above),* are the biggest thrill of all: The hills echo with the bellowing of cattle and the hoofbeats of hard-driven horses, and your nose is filled with the heady scents of livestock and sun-hot leather, and your dusty lips ache for a sip from the canteen. That's when you truly feel with it.

At the Bar B-Q, which accommodates up to 24 guests, you lodge in a rustic but well-equipped cabin, and stroll to the ranch house for meals and socializing. Riding (every day but Sunday) and one overnight pack trip are included in the rates: adults $185 a week; under 12, $135. Little kids get a discount. The ranch is 32 snaky miles south of Coeur d'Alene (address: Box 173, Harrison, Idaho 83833).

Leffingwell's G Bar M takes in a maximum of 15 guests. You sleep in a comfortable cabin or in one of the guest rooms in the ranch house. A week (Sunday to Sunday) costs $154 to $179 for adults; under 12, $130 to $153. This includes all activities, delicious meals, your "own" horse, and transportation to and from Livingston or Bozeman, the nearest towns with plane, bus, train. (If you're driving, you'll want to detour through Yellowstone National Park, some 80 miles to the south.) Address: Box AE, Clyde Park, Montana 59018.

How to Pick a Farm or Ranch

You'll find the most complete listing of what's available, coast to coast, in *Country Vacations USA* ($4.25 from Farm & Ranch Vacations Inc., 36 E. 57th St., New York, New York 10022). This book lists not only real farms and working ranches, but also other rural hideaways, from farm-type country inns to ranch resorts. The descriptions will clue you in, however. If a great many resort-type activities are listed, and the place takes more than 25 or 30 guests, that usually indicates it's a resort rather than a working spread.

Ranches can be checked out even further. Get the free 1977 directory of the Dude Ranchers' Association (South Laramie, via Tie Siding, Wyoming 82084).

You can also write state tourism bureaus in respective state capitals for farm and ranch information.

Finally, contact likely farms and ranches for specifics: what the price includes, how many other guests are expected at the time of your visit and the ages of their kids, how your hosts feel about drinking and smoking, and what outside events may be scheduled. ■

COOKING ON THE MOVE

Now that summer's here, families are biking, driving, and hiking all across the country. If you're eager to join them, but you're doubtful about how to handle meals while you're traveling, we can help. Our collection of road-tested recipes makes mealtime a snap whether you're vacationing by car for a week, backpacking for a weekend, or just taking an afternoon outing. Help yourself to our ideas and discover how carefree cooking on the move can be.

PACK & PURCHASE ROADSIDE PICNICS

When you're taking a trip by car, plan to make some of your meals picnics. They're a relaxing break from the on-the-road routine, and they cut down on eating expenses, too. Solve the problem of keeping foods cold by bringing canned goods and staples from home and buying perishable foods at grocery stores or food stands along the way. Then find a scenic spot, set out the goodies, and dig in.

Choose any one of these three hearty main dishes to serve roadside and accompany it with large mugs of iced tea (from a vacuum bottle).

To prepare **Meal-in-a-Spud,** carry a small grill and charcoal with you or take advantage of one of the grills provided in many parks. Bake and spread the potatoes with horseradish mustard at home and buy Canadian bacon slices, cheese, and tomatoes at a grocery store right before mealtime.

To serve **Salmon-Slaw Buns,** bring the can of salmon, onion rolls, and pickles along with you. (Don't forget a can opener.) Purchase coleslaw, fresh alfalfa or bean sprouts, and tomatoes along the way.

The vinegar-vegetable mixture for **Salad Burritos** marinates while you travel. Before stopping at your picnic site, pick up cheese, lettuce, pepper, and tortillas in a nearby town.

Here are three quick dessert ideas for those on-the-go summertime meals. Team the desserts with icy lemonade you've brought from home or bought at a roadside stand.

Mock Cherry Cheesecake calls for pound cake and a can of cherry pie filling from home, plus cream cheese you buy just before you eat.

Pudding Dessert Topper is an easy dress-up for angel cake or sponge cake cups. Pack the cake slices, a can of vanilla pudding, and chopped walnuts ahead. To serve, add orange yogurt from the store.

For a special treat, serve up some **Marmalade-Ice Cream Sandwiches.** Bake the waffles and spread them with marmalade before you leave home. Then stop at an ice cream shop for a pint of vanilla ice cream, blocks of ice cream, or ice cream bars (remove the sticks). Slip the ice cream between the waffles.

Recipes begin on page 136.
Buying information, page 94





▲ **Above:** Refreshing desserts for the road include **Pudding Dessert Topper** over angel food cake (lower left), **Mock Cherry Cheesecake** (top left), and **Marmalade-Ice Cream Sandwiches** (right).

◀ **Left:** Choose a mobile main dish from **Salad Burritos** (lower right), **Salmon-Slaw Buns** (center), and **Meal-in-a-Spud** (upper left).

Food Stylist: Mable Hoffman
Food Photography: de Gennaro
Photographs: Gerald L. Preator



A TAKE-ALONG LUNCH FOR AN AFTERNOON OUTING

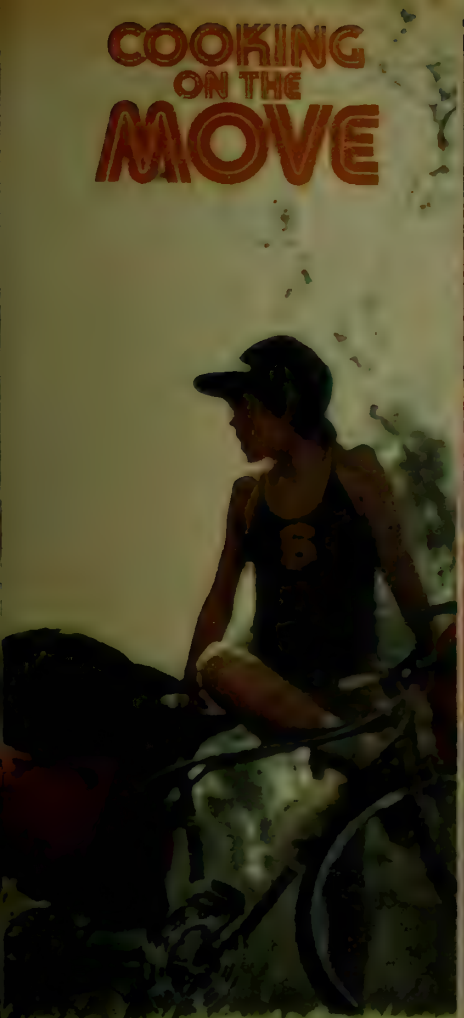
To lighten the load on an afternoon outing, pack foods in plastic bags and use paper plates and plastic ware. It's a good idea to pack the sandwiches frozen. Then they'll be thawed and just the right temperature for eating when you arrive at the picnic site. Try either of these two menus—they're guaranteed to boost the afternoon's fun.

A light afternoon meal gets a refreshing start with chilly **Broccoli Chowder** and **Apple-Brown Bread Sandwiches.** Add fresh fruit, such as grapes, and an updated favorite, **Peanut Butter-Date Cookies.**

If you have hearty eaters along, be sure to pack **Liverwurst Bundles.** They're tempting turnover sandwiches that start with a homemade rye bread dough. To quench gigantic thirsts, pack a frozen block of **Pineapple-Banana Slush** and a few cans of carbonated beverage. Spoon the slush into glasses to "ice" the pop. What's for dessert? Your favorite fresh fruits (we chose strawberries, green grapes, and oranges) soaked in a few tablespoons of orange liqueur and carried to the picnic site in a plastic bag or refrigerator container.

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COOKING ON THE MOVE







▲ **Above:** Fit **Liverwurst Bundles** (front), **Pineapple-Banana Slush** (left), and marinated fresh fruits (extreme left) into your bicycle pack.

◀ **Left:** Be different—carry **Broccoli Chowder** (right) **Apple-Brown Bread Sandwiches** (center) fresh fruit, and **Peanut Butter-Date Cookies** (upper left) to your next picnic.

Photograph: de Gennaro

COOKING ON THE MOVE





▲ **Above:** Reconstituted orange drink and dehydrated eggs, **Bacon Pancakes**, and hot chocolate made from **Mocha Mix** get hikers off to a quick-as-a-wink breakfast.

◀ **Left:** For dinner on the trail serve **Savory Soup, Fiesta Bean and Sausage Skillet, Whole Wheat-Buttermilk Biscuits, Spiced Orange Tea,** and **Chocolate-Gorp Pies.**

Photograph: R. C. Fürstenau



Lightweight Meals For Backpacking

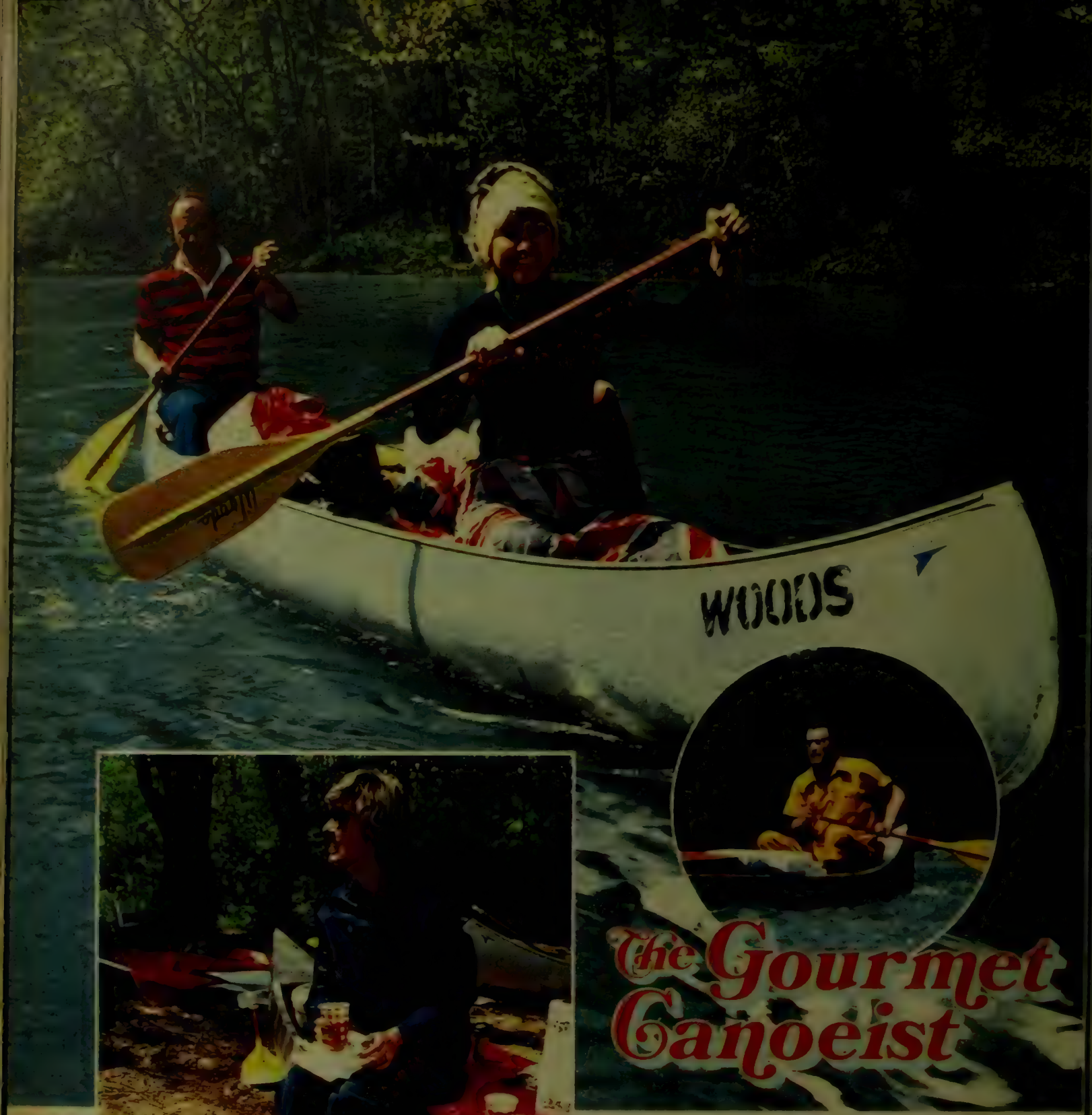
More and more Americans are learning to enjoy backpacking. But how do you serve satisfying meals without carrying a whole kitchen on your back? These recipes and menus supply the answer. They're designed to be as lightweight as possible and to require minimum equipment.

We've also included some convenient mixes to cut down preparation on the trail so you'll have more time and energy to enjoy the outdoors.

To revive the tired hikers in your crowd, start the evening meal with **Savory Soup.** It's a quick fix-up based on Oriental soup and wine sauce mixes. Then feature **Fiesta Bean and Sausage Skillet, Whole Wheat-Buttermilk Biscuits,** and **Spiced Orange Tea.** Later in the evening, take turns "baking" **Chocolate Gorp Pies.** These easy-to-assemble desserts are made with canned pudding and **Gorp** sandwiched between cinnamon bread slices and toasted in a pie iron.

Next morning, whip up a rousing breakfast by combining freeze-dried staples with your homemade mixes. Begin by preparing **Bacon Pancakes** (made from your own mix) topped with rehydrated dried apples and maple-flavored syrup. Then add reconstituted instant orange drink and dehydrated eggs. To finish the meal, just mix boiling water with **Mocha Mix** for a steaming wake-up beverage.

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The Gourmet Canoeist

To most people, a canoe trip is only a few days in a boat. But to Gale Holsman (inset), it's a "pleasurable adventure into conviviality, libation, and gluttony." In other words, Gale uses his weekend outings to get away, to enjoy the water and countryside, but most important of all to indulge in good food, good wine, and good company.

There are no beans from a can for the "Web-Foot Club," as Gale and his friends call themselves. Each meal is a carefully thought out and well-executed masterpiece. Gale, self-appointed gravel-bar gourmet, starts preparing weeks in advance. Relishing his role as chief cook, he plans elaborate menus, shops for out-of-the-ordinary ingredients,

and devotes evening hours to preparing plastic bags of ingredients ahead.

Just before leaving, he packs the makings in coolers. Each cooler goes in a separate canoe —insurance against losing the entire food supply in a tip-over.

Once at the campsite, Gale sets about performing his culinary wizardry over an open fire. Then the club members sit down to a sumptuous repast, such as **Boiled Lobster Tails, Bliss Springs Chicken, Deviled Eggs with Caviar and Capers,** and wine (opposite page).

For breakfast, one of Gale's favorites is **Eggs Creole** (right). Using an old refrigerator shelf as a grill top, he poaches eggs in a spicy tomato sauce, adds torn bread (below), and tops the mixture with cheese. He rounds out the meal with grilled ham, hot biscuits, and coffee.

On your next outdoor weekend, try Gale's technique. You can combine one or two of his recipes with more traditional camping foods. According to Gale, outdoor feasts are a snap if you plan ahead.

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Photographs: Hedrich-Blessing





Wine Finery

by Patricia Pollock

Serving wines—and other spirits—with elegance can make a humble beverage seem noble and a good vintage even better. The giftable assortment shown here includes everything from corkscrews to carafes, shot glasses to champagnes. So, whether you prefer an aperitif, cocktail, dinner wine, dessert wine, or liqueur, you're sure to find something to add dazzle to its presentation. For the names of the patterns and products shown, and some tips on serving wines and spirits, see page 160. Buying Guide, see page 94.



Campbell's Soups take the mystery out of sauce and gravy making.



With our soups and your seasonings, they always turn out M'm! M'm! Good!

CREAMY CHEESE SAUCE RECIPE

¼ cup sliced green onions
1 tablespoon butter or margarine
1 can Campbell's Cheddar Cheese Soup
½ cup sour cream
1 teaspoon lemon juice

In saucepan, cook onion in butter until tender. Add remaining ingredients. Heat; stir occasionally. Serve over cooked vegetables or fish. Makes about 1½ cups.

SIMPLY SOUPER GRAVY RECIPE

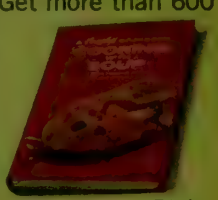
When preparing gravy for roasted or fried meats or poultry, remove meat from pan; spoon off excess fat. On top of range, in roasting pan, add 1 can Campbell's Cream of Mushroom, Chicken, Celery or Golden Mushroom Soup to drippings. Heat, stirring to loosen browned bits. Thin to desired consistency with water. Serve with meat. Makes about 1½ cups.

ESPAGNOLE SAUCE RECIPE
(Not illustrated)

1 slice bacon
⅓ cup chopped onion
1 small bay leaf
⅛ teaspoon thyme leaves, crushed
1 can (10¾ ounces) Campbell's Golden Mushroom Soup
⅓ cup tomato juice
⅓ cup water

In saucepan, cook bacon until crisp; remove and crumble. Cook onion with bay and thyme in drippings until tender. Stir in remaining ingredients. Heat; stir occasionally. Serve over cooked meats, poultry, or vegetables. Makes about 2 cups.

COOKBOOK OFFER: Get more than 600 exciting recipes in Campbell's "Cooking with Soup" Cookbook. Send $1.50 and any two Campbell's Soup labels with your name, address and zip code to: COOKBOOK, BOX 494, Maple Plain, Minn. 55348. Offer good only in U.S.A. May be withdrawn at any time. Void where prohibited or restricted. Allow six weeks for delivery.





Campbell's makes your cooking M'm! M'm! Good!

Campbell Soup Company, Camden, N.J. 08101.

Chilly soups for summer

To get a summer meal off to a cool start, serve refreshing *Appetizer Tomato Soup* or *Avocado Soup*. You can fix either one in a jiffy without turning on the range. What's more, both soups can be made ahead, to provide a first course for a dinner party or luncheon.



Buying information, page 94

APPETIZER TOMATO SOUP

For a finishing touch, sprinkle eac soup serving with sliced pimiento stuffed olives—

- 1 10½-ounce can condensed tomato soup
- 1¾ cups milk
- 1 cup plain yogurt
- 1 teaspoon worcestershire sauce
- ¼ teaspoon celery salt
- ⅛ teaspoon onion powder

• • •

- Plain yogurt

In mixing bowl thoroughly blen undiluted tomato soup, milk, yogur worcestershire sauce, celery salt, an onion powder. Cover with clear pla tic wrap; chill well. Before servin top each serving of soup with a do lop of additional yogurt, if desired Makes 6 servings.



Photographs: Diet

AVOCADO SOUP

Dillweed gives this creamy sou added zest—

- 1 13¾-ounce can chicken broth
- 2 medium avocados, seeded, peeled, and cut into chunks
- 2 tablespoons dry sherry
- ½ teaspoon salt
- ¼ teaspoon onion powder
- ⅛ teaspoon dried dillweed

• • •

- ¾ cup light cream

In blender container combine chicken broth, avocado chunks, dry sherry, salt, onion powder, and dill weed. Cover; blend till mixture is smooth. Stir in light cream. Turn in to refrigerator container. Cover; chil well. Top each serving with slices o avocado or dollops of sour cream, i desired. Makes 6 servings. ■

Spread the sunshine taste with the Sunshine Mustard.

French's is the Sunshine Mustard because it has a bright sunny color, a bright sunny taste. Try it on a hamburger, too!

Try adding the sunny taste of French's to devilled eggs for a sunny honey of a taste.

French's PURE PREPARED MUSTARD

Brighten up the taste of your next potato salad with the Sunshine Mustard.

Spread a little Sunshine Mustard on your next sandwich instead of mayonnaise.

French's

How to tell authentic Spanish olives from imitations before you taste them.



Not all green olives are alike. So to make sure you're getting authentic Spanish olives, and not "Spanish-style" imitations, look for the Spanish Olive symbol on the bottle. Because only Spain has made an art out of the growing and curing of olives—so much so that Spain supplies most of the world.

The hot dry climate and mineral rich soil of the Spanish province of Andalusia are ideal for olive groves. Here, tending and curing the olives has been a matter of pride for hundreds of years, and the workers treat the delicate fruit with great reverence.

That's why the delicious tangy taste of Spanish olives is so difficult to duplicate.

So make sure the olives you buy have the Spanish Olive symbol on the label or cap. It'll remind you that it takes more than a green thumb to grow a great green olive.

SPANISH OLIVES

Spanish Olives.
The best olives in the world.

ACEMESA
THE SPANISH OLIVE COMMISSION

Nobody makes a lemonade cak like JELL-O® Pudding and you.



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For one of the most lemony lemon cakes you can make, bake a JELL-O® Pudding lemonade cake. It's a deliciously lig and moist triple lemon treat. And the recipe is simple. Start with your regular lemon cake mix. Mix in Jell-O® Lemon Fla Pudding for more moistness and lemon flavor. Then top it off with a luscious lemonade glaze.

So make a really lemony lemonade cake. After it rises, you'll shine.

Lemonade Cake Recipe

1 package (2-layer size) lemon cake mix
1 package (4-serving size) JELL-O® Lemon Flavor Instant Pudding and Pie Filling
4 eggs • 1 cup water • ¼ cup oil
Lemonade Glaze

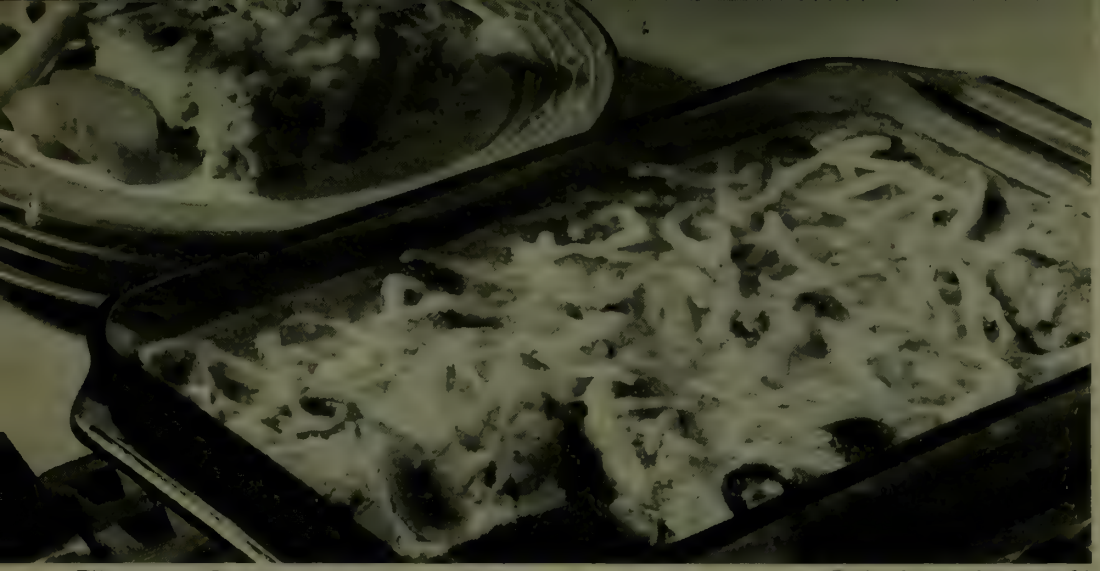
Combine cake mix, pudding mix, eggs, water and oil in large mixer bowl.* Blend well; then beat at medium speed of electric mixer for 4 minutes. Pour into greased and floured 13x9-inch pan. Bake at 350° for 45 to 50 minutes or until cake tester inserted in center comes out clean and cake begins to pull away from edges of pan. Cool in pan about 5 minutes. Thoroughly prick warm cake with utility fork completely through to bottom of cake. Gradually spoon glaze over cake until completely absorbed. Cool and cut into squares.

Lemonade Glaze. Combine 2 scoops (about ½ cup) COUNTRY TIME® Lemonade Flavor Drink Mix, ½ cup water and 2 tablespoons melted butter or margarine in bowl. Add 2 cups confectioners sugar, blending well with fork or wire whip. (Or use 1 can (6 oz.) frozen concentrated lemonade; omit the water and butter.)



*For high altitude areas, use large eggs, add ¼ cup all-purpose flour, and increase water to 1½ cups; bake 50 minutes.

Bake in moistness.
Bake a JELL-O® Pudding Cake.



File under Casseroles and one-dish meals

Buying information, page 94

CANNED ENTREES

Tamale Bake

Canned tamales are the base for this first-prize casserole—

- 1 14½-ounce can tamales
- 2 tablespoons all-purpose flour
- 1 teaspoon chili powder
- ¼ teaspoon garlic salt
- 3 beaten eggs
- 1 16-ounce can cream-style corn
- ½ cup pitted ripe olives, halved
- ½ cup shredded sharp cheddar cheese (2 ounces)

Drain tamales, reserving sauce. Slice tamales crosswise; set aside. In mixing bowl combine reserved tamale sauce, flour, chili powder, *¼ teaspoon salt,* and the garlic salt. Add eggs, corn, olives, and sliced tamales. Turn into a 10x6x2-inch baking dish. Bake, uncovered, in a 350° oven for 40 minutes or till set. Sprinkle with cheese. Bake 3 minutes longer, till cheese melts. Cut into squares. Makes 4 servings. *Matilene Boyce, Aiea, Hawaii*



File under Salads and salad dressings

Photographs: Dieter

MOLDED SALADS

Spanish Vegetable Mold

This prizewinning recipe combines the zesty flavor of three-bean salad with the delicate smoothness of a gelatin mold—

- 1 6-ounce package lemon-flavored gelatin
- 1½ cups boiling water
- 1 12-ounce can (1½ cups) vegetable juice cocktail
- ¼ cup Italian salad dressing
- 3 tablespoons vinegar
- 1 8-ounce can kidney beans, drained
- ½ of 15-ounce can garbanzo beans, drained (¾ cup)
- ¾ cup tiny cauliflowerets
- ½ cup chopped celery
- 1 medium tomato, seeded and chopped (½ cup)
- ⅓ cup chopped green pepper
- Lettuce
- Avocado slices

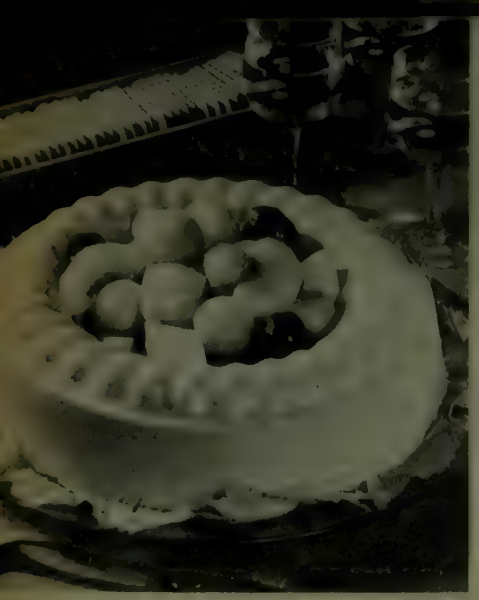
In bowl dissolve gelatin in boiling water. Stir in vegetable juice cocktail, salad dressing, and vinegar. Chill till partially set. Fold in beans, cauliflowerets, celery, tomato, and green pepper. Turn into a 6½-cup mold. Chill till firm, several hours or overnight. Unmold onto serving plate. Garnish with lettuce and avocado slices, if desired. Makes 10 to 12 servings.

Mrs. Jeanne Nygard, Chehalis, Wash.



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White Wine-Apricot Mold

This salad goes especially well with melon balls, banana chunks, and fresh peach slices—

2 envelopes unflavored gelatin
½ cup sugar
¼ teaspoon salt
2 cups apricot nectar
¾ cup water
1 cup dry white wine
1 cup dairy sour cream
Lettuce
Fresh fruit

In saucepan combine gelatin, sugar, and salt. Stir in apricot nectar and water. Cook and stir over low heat till gelatin dissolves. Remove from heat. Stir in wine. Gradually blend into sour cream. Turn into a 5½-cup ring mold. Chill till firm, several hours or overnight. Unmold onto lettuce-lined serving plate. Fill the center of the ring mold with fresh fruit. Makes 8 to 10 servings.

Raedene Boget, Shawnee, Kans.

Tuna-Noodle Salad

1 3-ounce package lemon-flavored gelatin
1 1.75-ounce envelope chicken noodle soup mix
½ cup frozen peas
1¾ cups water
2 tablespoons lemon juice
1 6½- or 7-ounce can tuna, drained and flaked
⅓ cup chopped celery
Lettuce
Mayonnaise or salad dressing

In medium saucepan combine gelatin, dry soup mix, and peas. Stir in water. Cover and simmer 3 minutes. Stir in lemon juice. Chill till partially set. Fold in tuna and celery. Turn into four ¾-cup individual molds *or* one 3-cup mold. Chill till firm. Turn out onto lettuce-lined serving plates. Serve with mayonnaise or salad dressing. Makes 4 servings.

Mrs. P.D. McCaffrey, San Diego, Calif.





Oriental Deep-dish Pie

The chow mein bi-pack contains one 28-ounce can vegetables and one 14-ounce can gravy—

6 green onions, cut in ½-inch pieces (⅓ cup)
1 tablespoon butter or margarine
1 bi-pack canned chicken chow mein
1 cup frozen peas
1 4½-ounce can shrimp, drained *or* 1 cup cooked meat, chopped
3 tablespoons soy sauce
1 package (6) refrigerated biscuits

In large saucepan cook onion in butter or margarine till crisp-tender. Drain vegetables from chow mein bi-pack. Add drained vegetables to onion along with the can of gravy, the peas, shrimp, and soy sauce. Heat to boiling. Pour into 1½-quart casserole. Halve biscuits. Arrange atop shrimp mixture. Bake, uncovered, in 425° oven for 10 to 12 minutes or till biscuits are done. Pass additional soy, if desired. Makes 6 servings.

Mrs. Marsha K. Hartmann, Madison, Wis.

Double Ravioli Casserole

1 40-ounce can beef ravioli in sauce
2 beaten eggs
1 10-ounce package frozen chopped spinach, cooked and drained
1 cup cream-style cottage cheese
¼ cup grated parmesan cheese
1 teaspoon dried parsley
1 teaspoon dried basil, crushed
½ teaspoon salt
⅛ teaspoon pepper
½ cup shredded mozzarella cheese (2 ounces)

Place *half* of the canned ravioli in an 8x8x2-inch baking dish. Stir together eggs, spinach, cottage cheese, parmesan cheese, parsley, basil, salt, and pepper. Spoon atop ravioli in baking dish. Top with remaining ravioli. Cover with foil. Bake in 350° oven for 50 minutes or till heated through. Remove foil; sprinkle with mozzarella. Bake 5 minutes more or till cheese is melted. Makes 6 to 8 servings.

Vivian Jury, East Canton, Ohio

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PAM® HERO

lice a loaf of French bread lengthwise. utter lightly. Lay a bed of lettuce nd triangles of Mozzarella cheese. ut SPAM Luncheon Meat into slices bout ⅛" thick and heap on. Top ith sliced tomatoes, onion rings and reen pepper rings. If desired, rve with favorite Italian dressing.

SPAM® 'N MACARONI CASSEROLE

- **1 can (12 oz.) SPAM Luncheon Meat, diced**
- **7 oz. macaroni**
- **¼ cup butter or margarine**
- **2 8-oz. cans tomato sauce**
- **1 large onion, chopped**
- **¼ teaspoon paprika**
- **½ teaspoon salt**
- **¼ teaspoon pepper**
- **1½ cups grated Cheddar cheese**

Cook macaroni. Melt butter in a saucepan and add tomato sauce, onion, paprika, salt and pepper. Simmer 10 minutes. Add SPAM and ¾ cup of the cheese. Heat until cheese melts. Stir in cooked, drained macaroni. Pour into greased 2-quart casserole. Sprinkle remaining cheese on top. Bake at 350° for 20 min. Serves 5 to 6.

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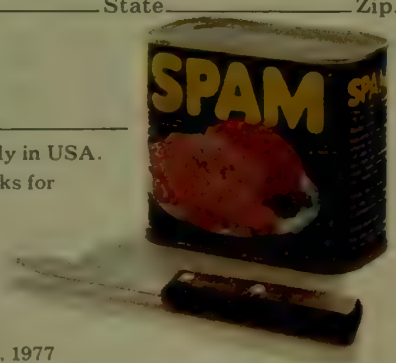
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begins on page 64

Fresh fruit and vegetable ideas

FRESH PEACH DESSERT

There's a rich cake on the bottom and a fruit and crumb layer on top—

- **6 tablespoons butter or margarine, softened**
- **1¼ cups sifted cake flour**
- **2 tablespoons sugar**
- **1 teaspoon baking powder**
- **¼ teaspoon salt**
- **2 egg yolks**
- **2 tablespoons light cream *or* milk**
- **4 fresh medium peaches, peeled, pitted, and sliced (3 cups)**
- **¾ cup sugar**
- **1 tablespoon cake flour**
- **½ teaspoon ground cinnamon**
- **3 tablespoons butter or margarine**
- **Whipped cream**

In mixer bowl cream the 6 tablespoons butter or margarine till light. Sift together cake flour, the 2 tablespoons sugar, the baking powder, and salt; gradually add to creamed mixture, beating thoroughly. Beat together egg yolks and light cream; stir into creamed mixture. Spread batter in bottom of greased 10x6x2 inch baking dish. Arrange peach slices over top. In small bowl combine the remaining sugar, the flour, and cinnamon. Cut in the 3 tablespoons butter or margarine till crumbly. Sprinkle evenly over peach slices. Bake in 350° oven for 35 to 40 minutes. Serve with whipped cream; garnish with additional peach slices, if desired.

RUBY WINE PEARS

The pears turn a bright ruby color as they allowed to cool in the syrup—

- **1 3-ounce package strawberry-flavored gelatin**
- **¾ cup boiling water**
- **1 cup ruby port**
- **6 inches stick cinnamon**
- **6 whole cloves**
- **6 ripe pears, peeled and cored**
- **Ground nutmeg**

In 2-quart casserole combine gelatin and water, stirring till gelatin is dissolved. Stir in port, cinnamon, and cloves. Add pears. Cover; bake in 350° oven for 50 minutes or till tender, turning pears several times. Serve warm or cold; sprinkle with nutmeg. Makes 6 servings.

STEAMED VEGETABLES

This dish can easily be cut in half—

- **2 cups thinly sliced carrots**
- **2 cups pearl onions**
- **2 cups thinly sliced zucchini**
- **16 ounces (6 cups) fresh mushrooms, halved**
- **6 tablespoons butter or margarine**
- **2 tablespoons lemon juice**
- **½ teaspoon salt**
- **⅛ teaspoon freshly ground pepper**
- **½ teaspoon dried marjoram, crushed**

Place carrots and onions in steamer basket; place over boiling water. Cover and steam for 8 minutes. Add zucchini; cover and steam till tender, 8 to 10 minutes more. Meanwhile, in large skillet cook mushrooms in butter or margarine just till tender, about 5 minutes. Add lemon juice, salt, pepper, and marjoram. Add steamed vegetables to mushrooms; stir gently to mix. Turn into serving bowl; spoon juices over vegetables. Makes 12 servings. ■

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begins on page 118

Cook on the move

MEAL-IN-A-SPUD

Bake, slice, and spread potatoes with horseradish mustard ahead of time. Later purchase the remaining ingredients and assemble potatoes at your picnic spot—

6 medium baking potatoes
Horseradish mustard
3 6-ounce packages (18 slices) sliced Canadian bacon
3 small tomatoes, sliced
8 ounces sliced cheese

Scrub potatoes, but do not peel. Cut each crosswise into 4 slices. Wrap each potato in a square of foil, overlapping and securing ends. Bake in 400° oven for 1 hour. Cool. Unwrap potatoes; separate slices slightly. Spread cut surfaces of potatoes liberally with horseradish mustard. Rewrap potatoes.

To assemble: Unwrap potatoes; place bacon slices and tomato slices between potato slices. Rewrap with foil. Place over *medium hot* coals and heat through, about 20 to 25 minutes, turning twice. Open foil; insert cheese slices between tomato and bacon slices. Return to grill just to melt cheese. Makes 6 servings.

SALMON-SLAW BUNS

Carry the salmon and rolls from home. Then purchase the coleslaw, sprouts, and tomatoes on the road—

1 7¾-ounce can salmon, drained, flaked, and bones removed
½ pint coleslaw (1 cup)
6 onion rolls, split
2 medium tomatoes, sliced
Alfalfa sprouts *or* shredded lettuce

Stir together salmon and coleslaw; spread about ⅓ cup salmon mixture in each of the six rolls. Top with tomato slices and sprouts. Serve with pickles, if desired. Makes 6.

SALAD BURRITOS

Let the vegetables marinate while you travel. Just before eating, purchase the cheese, lettuce, red or green pepper, and tortillas and have everyone make his own sandwich—

½ cup salad oil
3 tablespoons vinegar
½ envelope (3 tablespoons) taco seasoning mix
½ teaspoon sugar
1 8-ounce can garbanzo *or* kidney beans, drained
½ cup sliced pitted ripe olives
½ small onion, cut in rings

• • •

12 8-inch frozen flour tortillas
8 ounces monterey jack cheese, cut in strips
1 small head lettuce, torn
1 small sweet red *or* green pepper, sliced in thin strips

In screw-top jar combine salad oil, vinegar, dry taco seasoning mix, and sugar. Cover and shake well. Pour over a mixture of the beans, olives, and onion rings in a plastic bag. Seal bag and chill.

To assemble: Separate tortillas and let thaw a few minutes. Place cheese, lettuce, and pepper strips in plastic bag with marinated bean mixture. Close bag and rock it gently to toss. Spoon about ½ cup salad atop each tortilla; roll up, folding in sides. Serve with pickled peppers, if desired. Makes 6 servings.

MOCK CHERRY CHEESECAKE

Pack the cake and pie filling ahead. Purchase the cream cheese just before you're ready to eat—

8 slices pound cake
1 4-ounce container whipped cream cheese
1 21-ounce can cherry pie filling

Spread one side of each slice of pound cake with cream cheese. (For larger servings, stack two cake slices, cheese side up.) Spoon cherry pie filling over the slices. Makes 4 or 8 servings.

PUDDING DESSERT TOPPER

Stop to buy the yogurt just before lunchtime—

1 18-ounce can vanilla pudding
1 cup orange yogurt
¼ cup chopped walnuts
4 slices angel food cake

Combine pudding, yogurt, and walnuts. Spoon over angel cake slices. Makes 4 servings.

MARMALADE-ICE CREAM SANDWICHES

Prepare the waffles at home and add the ice cream later—

1 beaten egg
¾ cup milk
¼ cup chocolate-flavored syrup
2 tablespoons cooking oil
1 cup packaged pancake mix
⅓ cup chopped pecans
Orange marmalade
1 pint vanilla ice cream

Beat together egg, milk, syrup, and oil. Add pancake mix, beating just till blended. Stir in nuts. Bake in preheated waffle baker till done, making two 9-inch waffles. Cool. Separate each waffle into 4 sections. Spread *one side* of each waffle section with marmalade. Sandwich two sections, marmalade sides together and wrap in clear plastic wrap. Repeat with remaining sections.

To assemble: Slice the ice cream into four portions. Sandwich one portion between each set of two waffle sections with marmalade sides toward the ice cream. Spoon additional marmalade atop and garnish with orange slices, if desired. Makes 4 servings.

BROCCOLI CHOWDER

1 10-ounce package frozen chopped broccoli
2 teaspoons instant minced onion
½ cup boiling salted water
2 cups milk
1 can condensed cream of potato soup
½ cup shredded Swiss cheese (2 ounces)

Cook broccoli and onion in the boiling salted water till tender. Do not drain. Stir in milk and soup; heat through. Add cheese, stirring till melted. Cool slightly. Place *half at a time* in blender container. Cover and blend till smooth. Chill. Makes 4 servings.

APPLE-BROWN BREAD SANDWICHES

Pack the sandwiches straight from the freezer—they'll be thawed by lunchtime—

1½ cups all-purpose flour
½ cup sugar
3 tablespoons unsweetened cocoa powder
1 teaspoon salt
¾ teaspoon baking soda
1 beaten egg
1 cup buttermilk
¼ cup cooking oil
½ teaspoon vanilla
½ cup chopped walnuts
Whipped cream cheese

continued


Dole Pineapple in its own juice.
No extra heavy syrup,
no sugar added–just juice.
Dole
chunk
pineapple
IN ITS OWN JUICE
no sugar added
(And what a luscious dessert it makes
with ginger ale and whipped cream!)



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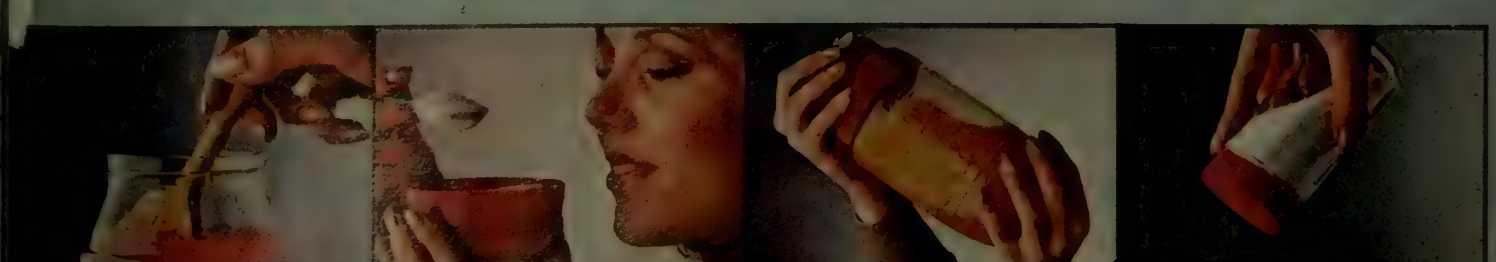
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Mix Measure Shake Sprinkle

Continued

Cook on the move

Crushed pineapple, drained
Apples

In mixing bowl stir together flour, sugar, cocoa powder, salt, and soda. Combine egg, buttermilk, oil, and vanilla; add to dry ingredients, stirring just till moistened. Fold in nuts. Grease and flour the *bottom only* of an 8x4x2-inch loaf pan; turn batter into pan. Bake in 350° oven for 40 to 45 minutes. Cool in pan 10 minutes; remove and cool on wire rack. Wrap and store overnight.

To make sandwiches: Cut bread into ½-inch slices, planning two slices per sandwich. Combine cream cheese and pineapple in desired amounts. Spread *half* of the bread slices with cream cheese-pineapple mixture. Top each with a second slice of bread. Wrap sandwiches individually in clear plastic wrap. Label and freeze. *To serve:* Core and slice apple. Insert three or more apple slices into each sandwich.

PEANUT BUTTER-DATE COOKIES

These sturdy peanut butter cookies travel well—

1 slightly beaten egg
½ cup granulated sugar
½ cup packed brown sugar
1 cup peanut butter
½ cup pitted whole dates, chopped

Blend egg and sugars; add peanut butter, mixing thoroughly. Stir in the chopped dates. Roll in 1-inch balls; place 2 inches apart on ungreased cookie sheet. Using a fork, press a crisscross in each. Bake in 350° oven for 10 to 12 minutes or till browned. Let cool about 2 minutes before removing from cookie sheet. Cool on wire rack. Makes 2 to 2½ dozen cookies.

LIVERWURST BUNDLES

For safety's sake, it's important that foods stay cold. Plan to eat the sandwiches while they're still chilly—

1 recipe Rye Bread Dough
Prepared mustard
Prepared horseradish
1 8-ounce package liverwurst, cut in 8 slices
8 thin slices onion
8 slices bacon, crisp-cooked, drained, and crumbled

Divide Rye Bread Dough into 8 pieces. On lightly floured surface roll each piece to a 5-inch circle. Spread dough with mustard and prepared horseradish to within ½ inch of edges. Place 1 slice liverwurst on one-half of each circle of dough; top with onion slice and a little crumbled bacon. Fold dough to form a half-circle and seal edge with tines of fork. Place on greased baking sheet; cover and let rise till almost double, about 30 minutes. Bake in 375° oven for 18 to 20 minutes. Cool the bundles on wire rack, then wrap individually in clear plastic wrap. Label and freeze. Makes 8 sandwiches.

To make Rye Bread Dough: In large mixer bowl combine 1 cup *rye flour*, ⅓ cup *all-purpose flour*, 1 package *active dry yeast*, and 1½ teaspoons *caraway seed*. In saucepan heat ¾ cup *milk*, 2 tablespoons *sugar*, 2 tablespoons *shortening*, and 1 teaspoon *salt* just till warm (115° to 120°), stirring till shortening almost melts. Add to dry mixture; add 1 *egg*. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in ½ cup *rye flour* and ⅔ to 1 cup *all-purpose flour* to make a moderately stiff dough. Knead on floured surface till smooth, about 8 to 10 minutes. Shape into a ball. Place in a greased bowl; turn once to grease surface. Cover; let rise till double, about 45 to 60 minutes.

PINEAPPLE-BANANA SLUSH

For an outing, carry a frozen block of this refreshing drink. By the time you arrive at your picnic site, the slush should be just melted enough to serve—

1½ cups unsweetened pineapple juice
1 6-ounce can lemonade concentrate
1 ripe medium banana, cut up
2 tablespoons sugar
Lemon-lime carbonated beverage, chilled

In blender container combine pineapple juice, lemonade concentrate, banana, and sugar. Cover; blend till smooth. Pour into plastic freezer containers. Seal and freeze firm. *To serve:* Thaw slush for 1½ to 2 hours. Spoon 3 to 4 tablespoons into each of four glasses; pour about ¼ can lemon-lime carbonated beverage over slush in each. Makes about 3 cups frozen slush.

SAVORY SOUP

Keep the soup piping hot in an insulated vacuum bottle—

1 3-ounce package Oriental-style noodle soup mix
1 1-ounce envelope wine sauce mix
3 cups water

In saucepan combine seasonings from soup mix and the dry wine sauce mix; stir in water. Break up noodles; add to saucepan. Bring to boiling; reduce heat and simmer, uncovered, for 3 minutes or till noodles are tender. Makes 3 or 4 servings.

FIESTA BEAN AND SAUSAGE SKILLET

1 16-ounce can whole tomatoes, cut up
1 cup water
1 6-ounce package Spanish rice mix
6 to 8 ounces sliced hard salami
1 15½-ounce can beans in chili gravy
Grated parmesan cheese

In skillet combine *undrained* tomatoes, water, and rice mix. Cut *half* of the salami into bite-sized pieces; stir into rice mixture. Cover and bring to boiling; stir well. Spoon beans in chili gravy into the center of rice mixture. Arrange remaining sliced salami atop rice. Sprinkle with parmesan cheese. Cover and simmer 10 minutes longer or till rice is tender. Makes 4 servings.

WHOLE WHEAT-BUTTERMILK BISCUIT MIX

If there are clumps in the dried egg substitute, press the egg through a sieve before adding it to the other ingredients—

8 cups all-purpose flour
2 cups whole wheat flour
1 cup dry buttermilk powder
3 envelopes (0.7 ounce each) dried egg substitute
⅓ cup baking powder
1 tablespoon salt
2 cups shortening (that needs no refrigeration)
¼ cup honey

In large mixing bowl thoroughly

continued

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Cook on the move

stir together flours, buttermilk powder, dried egg substitute, baking powder, and salt. Cut shortening into dry ingredients till mixture resembles coarse meal. Drizzle honey over flour mixture. Mix well. Store, covered up to six weeks at room temperature. Before measuring mix, stir lightly. Use to make Whole Wheat-Buttermilk Biscuits and Bacon Pancakes. Makes 13 cups.

WHOLE WHEAT-BUTTERMILK BISCUITS

Use a heavy skillet to "bake" these biscuits over the coals—

1½ cups Whole Wheat-Buttermilk Biscuit Mix (recipe page 140)
⅓ cup water
1 tablespoon shortening

In mixing bowl make a well in biscuit mix; add water all at once. Stir quickly with fork just till dough follows fork around bowl. Dust hands with some additional mix. Shape dough into a ball. Divide the dough into six equal portions; pat each into a round patty about 3 inches in diameter. Melt shortening in large heavy skillet over *low* coals; add biscuits. Cook slowly, uncovered, about 10 minutes or till biscuits are brown on bottom. Turn and bake, uncovered, till biscuits are baked through, about 10 minutes longer. Serve with honey, if desired. Makes 6 biscuits.

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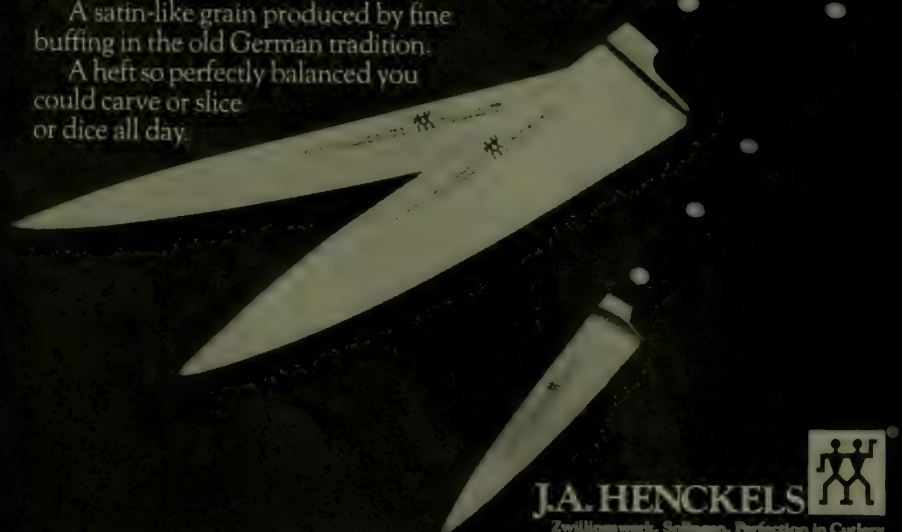
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SPICED ORANGE TEA

Serve it hot or cold—

1 9-ounce jar (1¼ cups) orange-flavored breakfast drink powder
¾ cup iced tea mix with lemon and sugar
1 teaspoon ground cinnamon
½ teaspoon ground allspice
¼ teaspoon ground cloves

Combine all ingredients; mix well. Store in an airtight container. Makes 2 cups mix.

For each serving: combine 1½ to 2 tablespoons *Spiced Orange Tea* and 1 cup *water* (cold or boiling) in a cup. Stir to dissolve.



GORP

Take this mix along as an energy-building between-meal snack or use it in Chocolate-gorp Pies—

1 cup quick-cooking rolled oats
1 cup shelled peanuts
½ cup shredded coconut
¼ cup wheat germ
½ cup honey
2 tablespoons cooking oil
1 cup candy-coated milk chocolate pieces
½ cup coarsely chopped mixed dried fruit
½ cup raisins

In bowl combine oats, peanuts, coconut, and wheat germ. Combine

continued



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6 tbsps. butter/margarine
1 teaspoon seasoned salt
2½ teaspoons soy sauce
¼ teaspoon onion powder or garlic powder
2 cups Corn Chex®
2 cups Rice Chex®
2 cups Wheat Chex®
1 cup pretzel sticks and/or salted nuts

Melt butter in electric skillet at 200°. Stir in seasonings. Blend well. Add Chex and pretzels or nuts. Mix until pieces are coated. Cover skillet, leaving lid vents open. Heat at 250° for 15 minutes. Stir midway. Cool on absorbent paper.

Note: A large skillet on the range top may be used. After pieces are coated with butter and seasoning, heat and stir for 10 minutes over low heat; cool.

continued

Cook on the move

honey and oil; stir into oat mixture. Spread out in a 9x9x2-inch baking pan. Bake in 300° oven for 30 to 40 minutes or till light brown, stirring every 15 minutes. Remove from oven. Transfer to another greased pan; cool without stirring. Break up large pieces; stir in candy pieces, dried fruit, and raisins. Store in a tightly covered container or plastic bag. Makes 6 cups.

CHOCOLATE-GORP PIES

You'll need to purchase a rectangular or round pie iron from your local camping supply store to make this campsite dessert—

2 5-ounce cans ready-to-serve chocolate pudding
8 slices cinnamon *or* white bread
¼ cup Gorp (recipe above)
Shortening (that needs no refrigeration)

Spoon about *two tablespoons* chocolate pudding on each of *four* bread slices. Sprinkle *1 tablespoon* Gorp over each. Cover with remaining bread slices. Heat pie iron over *hot* coals, about 3 minutes. Spread both halves of pie iron generously with shortening. Place one "pie" in iron. Close iron; cook over hot coals, turning to toast both sides, about 3 to 4 minutes per side. Repeat with remaining "pies." Makes 4.

BACON PANCAKES

Check a camping supply or sporting goods store for bacon bars—

Dried apples (optional)
2 cups Whole Wheat-Buttermilk Biscuit Mix (recipe on page 140)
1½ cups water
¼ of a 3-ounce bacon bar, crumbled (¼ cup)

• • •

Maple-flavored syrup

Rehydrate apples according to package directions, if desired. Stir together biscuit mix, water, and crumbled bacon bar. Mix till nearly smooth. Using ¼ cup batter for each, bake pancakes in a hot lightly greased skillet, turning once. Top with rehydrated dried apples. Serve with maple syrup. Makes ten 4-inch pancakes.

MOCHA MIX

1 8-quart box (10 cups) nonfat dry milk powder
1 16-ounce can (2 cups) pre-sweetened cocoa powder
1 6-ounce jar (1¾ cups) powdered nondairy coffee creamer
1 2-ounce jar (¾ cup) instant coffee crystals

Combine all ingredients thoroughly. Store in tightly covered container. Makes about 14 cups mix.

For each serving: Stir together ⅓ cup *Mocha Mix* and ¾ cup *hot water* in a cup. Top with marshmallows, if desired. ■

begins on page 124

The gourmet canoeist

BLISS SPRINGS CHICKEN

To take chicken on any outing, pack it cold in an ice chest—

1 cup instant mashed potato buds
1 teaspoon paprika
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon dried tarragon, crushed
⅛ teaspoon garlic powder
8 medium chicken breasts, split
Milk

In shallow bowl combine instant mashed potato buds, paprika, salt, pepper, tarragon, and garlic powder. Dip chicken breasts in milk, then roll in potato mixture. Arrange in a 15½x10½x2-inch baking pan. Bake in a 375° oven for 50 to 60 minutes. Cool. Seal in plastic bags. Refrigerate. Serve cold. Makes 8 servings.

DEVILED EGGS WITH CAVIAR AND CAPERS

These deviled eggs are dressed "gourmet-style"—

6 eggs, hard-cooked and halved lengthwise
¼ cup mayonnaise or salad dressing
1 teaspoon vinegar
1 teaspoon prepared mustard
⅛ teaspoon salt
Dash pepper
2 tablespoons canned caviar
2 tablespoons capers, drained

Remove yolks from hard-cooked egg halves. Set whites aside. Mash yolks. Stir in mayonnaise, vinegar, mustard, salt, and pepper. Refill egg white halves with yolk mixture. Chill. To serve top each egg half with caviar and capers. Makes 12 halves.

BOILED LOBSTER TAILS

Drop *frozen rock lobster* tails into boiling salted water to cover. Bring to boiling; simmer 3-ounce tails 3 to 4 minutes; 6-ounce tails 8 minutes; and 8-ounce tails 11 minutes. Drain boiled lobster tails. With scissors, cut down each side of thin underside membrane and remove undershell. Serve warm *or* seal in plastic bags and chill till serving time.

To remove cooked meat, grasp the tail. Insert index finger between shell and meat; pull firmly, separating shell and meat. Plan one 3-ounce lobster tail per person. Serve with *melted butter or margarine.*

EGGS CREOLE

1 28-ounce can tomatoes, cut up
1 cup chopped celery
½ cup chopped green pepper
¼ cup chopped onion
1 teaspoon salt
⅛ teaspoon pepper
1 bay leaf
1 16-ounce can peas
1 tablespoon cornstarch
1 tablespoon cold water
8 eggs

• • •

1 slice white bread, torn into fine pieces
1½ cups shredded cheddar cheese (6 ounces)

In large saucepan combine *undrained* tomatoes, celery, green pepper, onion, salt, pepper and bay leaf. Simmer, covered, till vegetables are tender, about 20 minutes. Cool. Seal in plastic bag set in a bowl. Chill.

In 12-inch skillet combine tomato mixture and *undrained* peas. Bring to boiling. Blend cornstarch and water; stir into tomato mixture. Cook and stir till slightly thickened and bubbly. Remove bay leaf. Break eggs, one at a time, into a saucer then slip them into simmering mixture. Cover; reduce heat to low and simmer 5 to 7 minutes or till eggs are desired doneness. Sprinkle with bread pieces, then top with cheese. Cover and heat 1 minute longer till cheese melts. Makes 8 servings. ■



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Royal Gelatins and fruit are great together! You'll go bananas over our money-saving offers. Just send in the proofs of purchase from six packages of any Royal Gelatin flavors, together with the mail-in offer blank below and we'll send you a 75¢ coupon good for your next purchase of fruit! Yes, we'll save you 75¢ on fresh or canned fruit that goes so naturally well with the extra-fruity flavors of Royal Gelatin.

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After Homes & Gardens

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8398

SAVE 10¢

10¢

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MR. GROCER: Standard Brands will pay the face value plus usual handling charges provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Void if prohibited, taxed or restricted. Good only in U.S.A. Customer must pay any sales tax. Cash value 1/20th of 1¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Redeem only through our representatives or by mailing to Standard Brands Incorporated, P.O. Box "C," Wilkes-Barre, Pennsylvania 18703

TO HOMEMAKER: This coupon is good only on the product indicated. Any other use constitutes fraud. LIMIT—ONE COUPON PER PURCHASE. COUPON EXPIRES ON JUNE 30, 1978.

10¢

Another fine product of *Standard Brands.*

8398

STORE COUPON



Bet he tells all the kids what a great cook you are.

There's just nothing like the aroma of homemade bread and fresh from-the-oven baked goods to turn the family on.

And the KitchenAid heavy-duty Food Preparer has everything you need to make it easy.

KitchenAid has been famous for many years for its ability to knead bread dough. And it whips and mixes in a way that is unique to KitchenAid. Its single beater, round-the-bowl mixing action mixes more volume faster. And you don't have to keep scraping the bowl.



But we know man does not live by bread alone. So, with available attachments, you can also use your Food Preparer to grind meat, stuff sausage, mill grain, juice fruit, slice and shred vegetables, or open cans.



Every family deserves a versatile KitchenAid Food Preparer. You'll find it at department, hardware, and other fine stores. For more information, write KitchenAid, Dept. 7HC-6, Hobart Corporation, Troy, Ohio 45374.

KitchenAid® Food Preparer.

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Make It Apricot!

Sunny apricots are abundant now so make the most of them with thi scrumptious lattice-top pie. Whe you're choosing apricots, reject th softies with dark spots and ones tha look wilted or shriveled. Plump, firm and golden yellow apricots have th best flavor.



Photograph: Photography In

FRESH APRICOT PIE

For easier peeling, dip the apricots in to boiling water for half a minute, the slip off the skins—

1 recipe Plain Pastry
¾ cup sugar
3 tablespoons all-purpose flour
¼ teaspoon ground nutmeg
12 to 14 fresh apricots, peeled, pitted, and sliced (3 cups)
1 tablespoon lemon juice
1 tablespoon butter or margarine

On lightly floured surface, roll ou and fit half the Plain Pastry into inch pie plate. In bowl combine su ar, flour, and nutmeg; add apricot and toss lightly. Add lemon juice an toss again. Turn into pie plate. Do with butter or margarine. Roll out re maining pastry and cut ½-inch-wid strips. Weave strips atop filling t make lattice crust. Crimp edges. Bak in 425° oven for 30 to 45 minutes.

To make Plain Pastry: Stir togeth 2 cups *all-purpose flour* and 1 teaspoo *salt;* cut in ⅔ cup *shortening* till piec are the size of small peas. Sprinkle tablespoon *water* over part of the mi ture. Gently toss with a fork; push side of bowl. Repeat with 4 to 6 tabl spoons more *cold water* till all is moi tened. Divide dough in half; form in balls. ■



Homemade! The most delicious jam your family ever got into.

And you made it without even cooking.

You start with fresh ripe strawberries and juicy oranges. And end up with the tastiest jam that ever met a muffin. CERTO® or fast-dissolving SURE-JELL® Fruit Pectins make it so simple you don't even cook the fruit. Which means you don't lose the fresh fruit flavor. And it takes only minutes. Dozens of recipes come in the packages. You'll love how easy they are. Your family will just plain love them.



Strawberry Orange Jam

- 1½ pints strawberries
- 1 tablespoon grated orange rind
- ¼ cup chopped orange sections (1 medium orange)
- 4 cups sugar
- 2 tablespoons lemon juice
- ½ bottle CERTO® Fruit Pectin*

Use containers, one pint or less, with tight lids. Wash and scald or use dishwasher with very hot water.

Stem and crush strawberries. Combine 1½ cups berries with orange rind and sections. Stir in sugar; let stand 10 minutes. Mix lemon juice and fruit pectin. Add to fruit; stir 3 minutes. Ladle at once into containers; cover. Let stand 24 hours, then refrigerate up to 3 weeks or store in freezer. Makes 5 cups.

To use SURE-JELL® Fruit Pectin: Prepare as above, adding lemon juice to fruit and sugar mixture. Mix ¾ cup water and 1 box SURE-JELL® in saucepan. Boil 1 minute, stirring constantly. Add to fruit and continue as above.

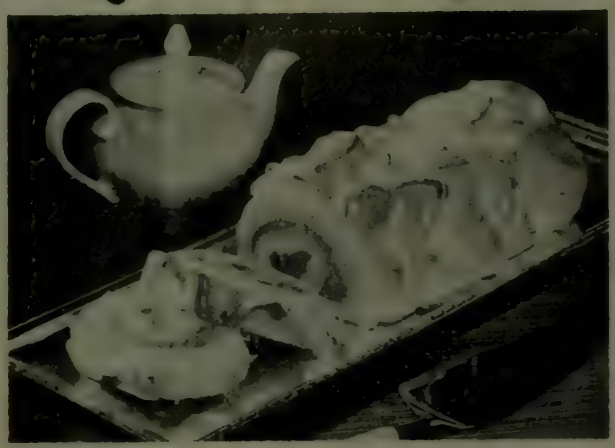
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Fresh strawberries and oranges make it scrumptious.
CERTO® or SURE-JELL® makes it easy.

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STEP-BY-STEP COOKING

A Special Cake Roll



When the great taste of lemon meringue pie is rolled up in a cake, you have an irresistible dessert. Difficult to make? Not at all. Follow along and we'll show you how.



Step 1



Step 4



Step 6



Step 8

Photographs: Dieter

SNOWCAPPED LEMON ROLL

4 egg yolks
⅔ cup granulated sugar
½ teaspoon finely shredded lemon peel
1 tablespoon lemon juice
4 egg whites
⅔ cup sifted cake flour
¼ teaspoon salt
Powdered sugar
1 recipe Lemon Filling
1 recipe Meringue

Step 1: In small mixer bowl, beat egg yolks at high speed on electric mixer till thick and lemon-colored, about 5 minutes. Gradually add *⅓ cup* of the granulated sugar, beating constantly. Stir in peel and juice.

Step 2: In large mixer bowl, beat egg whites till soft peaks form (tips curl over); gradually add the remaining granulated sugar, beating till stiff peaks form (tips stand straight).

Step 3: Gently fold yolks into whites.

Step 4: Sift together flour and salt. Gently fold cake flour, half at a time, into egg mixture just till blended, using a down-up-over motion.

Step 5: Spread batter evenly in greased and floured 15x10x1-inch jelly-roll pan. Bake in 350° oven 15 minutes or till cake tests done. (Wooden pick inserted off-center of cake should come out clean.)

Step 6: Loosen sides of cake; immediately turn out onto towel generously sprinkled with powdered sugar. Starting at narrow end, roll up cake and towel together; cool.

Step 7: Prepare Lemon Filling and let cool. Carefully unroll cooled cake. Spread Lemon Filling evenly over cake. Roll up again.

Step 8: Prepare Meringue. Place cake roll on ungreased baking sheet. Spread Meringue over top and sides of cake. Bake in 350° oven for 12 to 15 minutes. Makes 10 servings.

LEMON FILLING

¾ cup sugar
2 tablespoons cornstarch
Dash salt
¾ cup cold water
2 slightly beaten egg yolks
1 teaspoon finely shredded lemon peel
3 tablespoons lemon juice
1 tablespoon butter or margarine

In saucepan, combine sugar, cornstarch, and salt; gradually add water. Stir in egg yolks, lemon peel, and juice. Cook and stir over medium heat till bubbly. Boil 1 minute; remove from heat. Stir in butter or margarine. Cool without stirring. Makes 1⅓ cups filling.

MERINGUE

2 egg whites
¼ cup granulated sugar

Beat whites to soft peaks. Slowly add sugar; beat to stiff peaks. ■



What makes Wish-Bone® Deluxe French Dressing, deluxe.

Only one French dressing bears the name, deluxe. Wish-Bone Deluxe French Dressing.

We think it is the most delicious French dressing you have ever tasted.

Wish-Bone Deluxe French Dressing is a mingling of rare spices, herbs and ripe firm tomatoes with pure golden oil and a delicate vintage vinegar.

We balance and blend these ingredients in a very special way to bring Wish-Bone Deluxe French Dressing to the peak of flavor. Creamy. Velvety-smooth. And mild.

True French flavor that always lets the fresh crisp taste of your salad greens and vegetables come through.

True French flavor that your whole family will love. Wish-Bone Deluxe French Dressing.

When a salad dressing is made with so much care and tastes so delicious, it deserves the name, deluxe.

Wish-Bone. Salad dressing is the only thing we put our name on.

Kelvinator knows what you want: More food storage space in the same old kitchen refrigerator space. OK?



Dennis James speaks for Kelvinator.

"You know what Kelvinator did?

They found a whole new way for insulating refrigerators, that's what.

In technical jargon, it's called foamed-in-place insulation. But Kelvinator calls it Trimwall, because it lets them build their refrigerators with thinner walls. Which lets them add storage space inside without adding storage problems outside.

If that's all Trimwall did, it'd be plenty. But – how nice! – that isn't all it does. It saves you money, too.

Trimwall insulation seals every inch of wall space like no ordinary insulation can. So you use less electricity, because more of the cold stays right where it belongs. Inside.

And what an inside it is! With no-frost freezer and no-frost refrigerator. With optional ice maker and see-through controlled-cold meat compartment. With adjustable shelves and see-through vegetable crispers.



Or in other words, with beauty and and brains.

Kelvinator refrigerators are designed for the way you want to live today. So what do you say? Go down to your Kelvinator dealer, and open the doors on one.

Just to see what you've been missing. OK? OK!"

KELVINATOR ENERGY SAVERS

Your money's worth!

REFRIGERATORS • LAUNDRY EQUIPMENT • ELECTRIC & GAS RANGES • DISHWASHERS • ROOM AIR CONDITIONERS FREEZERS • TRASH COMPACTORS • GARBAGE DISPOSERS • HUMIDIFIERS • DEHUMIDIFIERS

One of the White Consolidated Industries

Canned food storage

To be sure canned foods will be at their flavor peak when you serve them, follow these suggestions.

Health life versus shelf life

- The *health life* of canned foods (the length of time they're safe to eat) is forever. That's because what's inside the can has been sterilized. As long as the food has been properly canned and the seal stays airtight, the food won't spoil.
- On the other hand, processors usually say that the *shelf life* of canned foods (the time the food tastes its best) is about one year. This doesn't mean you need to toss the can after a year. What it does mean is canned food loses some flavor and nutrients in storage.
- Avoid buying any badly dented canned food. It could develop a leak.
- Small dents on the body of a can are generally harmless but reject a can with a dented side or end seams, visible leaks, or swollen ends.

Shelve it right

- To make sure canned foods stay their best, keep them in a cool (below 70 degrees F.), dry, and dark place.
- For safety's sake, discard any can that's very rusty. The rust may eventually affect the seal of the can.
- If you buy a big supply of canned food, be sure to date the cans and rotate them, using the oldest first.

Opened cans

- Once opened, store the can, covered, in the refrigerator. You can keep food in its original can for a day or two.
- For longer storage, especially when the food is high in acid, such as tomatoes and pineapple, transfer the food to a covered glass or plastic jar.
- Store canned juices in airtight containers to preserve the vitamin C. ■





Almond Chicken Salad
wouldn't be Almond Chicken Salad
without almonds.

3 cups chopped cooked chicken, ½ cup Italian salad dressing, 1 tablespoon soy sauce, ½ cup toasted FUNSTEN sliced almonds, 1 stalk green onion, thinly sliced, 2 stalks celery, thinly sliced, 8 cups torn lettuce; combine all ingredients except lettuce. Serve chicken mixture on bed of lettuce.



Funsten ALMONDS PET

Send 50¢ for additional recipe booklet to:
FUNSTEN, P.O. Box 3228, Modesto, California 95353.



LOW-CALORIE MAIN DISHES
VEGETABLE CASSEROLES

Are you a whiz at dreaming up calorie-shy main dishes? Do your winter vegetable casseroles win praise from all your friends? Send us your recipes—you could be a prizewinner next January. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each, and 10 Honor Roll Winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next January. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Low-calorie Main Dishes
These can feature meat, fish, poultry, and eggs. What calorie-counting substitutions do you make for rich ingredients? Tips: **orange-sauced fish, tarragon chicken, light-and-lean chef's salad.**

Winter Vegetable Casseroles
Do you team fresh, canned, or frozen vegetables with exciting seasonings or a creative sauce in an oven-baked side dish? Hints: **potato-carrot puff, cheesy green bean bake,** and **broccoli-rutabaga duo.**

THIS MONTH'S WINNERS

(See recipes on pages 131 and 132.)

Cooks-of-the-Month

Matilene Boyce, Aiea, Hawaii
Mrs. Jeanne Nygard, Chehalis, Wash.

Runners-up

Raedene Boget, Shawnee, Kans.
Mrs. Marsha K. Hartmann, Madison, Wis.
Vivian Jury, East Canton, Ohio
Mrs. P. D. McCaffrey, San Diego, Calif.

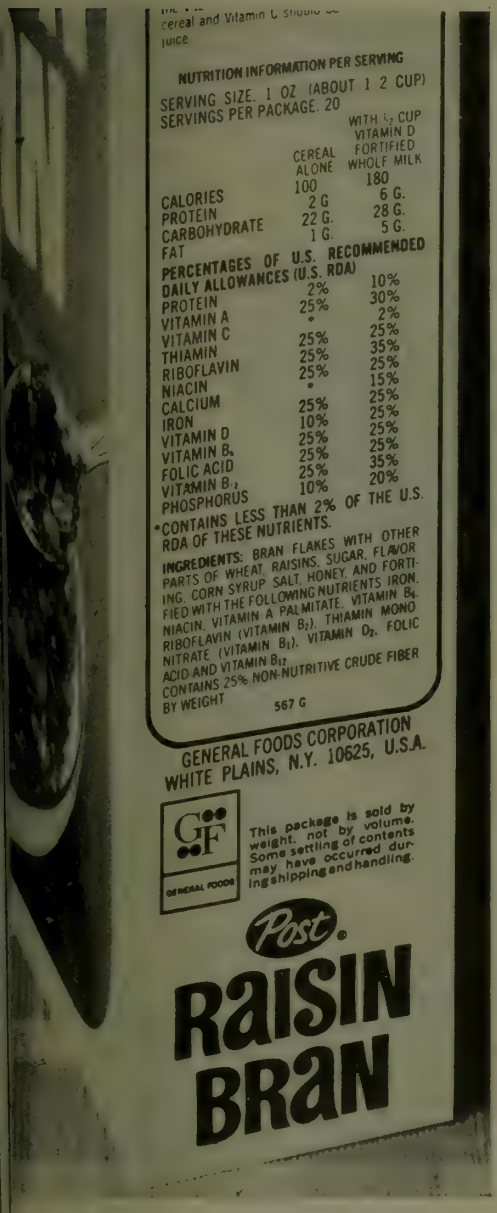
Honor Roll

Mrs. James H. Campbell, Lincoln, Mich.
Norma Jean Coppenbarger, Sacramento, Calif.
Ruth Dickinson, Scotia, N.Y.
Ms. Anna Fortune, Melbourne, Fla.
Mrs. M. E. Johann, Bloomsburg, Pa.
Pippa Lawson, San Francisco, Calif.
Mrs. Rita Logan, Topeka, Kans.
Mrs. L. C. McBride, Colorado Springs, Colo.
Mrs. Sarah Paul, Philadelphia, Pa.
Mrs. Mary Sullivan, Pittsburgh, Pa.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "January Low-calorie Main Dishes" or "January Winter Vegetable Casseroles."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, June 30. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7706 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

"Dear General Foods, All this talk about nutrition gives me 100% of my daily requirement of confusion."



There's a tendency for people's eyes to glaze over when reading things like "25% U.S. RDA Thiamin."

You'll find mysterious-sounding items like this on the nutrition labels on many General Foods products. And while these labels are useful in telling you what's in foods or helping you choose foods for their nutritional value, their usefulness is limited as long as they remain mysterious-sounding.

Of course, there's room on the labels only for facts, not explanations. So to help you better understand them, we'd like to provide a few explanations here.

We'll take as our example the label from Post® Raisin Bran cereal—but the pointers, of course, can apply to many other products as well.

What's a U.S. RDA?

It stands for United States Recommended Daily Allowance, and it tells you the amounts of various nutrients considered adequate for maintenance of good nutrition in most healthy persons in the United States.

A glance at the Post Raisin Bran label, for example, tells you that one serving (without milk) gives you 25% of the U.S. RDA of Vitamin A. With milk, it becomes 30%—plus 35% of the U.S. RDA of Vitamin B12, and so on.

Who determines what goes on the label? The U.S. Food and Drug Administration. And their U.S. RDA figures are useful not only in evaluating the nutritional content of a food, but in helping plan your menu.

Our label tells you, for example, that Raisin Bran cereal doesn't supply Vitamin C. Which is a strong argument for including a source of Vitamin C in your breakfast. (A 4-oz. glass of Tang brand instant breakfast drink, for example, gives you 100% of the U.S. RDA of Vitamin C.)

Riboflavin, Thiamin and other mysteries.

Besides the familiar items on the label (Vitamin A, etc.), there are several less familiar ones (Riboflavin, etc.).

A complete explanation of some of these nutrients would take a full booklet, and we'll tell you how to get one shortly. In the meantime, here's a quick glossary of some of the nutrients on the Raisin Bran cereal label: *Thiamin*. A vitamin that promotes normal appetite and digestion, and helps the body change carbohydrates in food into energy. *Riboflavin*. Like Thiamin, a vitamin important in the body's use of food to release energy. *Niacin*. A vitamin that also helps the body's release of energy. *Vitamin A* is needed to help maintain skin, membranes and eyes in a healthy state. *Vitamin C* is important in the formation of connective tissue. *Calcium* is a mineral important in making bones and teeth. And the mineral *Iron* is vital in carrying oxygen to the cells.

These nutrients (plus protein) are the ones for which the Food and Drug Administration requires the % U.S. RDA to be listed in every nutrition label. Our labels often exceed this. The Post Raisin Bran cereal label, for example, lists 13, instead of just the 8 required.

In short, General Foods' products carry nutrition labels when the product is one that's ordinarily eaten for its nutritional value. But there are some products—condiments such as our Good Seasons® salad dressings, for example—that aren't. These products are the exception to the rule, and usually don't carry nutritional labels.

How to read the ingredients.

What's so difficult about reading a list of ingredients? Nothing, really—but here, too, the more you know, the better.

Did you know that ingredients are listed on all General Foods products, and they are listed in order according to how much of each is present in the food? Thus there's more bran flakes in Raisin Bran than anything else, since bran flakes is listed first. Next is raisins, and so on.

How to find out more.

This short course in label-reading won't solve all the mysteries surrounding nutrition—but it is a beginning.

To help you better understand this important subject, we'd like to send you a 56-page booklet you can use as a reference, *Nutrition Information Can Work For You.* For your free copy, write to Miss Peggy Kohl, Vice President, Consumer Affairs, General Foods Consumer Center, White Plains, N.Y. 10625. (One to a family, please.)

Our reasons for telling you all this are a mixture of helpfulness and pride in our products. The more you understand about food, the better off you'll be. And the more you understand about our foods, the better off we'll be.

GF
GENERAL FOODS

©General Foods Corp. 1977

MONEY Margaret Daly

WHEN A FAMILY FIGHTS OVER FINANCES

It's a rare family that escapes money squabbles altogether. In fact, over half the families interviewed in a national survey sponsored by General Mills in 1974 admitted that they fought about money a lot. With some families, money conflicts disguise other problems, and professional counseling may be in order. But experts generally agree that most families can take a number of steps on their own to help stop fighting and start handling money matters productively.



Know what you're fighting about

Money means so many different things to different people that it takes a serious, honest effort to sort out what's really going on in any household. The problem is, money rarely represents just what it can buy. It also can symbolize everything from power to security to prestige to love.

"Like all symbols," observes Dr. J. Gary May, director of inpatient adolescent psychiatry at the University of Colorado Medical Center, "money becomes quickly misunderstood because it impinges upon feeling systems. Money and feelings are very much tied together."

"A key task is to find out whether money is the problem or the vehicle," says Dr. K. Edwin Graham, director of educational services for the American Council of Life Insurance. Money fights often are pure power struggles, for example—usually between spouses, but sometimes between parent and youngster. The person with money—breadwinner, heiress, parent, or whoever—tries to dominate by withholding cash or complaining about mismanagement. The victim retaliates with a shopping spree or some other irresponsible act. There's a huge fight, with little resolution. Yet the whole issue isn't money at all; it's really who's going to be in control of whom.

Other problems of control can arise when one spouse is much better trained to handle family finances or just has a natural ability for the job. The other person may feel overwhelmed by money matters, but is reluctant to admit it because he or she doesn't want to be left out of important financial decisions. On the surface, the couple's fights are about specific money choices. Underneath, however, one person is feeling very much controlled by the mate who has taken charge.

Some couples even get enmeshed in a childish sibling-like rivalry about money. One person buys something special for himself or herself. The other yells about profligate spending, but his real emotion is jealousy. (Parents can feel that way about spending for their kids, too, though that's hard for an adult to admit.)

The true feelings behind fights about finances may seem embarrassing or inappropriate. Nevertheless, the underlying causes must be ferreted out before you can begin to understand what prompts many money battles.

Examine conflicting values

Sometimes quarrels involve genuinely different values about money. What seems "reasonable" spending behavior to someone raised one way may seem an extravagance to the other person. In fact, couples can have different attitudes about all sorts of questions: How much money should be saved for emergencies? How much house does the family need? Should the kids help pay their way through college?

How you approach such issues often will reflect hidden attitudes about how money should be used. Those attitudes are difficult to recognize. Too often, people assume that others agree with their basic values. Instead, couples should try to articulate their money values to see where agreement lies and where there's disagreement.

Recent societal changes cause problems, too. More and more women have become breadwinners, for example—a role that can threaten traditional values of husband or wife or both.

Also, we live in times of rising expectations. Many people feel they're entitled right away to the things that money can buy. Yet inflation, debt pressures, and other realities have thwarted those expectations. Quite humanly, stifled expectations often lead to anger.

Learn to talk about money

Because money has symbolic as well as practical aspects, it's not an easy subject to discuss. A basic problem is the tendency to claim that the other person is always at fault. Rather than just blaming the other, you each must examine your own feelings, motivations, and expectations before you can even begin to discuss money matters calmly.

Dr. Alfred A. Messer, an Atlanta research psychiatrist who specializes in family counseling, suggests that

continued

Drawing: Carlson & Partners

Introducing new Apricot Flavor Jell-O® BRAND GELATIN

It's sweet. It's tart. It's always in season.



...dessert, try new apricot ... Jell-O® Gelatin in Whipped Apricot Delight. Here's how to make it:

Whipped Apricot Delight

1 can (8¾ oz.) apricot halves, drained
1 package (3 oz.) JELL-O® Apricot Flavor Gelatin
1 cup boiling water
2 cups ice cubes

Cut apricots in quarters; set some aside for garnish, if desired. Dissolve gelatin in boiling water. Add ice cubes and stir until gelatin begins to thicken, about 3 to 5 minutes. Remove any unmelted ice. Measure ½ cup gelatin; set aside. Add apricots to remaining gelatin; spoon into 4 dessert glasses. Whip measured gelatin with hand beater until fluffy and thick. Spoon into glasses and chill until set. Garnish with thawed BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping and reserved apricot quarters, if desired. Makes 3 cups or 4 servings.

Start with Jell-O®
Brand Gelatin

STORE COUPON

5¢ OFF WHEN YOU BUY TWO 3-OZ. PACKAGES or ONE 6-OZ. PACKAGE OF JELL-O® BRAND GELATIN

TO THE RETAILER: General Foods Corporation will reimburse you for the face value of this coupon plus 5¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corporation, Coupon Redemption Office, P.O. Box 103, Kankakee, Illinois 60901.
LIMIT- ONE COUPON PER PURCHASE
Offer expires June 1, 1978.
This coupon good only on purchase of Jell-O® Brand Gelatin. Any other use constitutes fraud.

GENERAL FOODS CORPORATION

New apricot JELL-O gelatin dessert

5¢ OFF

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GENERAL FOODS

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continued

Family finances

you start by trying to remember how your family felt about money when you were a child. "How money is viewed and handled tends to get passed from one generation to the next," he says. "Those childhood memories can help adults figure out what's really going on when they fight about money."

Was talk about money forbidden in your childhood household? Were fights or punishments involved? Did cash replace a hug? Were richer neighbors envied?

Exploring questions about the past may bring some understanding about your actions today. Insight isn't enough, however. It's also important to speak up honestly about your feelings and expectations, even though they may seem inappropriate or be in conflict with what others in the household feel.

You don't have to act on your feelings, of course. The important thing is to identify them openly; otherwise, they'll exert hidden pressures that can lead to angry conflict.

If you find you have difficulty talking about money, talk about the difficulty you're experiencing. That can be a good way to get through some communication barriers, family counselors find.

Make money matters routine

"Try to liberate the discussion of money in the family," Dr. Messer urges. "Create a climate where money issues are seen as ordinary, day-to-day matters."

One way is to let your kids practice handling money. For example, have a teen-ager order the meal at a restaurant, check the bill, add the tip, and handle the cash. Bring youngsters in on the bill-paying sessions, too—perhaps by helping to list what's due and which bills will be paid when.

Also set up specific routines for money discussions. You might have regular family conferences where you all can review the current situations and speak up freely about family and personal needs and goals —whether a new bike, food bills, or vacation or retirement funds. Be sure to include the kids in those sessions. The younger ones need not be brought in on every detail, but it's important that they have a sense of participation. Significantly, the General Mills study found there was generally less fighting about money in those families where the children were included in discussions of money matters.

One caution: When the family agrees on specific plans, be sure to make a record of the conclusions. They can be revised in later meetings, but the specific records can help cool conflict.

Develop a sound money system

One of the best deterrents to fighting is to set up a smooth-running system of money management. That way, you are more likely to know what to expect and how to handle it —and less likely to squabble about mismanagement.

Take the time to set up a good system. Talk over and agree upon specific responsibilities. Don't rely on traditional roles; let talent, time, and interest dictate who does what.

Be sure you all understand what is going on, and that you communicate regularly. Talk over any major purchase decisions in advance. And stay flexible; no system is perfect.

A tip from Dr. Graham: Any sound money plan should include some sort of an "allowance" for each person, no matter who contributes what. Each family member must be able to count on the freedom of having at least a little cash to spend with no accountability to anyone else. The amounts should be negotiated from time to time—but to get an increase, the individual must be conscientious about thinking out and presenting his or her reasons for wanting more money.

Anticipate short fuses

A lot of conflicts about money may be averted if you can anticipate problems in advance. Of course, you can't always foretell real crises, like a job layoff or sudden spurt in living costs. But you can nip some conflicts in the bud if you're aware of what situations tend to set sparks flying in your household.

Do you get on each other's nerves when you're paying bills? Does a youngster's request for cash or the car always trigger a sharp response? How do you react when your spouse buys something special just for his or her own pleasure?

Once you identify your family's particular sore spots, you'll find it easier to check your reactions before they lead to real conflict. As you sit down to pay bills, for example, remember that the activity makes you both nervous (if that's the case in your house). Then, if some bickering begins, perhaps you can control your reactions enough to avoid escalating into a fight. At the least, learn to count to ten. That discipline alone can forestall many a fracas.

Plan for crises

What can you do to soften the trauma of a real money crisis, like a job loss or huge medical expense? Your best recourse is advance planning. Draw up a detailed picture of your resources now—cash reserves, borrowing capacity, insurance coverage, other possible income. Then work to build up reserves—three months' take-home pay, at least. And talk over contingency action plans. For example, if you agree you would sell your second car if necessary make sure you both are clear about whose car will be sacrificed and how you'll combine forces to minimize the inconvenience.

Dr. Graham points out that family friction is often triggered by specific changes in the life cycle—a job switch, a major illness, or a child's going off to college. If you and your spouse talk in advance about how you may react to such changes, you'll be better prepared to manage the change amicably. Incidentally, don't assume that money battles only explode in hard times; the most critical family set-tos often come with good fortune, not bad.

Crisis or not, remember that unspoken fears can jolt any conversation into a full-fledged fight. One of you might think you cannot afford more life insurance, for example, while the other may secretly be frightened at the prospect of getting along without the extra money a policy would pay in the event of

continued



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trate on your own feelings and take responsibility for your own actions.

2. Practice saying "I" rather than "you." For example, if something your spouse is doing really gets to you, don't say, "You make me furious." Say instead, "I am furious." That way you focus on your own feelings rather than put the blame smack on the other person. (When someone is put on the spot by being blamed for making the other person feel a certain way, the natural reaction is to defend, dig in on his or her position, and retaliate with a counter accusation. And that's bound to lead to a full-fledged battle.)

3. Give the other viewpoint a chance. Make it a cardinal rule to listen to the other side before responding. Don't interrupt.

4. Test your listening ability. Repeat what you think the other person has said before going on with your own point. Give the other person a chance to correct your assumption about what he said. Start your statement with words such as, "If I heard you correctly, what you are saying is this. . ."

Improve your money skills

Few people have been taught adequate money management skills in school or in the home. Fortunately, a growing number of resources is available to help you master everything from balancing a checkbook to investing in the stock market.

Watch your newspapers for notices about adult edu-

continued

Family finances

death. Or, one of you might be anxious about a threat to your job, but you're ashamed to talk about the fact that you may be fired.

Whatever the fear, communicate. To repeat, trying to express your anxiety in words can help lessen the fear and make talking about money matters easier.

One calming technique many psychologists suggest is to ask yourself, "What's the worst that can happen?" Just articulating the answer, as awesome as it may be, often takes the edge off the fear. As you work back from "what's the worst?" to less critical (and more likely) possibilities, disaster feels less imminent. Realistic options begin to emerge. The situation seems more manageable, and the chances for a fight diminish.

Use fair-fight rules

No family is going to escape fights about finances altogether. When you do find you're fighting, it's possible to lessen the tension and resolve matters faster by following some commonsense rules. They're guidelines that family counselors find to be helpful in almost any conflict—about money or not. And remember, these rules should apply to fights between you and your kids as well as between you and your spouse.

1. Don't focus on the other person's behavior. Concen-





cation classes or seminars held by local financial institutions. Also collect pamphlets offered by banks, insurance companies, and other institutions. Watch personal finance programs on public TV. Read money management articles in magazines and newspapers.

Seek professional help

There's no need to be ashamed of money problems these days. We live in a complex world, with increasing financial pressure. People from every walk of life are having trouble. That's why more and more institutions, such as churches, businesses, credit unions, schools, and public agencies, are training personnel for professional guidance about money problems. Don't hesitate to use those resources.

When fights about money persist, or someone in your family has a serious problem (compulsive gambling, for example), you had better seek professional family counseling or private psychotherapy. Just learning better financial skills may not be enough.

However, if your problems arise mainly from mismanagement, you can get help—often at little or no cost—from consumer credit counsels throughout the U.S. They will go over your cash flow with you, show you how to set up and stick to a budget, help you sort out your debts so you can pay them off responsibly.

These counselors will even intervene to get creditors off your back, provided you show a genuine desire to get your finances in shape. (In that case, be prepared for the possibility that the credit counselor may require you to surrender part or all of your pay into his care. He'll give you an "allowance" for your basic day-to-day needs, but he'll allocate the rest of the funds where he sees fit—to creditors, savings, or whatever. In other words, he'll help you learn the discipline you need, and he'll stay in charge until you show the ability to repay your obligations and run your budget yourself.)

Even if you are not overwhelmed by debts, a talk with a credit counselor can be helpful. In fact, many counselors welcome the chance to review your finances with you to see if you're on the right track. For a listing of credit counsels in your area, write the *National Foundation for Consumer Credit, 1819 H St., N.W., Washington, D.C. 20006.* Or ask your banker or another local finance person where you can get this kind of counseling.

When you don't know a financial counselor personally or through a trusted recommendation, check with the Better Business Bureau, a local consumer help agency, or your banker or lawyer. Some people (who often advertise themselves as "debt consolidators") are just out for your money. Under the guise of rescuing you from financial disaster, they'll charge you a significant percentage of your debts for the service, or perhaps even skip with your funds. With the right professional help, however, and with a genuine desire to get your finances in shape, it's quite possible to ease your money pressures and start enjoying instead of fighting. ■

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begins on page 126

Wine finery



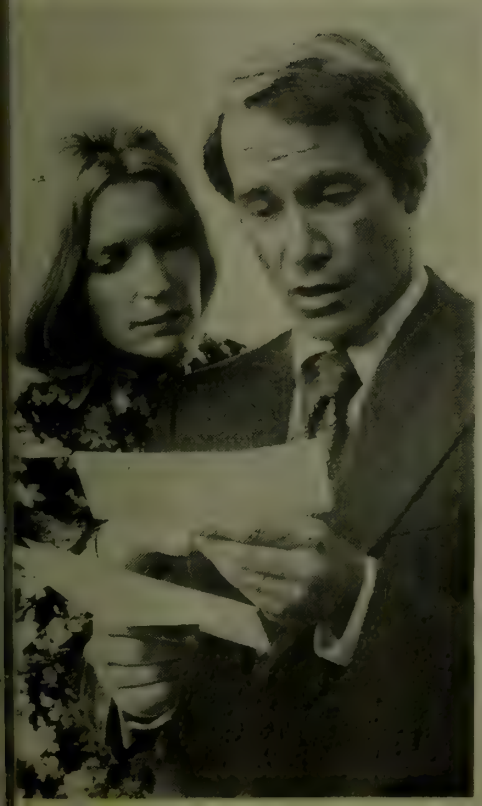
Photograph: Wm. Hopkins

To identify patterns and products shown on page 126, check the keyed drawing above. **1.** Crystal carafe with tumbler; Waterford. **2.** Silver-plate champagne goblet; Oneida. **3.** Holbein crystal liqueur glass and pitcher; Towle by Ellis Barker. **4.** Pewter wine goblet; International Silver. **5.** Vintage wine glass collection; Imperial. **6.** Pewter party pail; International Silver. **7.** Alexandra crystal water goblet; Gorham. **8.** Navarre 16-ounce wine goblet; Fostoria. **9.** Carlyle crystal wine decanter; Doulton. **10.** Bente claret wine glass; Hadeland of Norway. **11.** Silver-plate wine cooler; Oneida. **12.** Queen's Park crystal continental champagne glass; Doulton. **13.** Pewter cordial cups; Gorham. **14.** Worm-and-latch corkscrew; Irvinware. **15.** Two-pronged cork remover; Irvinware. **16.** Sterling silver jigger; Reed & Barton. **17.** Silver-plate jigger; Reed & Barton. **18.** Crystal jigger; American Cut Crystal.

Wine serving tips

- Common sense is your best guide when choosing glasses for serving wines. Most people prefer to use clear glasses to show the wine's color and clarity, but it's perfectly acceptable to use tinted or silver containers if you wish.
- Wine glasses are generally filled halfway or less to leave space above so the aroma can be savored.
- If you don't have the room or the budget to buy special glasses for different wine types, all-purpose glasses are your best investment. ■

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We're finding new ways to keep costs down.

New gas is discovered faster, and more accurately with the help of computers. Old gas lines are being reclaimed with new polyethylene liners. Your service request may be processed electronically while you're still on the phone. These are just a few of the ways the gas people are finding to do things better at lower cost. And when we save, so do you.

Natural gas will still be your best energy value.

It's not just gas rates that are going up. Every type of energy is costing more. The experts who compare costs and project trends say gas will continue to be your best energy value.

AGA American Gas Association

A GUIDE TO NAIL CARE

Although we normally take our nails for granted, they are more than mere decorations or a handy tool for scratching an itch. They can be an indication of how healthy we are. Our fingernails also help us to grasp objects. And our toenails even help us to walk by providing an unyielding wall that backs up the soft pads at the ends of our toes.

Since nails are such assets, it's important that we take proper care of them. Knowing how nails grow and how to use nail-care products wisely will make it easier to handle most minor nail problems.

How nails grow

For more than 35 years, Dr. William B. Bean, a physician at the University of Texas, Galveston, Texas, has charted nail growth progress—partly by observing the growth pattern of his own thumbnail. On the first day of each month, he makes a mark at the point where his thumbnail emerges below the cuticle and records the progress of the mark to the free edge of the nail.

His findings indicate that while nail growth, like that of hair, varies from individual to individual, typically, a fingernail grows .1 mm to .12 mm a day. That means a fingernail takes three to six months to grow full length and toenails as long as a year.

Nails grow faster during childhood, and they grow more slowly and thicken with age. They tend to grow faster when the weather's hot, and slower when it's cold. The middle fingernail is said to grow the fastest. In addition, the nails on the hand you use more often grow faster.

Illness can slow the rate of nail growth, but typing, nail biting and other "insults" can make nails grow faster.

What are nails made of?

The nail is a hard plate composed mainly of packed cells containing the protein keratin. The nail grows from the *nail matrix,* located at the base of the nail and extending under the skin approximately one cm back into the finger. Damage to the matrix will distort the growing nail. The visible part of the matrix, the white "half-moon" at the base of the nail, is the *lunula.* The opaque fold of the skin at the base of the nail is the *cuticle.* At the free edge of the nail a thin yellow-pink or brown-pink line marks the point where the nail separates from the nail bed.

Common nail problems

Because illness can alter nail growth and appearance, nails often reflect the general state of body health. However, there are disorders that affect only the nails in otherwise healthy persons. Fortunately, many nail problems are temporary and do not require medical treatment.

Nails that break and split easily are a bothersome cosmetic problem. As a general protective measure, follow the guidelines we've listed under "How to care for your nails." To help prevent further splitting, keep nails short so they won't catch on clothing or other objects. Applying creams and oils to the nails helps counteract surface drying but doesn't cure brittleness.

Another way to prevent nail breakage is to protect the nail by applying several coats of nail polish. Be sure to repair chips as soon as they occur. Try not to remove polish more than once a week, since the polish remover may compound the dryness problem. Although you may have heard that gelatin can help because it provides protein, an essential nutrient, the specific value of gelatin in treating nail disorders is doubtful.

Hangnails start with splits in or near the cuticle; a ragged flap of dead skin results. Not only are hangnails uncomfortable, they can become infected. To avoid injury to live skin, don't pull hangnails off; cut them at the base with sharp, clean scissors. Using hand creams or lotions to keep skin soft helps keep hangnails from developing.

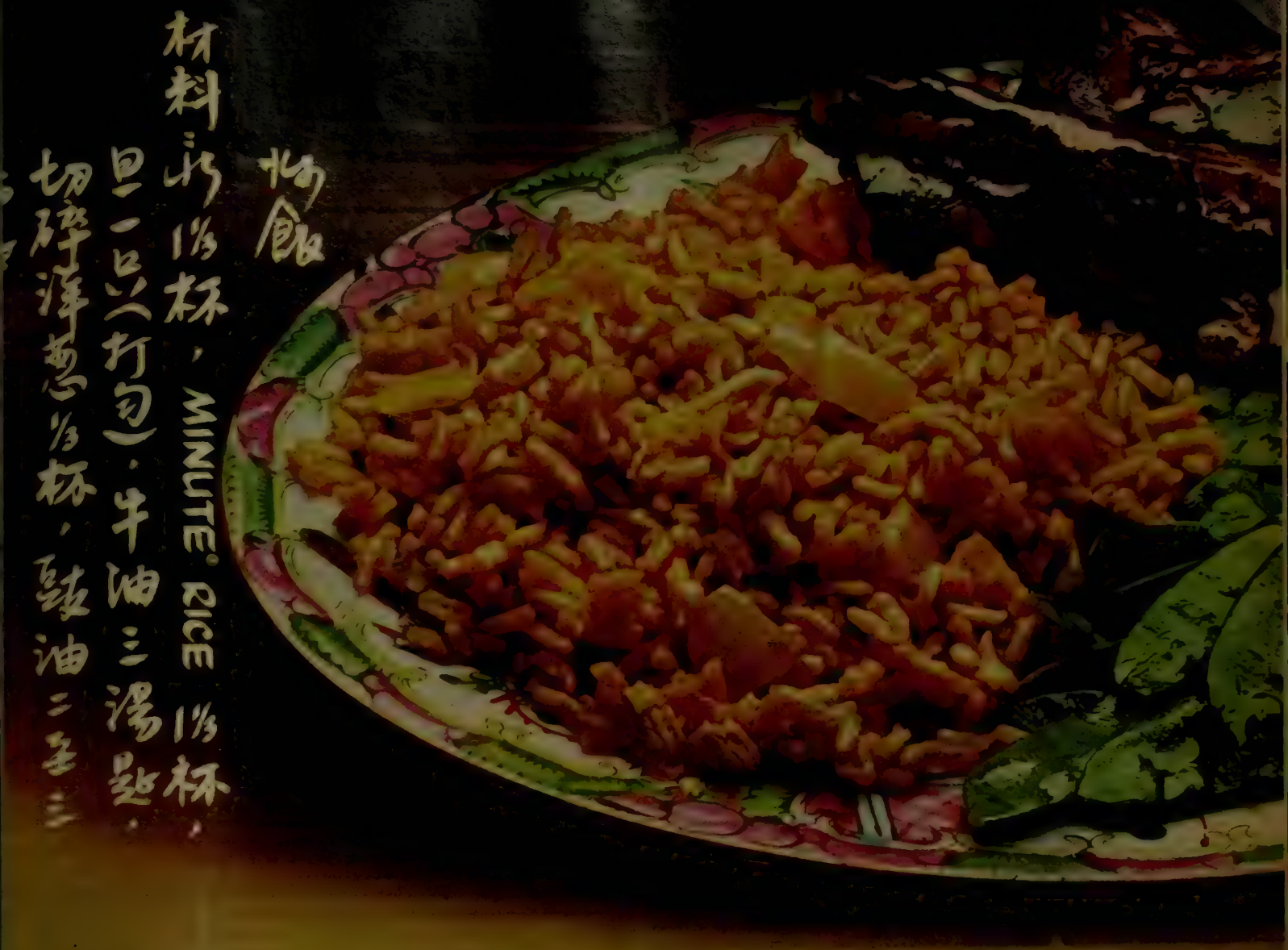
A *hemorrhage* or bleeding under the nail can develop after an injury: hitting the fingernail with a hammer, slamming your finger in a car door, or dropping a brick on your foot. The hemorrhage, which will appear as a *dark spot or streak,* can cause painful pressure against the nail. If the injury is minor, the discolored area will grow out with the nail. However, more severe injuries can lead to the loss of the nail. Immediately applying cold compresses and elevating your hand or foot will help relieve pain and reduce bleeding. If the injury is serious, a doctor may have to drill a tiny hole through the nail plate. The blood comes right out and the pain vanishes.

Discoloration of the nail can also result from contact with photographic or other chemicals, hair dyes, cigarettes, etc. Even nail polish sometimes leaves a residue. Avoiding new exposure is the easy remedy. When in doubt, consult a doctor, since discoloration may be caused by vitamin deficiencies or certain drugs.

Since some nail disorders can be disease related, see a doctor promptly if you have any of the following problems:

Separation of the nail plate from the nail bed, known as *onycholysis* (on-e-KOL-isis) commonly indicates a fungal infection, but can also be caused by psoriasis, iron deficien-

continued



How to translate Minute® Rice into Chinese style fried rice in just ten minutes.

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It's easy to add an international flavor to tonight's dinner, when you start with no-boil Minute® Rice.



Chinese Style Fried Rice

1⅓ cups water
1⅓ cups Minute® Rice
3 tablespoons butter or margarine
1 egg, beaten
⅓ cup chopped onion
2-3 tablespoons soy sauce

Bring 1 cup of the water to a boil in a saucepan. Stir in rice. Remove from heat; cover and let stand 5 minutes. Meanwhile cook egg in butter in a 10-inch skillet until set. Add onion and the rice, and cook and stir over medium heat until rice and onion are lightly browned, about 5 minutes. Combine remaining water and the soy sauce; stir into rice. Makes about 3 cups or 4 servings.

Perfect for perking up an everyday dinner—like chicken (barbecued or not), pork chops, or even hamburger.

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continued

Nail care

cy anemia, or thyroid disease, as well as by an injury or a drug reaction. The nail separation begins at the free edge and proceeds back toward the root; if infection develops, the nail may turn black or green. Fortunately, there are both topical and internal medications that are effective in clearing up the problem.

Persons with psoriasis also may develop pinpoint pits in the nails. Isolated pits occur occasionally in healthy nails, too, and are nothing to worry about.

Fungal infections can cause thickening and discoloration. Unfortunately, this problem is sometimes difficult to remedy, although long-term use of oral medication (during the normal time period of nail growth) combined with local scraping and clipping sometimes can help.

Inflamed and swollen soft tissue at the side of the nail, a condition called *paronychia* (par-o-NEEK-e-ah), frequently affects persons who keep their hands in water much of the time—housewives, cooks, bartenders. A moist environment gives bacteria or fungi the opportunity to thrive. The condition is treated by taking prescription medication and by keeping the hands dry.

Nail biting and splinters may lead to a more acute infection with abscesses that require draining by a physician. If the nail matrix is damaged, new nail growth will be distorted, but so long as permanent damage does not occur, new nail growth will be normal. The condition is treated by taking prescription medication and by keeping the hands dry.

An *ingrown nail* most commonly occurs on the big toe. This condition develops when the nail grows into the soft tissue on the side of the nail. Pain and redness frequently are followed by swelling and the accumulation of pus. Sometimes you can remove the excess nail yourself, but in extreme cases medical treatment may be required to reduce the size of the nail bed and nail matrix in order to prevent recurrence.

How to care for your nails

Although the nail plate might look tough, it's certainly no match for abrasives, detergents, chemicals, and repeated exposure to water, grease, and dirt.

Protect your fingernails—and hands as well—by wearing rubber gloves for wet household chores and cotton gloves for dry ones. Keeping a box of disposable gloves on the workbench and in your car helps remind you not to tackle messy, nail-damaging jobs barehanded. When possible, massage hand cream or lotion around the nails before putting on gloves.

Wash your hair by rubbing with the pads of your fingers rather than the nails. Don't use fingernails to split open boxes or even letters; paper cuts can lead to hangnails. It's better to use a pencil or a similar object to dial the telephone.

Don't file your fingernails right after your hands have been im-



mersed in water. To shape nails, use an emery board rather than a metal file which might damage the nail. Bevel the edges with the fine side of the emery board held at a 45-degree angle. Let toenails grow until the edge reaches the end of the toe; then cut straight across, rounding the corners only slightly. Toenails often are easier to clip after a bath. If you have problem toenails, be sure your shoes are wide and long enough so they don't put pressure on the toes.

Some dermatologists say a cuticle should never be cut unless it already is torn, and trimming is necessary to prevent further damage. The job of the cuticle is to keep the nail matrix from becoming infected. Damage to the cuticle can affect the growth and appearance of the nail. White spots or ridges may occur on the cuticle three to six weeks after an overly aggressive manicure. To improve the appearance of overgrown cuticles, first soak the nails in warm, soapy water. Then *gently* push the cuticles back, using the tip of the thumb—not the thumbnail—of the opposite hand, a cotton-tipped swab, or a washcloth. Although cuticle removers can do the job faster, warm, soapy water is preferable since it eliminates the risk of chemical skin irritations. However, if you do elect to use a cuticle remover, be sure to follow directions exactly.

Nail-care products

If you use cosmetic nail-care products, choose them carefully and apply them properly. Here are some of the products available:

Nail polish protects the nail as well as camouflages nail problems. In order to avoid minor skin irritations, be sure to put the polish just on the nail itself and not on the surrounding skin. Some polishes contain inert fibers that are said to offer additional protection to the nail. A *base coat* is actually colorless polish and is designed to make polish adhere better. A base coat often can be used as a *topcoat* as well.

Polish should not be peeled off but rather removed with a chemical designed for this purpose. To prevent dryness, always use a *remover containing oil;* wet the cotton with the remover and hold it on the nail for a few seconds to soften the polish before wiping it away. Use as little remover as you can, and apply it no more than once a week.

Nail hardeners contain formaldehyde or chemicals that release formaldehyde and should not come in contact with skin. Such hardeners have been implicated in allergic reactions. Hardeners have also produced brittleness of the nail plate in some people. Torn nails can be mended with nail patches. These consist of gauze fiber material applied to the nail and then covered with polish. For nails that are beyond repairing with a patch, *artificial nails* provide a temporary cover-up. However, don't use them for more than a few days. Moisture can accumulate under them and soften your natural nails. Furthermore, the cement used with artificial nails can be irritating to the skin. ■

(Produced in cooperation with Lynne Lamberg.)





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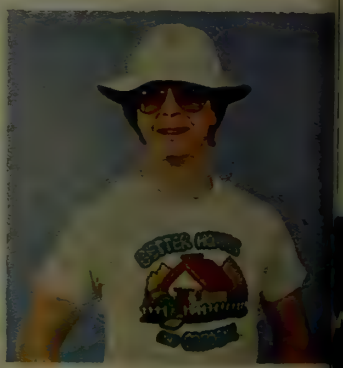
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GOOD NEWS

Easy omelets






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***Step one*: Preheat the pan and pour about ½ cup of batter into the compartment nearest the handle.**

***Step two*: After a few seconds, tilt the pan, allowing half the batter to flow over the divider and into the other section.**



***Step three:* Add any filling and cook to your liking.**

***Step four:* Tilt the pan, and—using the special spatula—roll a perfect omelet!**

Mr. Omelet, about $14. Nordic Ware, Minneapolis, Minnesota 55416.

No-scorch iron



You'll never scorch another blouse, shirt, or little leaguer's uniform with this handy appliance. It looks like a regular iron, but has a plastic soleplate and operates on steam only.

In addition to handling "normal" ironing chores, this steamer is great for sewing projects; use it to press open seams and darts, remove wrinkles, and set pleats. You can use it upright, too, to steam clothes on hangers—and curtains and drapes.

Steamstress II, about $16. Osrow Products Company, 88 Hazel Street, Glen Cove, N.Y. 11542.

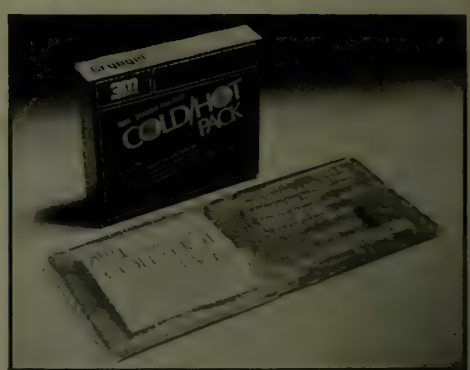
Emergency light



Plug this three-way light into a live outlet in a hallway (or any room), and you'll never be left in the dark. If the power fails during a storm, the light comes on automatically. Or, use the unit as a flashlight—a built-in circuit keeps it at full charge and ready to shine for up to 50 minutes. And when you plug the light back into the outlet for recharging, a night-light glows.

Home Sentry Security Light, about $13. General Electric, Bridgeport, Connecticut 06602.

Flexible first aid



Photographs: Hopkins

The next time someone at your house suffers a minor bump, burn, or bruise, ease the pain with this modern replacement for the old-style ice bag and hot water bottle. The reusable plastic pack is filled with a gel that remains flexible even when cold—so you can store it in the freezer until it's needed. For heat therapy, all you do is immerse the bag in a pot of boiling water—or heat it for 20 seconds in a microwave oven.

Cold/Hot Pack, about $2.50. 3M Company, Medical Products Division, St. Paul, Minn. 55101.

continued



Maybe $3.99 is all you should spend for a fine percale sheet

You can tell a real percale sheet by its smooth softness. By its fine, 180 threads per square inch.

And now Sears is able to offer you 180 thread count, solid color percales for only $3.99 twin size. And that's our year-round, everyday price, not just a sale day special.

We call them all our Medley Perma-Prest® percales. 50% combed cotton, 50% polyester. All only $3.99 twin size in up to 18 solid colors. All color-coordinated to a delightful array of Medley patterned percales that mix and match.

There are also matching dust-ruffles, pillow shams and comforters. Even blankets. All at most Sears larger stores and through the catalog.

$3.99* twin, $4.99* full, $8.99* queen, $10.49* king

*Prices higher in Alaska and Hawaii

Only at Sears

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Trouble can't
wage from this
new Duster

EASY WAY TO
Dust

Chevron
ORTHO
Rose &
Flower
Jet Duster

CONTROLS INSECTS AND DI
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and
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Flower Pests

Combination Insecticide/Fungicide

Forget the old liquid aerosols and squeeze dusters. New ORTHO® Rose & Flower Jet Duster emits a whirling, churning cloud of insecticide/fungicide to coat every surface and control both disease and insects listed on the label. So easy to use. Treats up to 33 average size rose bushes and you can do the whole job in about ten minutes. At your ORTHO Dealer's now. Avoid accidents: for safety, read the entire label including cautions and directions. Use all chemicals only as directed.

Chevron
ORTHO Chevron Chemical Company

GOOD NEWS

Energy-efficient gas furnace

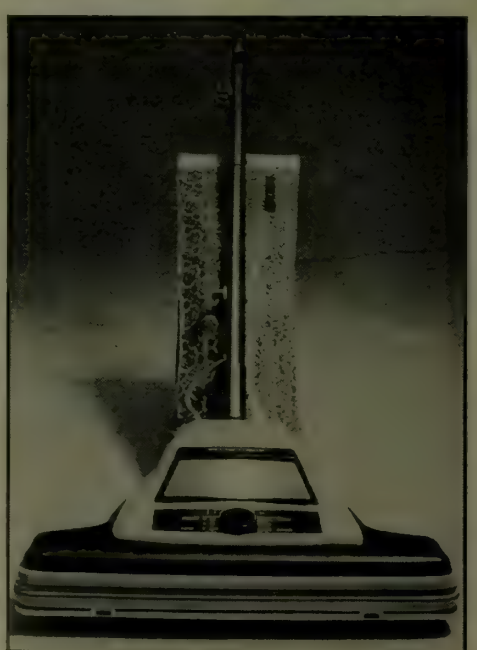


Working on the same principle as a chimney damper, the vent damper on top of this furnace can save you up to 16 percent on your heating bill. After the furnace has completed its heating cycle the motor-driven damper closes off the flue, preventing indoor air from escaping up the chimney. And on the next cycle, warm-up time will be shorter because the closed damper helps trap hot air in the heat exchangers.

There's another energy-conserving feature on the inside of the furnace. An electronic spark ignition system eliminates a full-time pilot, cutting fuel consumption by an additional four percent.

397E/U19X2 Series Furnaces with Vent Mizer, from about $550 (plus installation). BDP Company, 7310 West Morris Street, Indianapolis, Indiana 46231. (Marketed under the Bryant name east of the Rocky Mountains, and the Day & Night and Payne names west of the Rockies).

Extra wide vacuum



Cut your cleaning time by one-third with this 16-inch-wide vacuum cleaner. It's 30 percent wider than conventional vacuums, so you won't have to make as many passes over the carpet.

The T-shaped design and low profile make it easy to maneuver around furniture legs and under sofas, and the long 30-foot cord lets you clean more carpet without plugging and unplugging. The vacuum also features a large capacity dust bag that fills from the top, a six-position height adjustment, and edge cleaners on both sides of the unit for wall-to-wall cleaning.

Wide Track Vacuum Cleaner, about $300. The Eureka Company, Division of National Union Electric Corp., Bloomington, Ill. 61701.

Products shown in Good News are available nationally in department, discount, hardware, home improvement, rental, or specialty stores. For further information or the name of the retail outlet nearest you, please contact the manufacturer at the address listed. All prices are approximate and subject to change.

When the kids decide
to make their own lunch...



and get blueberry jam
on their best matching shirts...



a bright Mom
knows just what to do.



Clorox 2® gives Mom a bright way out of a jam.

Because Clorox 2 does more than get out tough stains, even on permanent press.

Added regularly, it delivers a bright bonus: colors become noticeably cleaner and brighter. Clorox 2 does it by getting out the dinginess caused by locked-in dirt.

So use Clorox 2 regularly. You couldn't ask for a brighter idea.



77. The Clorox Compar

How to cage tomatoes

You can eliminate vine staking all summer simply by surrounding each tomato plant with a sturdy cage. Off the ground, the tomatoes won't rot. And their leaves provide enough shade to cut down on sunscald and fruit cracking. Stake the cages to avoid tip-over in high winds.



For each cage, cut a five-foot-wide section from a five-foot-tall roll of concrete reinforcing wire. Wear sturdy gloves for this job.



Remove the bottom rung so you can easily push the completed cage into ground up to the second rung.



Use heavy-duty pliers to bend hooks along one side, as shown.



Photographs: William Hopkins

Now simply hook up the sides to form a cylinder. After mulching your young tomato plants, install a cage over each one. When tender, fast-growing shoots attempt to escape horizontally, gently push them back inside their round towers. ■



Now, applying repellent is actually pleasant for you and your child. You *wipe on* this highly effective insect repellent with perfect control. No spray to get into little eyes, nose, mouth or hair.

New OFF! Towelettes really work to keep away mosquitoes, ticks, gnats, even persistent biting flies, yet they feel soft and pleasant, never sticky or greasy.

New OFF! Towelettes, in foil pouches. So handy at home—so easy to take with you everywhere.



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Take your pick and save 15¢

Select the effectiveness of Dial Spray. Our convenient way to fight perspiration wetness and odor with an anti-stain formula.

Discover the Maximum Strength protection of lotion smooth Dial Roll-on. You can't buy a leading roll-on with more of the active anti-perspirant ingredient.

Choose the clean, dry, non-greasy difference of Dial Solid. Proven effective against wetness.



15¢ STORE COUPON 15¢

Save 15¢

on your choice of Dial Anti-perspirant.

DEALER: You are authorized to act as our agent for redemption of this coupon. We will pay you its face value plus 5¢ handling provided you and the consumer have complied with the terms of the offer. OFFER TERMS: This coupon is good only when redeemed at time of purchasing specified brand. Any sales tax must be paid by consumer. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown on request. Void if taxed, restricted or prohibited by law, or if presented by any outside agencies, brokers, industrial or institutional users. Cash value of 1/20 of 1¢. Send coupons to Armour-Dial, Inc., Box 182, Clinton, Iowa 52732. Offer limited to one coupon per specified product and size.

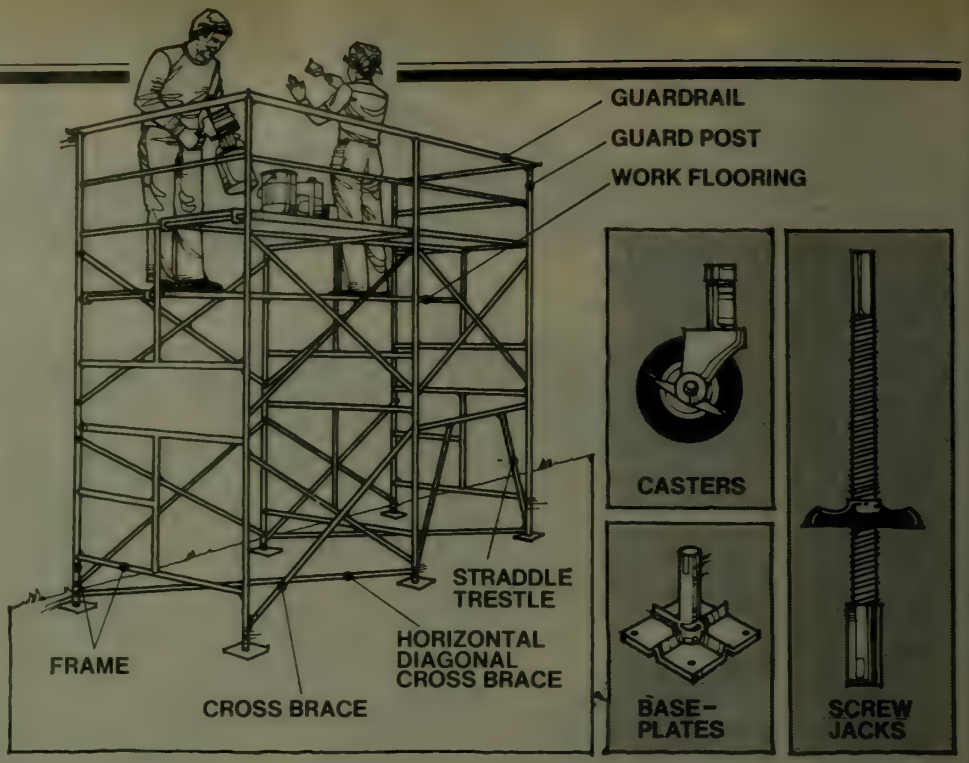


BH677

15¢ STORE COUPON 15¢

scaffolding how-to

Sometimes doing a job isn't nearly as hard as getting at the job to do it. For lack of a sky hook, you may have had to hire a professional to repair the roof or work on the chimney. Next time you've got a job you know you're up to doing if you could get up to it, think about renting scaffolding. You can find high-quality, light-duty equipment for do-it-yourselfers in most parts of the country at moderate rental costs.



Before you rent, make sure you understand what's available and how it should be used.

Scaffolding consists of a few basic units combined in a variety of ways to make a structure that's the right height, size, and shape for a specific job. Here are the basic units:

Frames are the heart of the scaffold. They're made of strong, lightweight tubular steel and come in several heights and widths. These form the ends of the scaffold and provide support for the working floor. The frames are fastened together with braces to form oblong units. You can also stack frames to achieve the desired height.

Cross braces are the basic connectors between frames. (In most localities, the cost of the braces is included in the rental price of the frames.) You can find cross braces in a variety of sizes that make it possible for you to put together unit lengths of from three to ten feet.

Straddle trestles are used in place of cross braces when an open area is needed to provide a passageway or to clear an obstruction.

Horizontal diagonal braces are used at the top and bottom of rolling units to provide rigidity.

Work flooring is what supports you and your material. Any strong, scaffold-grade planking that's the right size can be used. However, strong, lightweight platform planks made of metal and plywood are also available at your rental source. These have the advantage of exact fit and quick, easy assembly.

Guardrails and posts are important to safety and should be used on all scaffolds over five feet high.

Baseplates, casters, and screw jacks are available to provide the right kind of base for your scaffold. Unless you're using the scaffold on a level, paved surface, some combination of base equipment is needed. On open dirt or grass, baseplates will keep the scaffold legs from sinking into the ground. Lockable casters combine mobility with safety. (If casters aren't used, you'll have to dismantle the scaffold to move it.) Screw jacks can be used with either baseplates or casters to help you make leveling adjustments if your equipment is standing on sloping or uneven terrain.

To determine the equipment you need, do a little paper work:

- Make a sketch of the work site and include a map that shows the location of sidewalks, flower beds, and porches.
- Draw an elevation view that shows roof pitch, trees, and power lines. Include measurements of the total height you need to reach and of clearances between the scaffolding and any nearby obstacles.
- Describe the type and condition (including obstacles) of the surface that will support the scaffold.
- List the type and weight of the tools and materials you'll be using.
- Estimate the number of people who'll be on the equipment at any one time.

Once you've made a thorough analysis like this, your dealer will be able to outfit you with the right equipment for the job. While you're visiting with him, take time to ask him about the safety regulations governing scaffolding.

Hauling the scaffolding components home is usually a one-trip operation with a station wagon, van, or pickup. Once the equipment is at the work site, spread out the components and you're ready to start piecing them together.

Erecting scaffolding is simply a matter of starting at the bottom and working your way up. Build the base first, by connecting the end frames with the proper cross braces or straddle trestles and installing the screw jacks and baseplates or casters. Place the unit at the first station of the work site and adjust for level and plumb. Then install work flooring to provide a place to stand while you raise the second-level end frames into position.

Seat the frames on the locating pins, then fasten the frames together with cross braces. When the second stage is secure, proceed upward until the scaffold is complete. Install the guardrails, and you're ready to go to work.

To locate scaffolding equipment, either for rent or purchase, check under "Building Materials" in the Yellow Pages.

Drawing: The Hired Hand

Benson&Hedges 100's

oh well, nobody's perfect.

that's the breaks.



Regular and Menthol

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

18 mg. "tar", 1.0 mg. nicotine av. per cigarette, FTC Report Dec. '76.



HOW TO CHOOSE A BOARDING KENNEL

If you're faced with the prospect of boarding your pet the next time the family leaves town, don't wait till you load up the car before checking into kennel possibilities. Parting with your pet will be easier if you know the kennel you've chosen provides top-notch care.

Locating a clean, well-managed kennel probably will call for some legwork. There's no licensing or inspection system you can count on to make the job easy. At best, state statutes are hit-or-miss, usually indicating only that a kennel comes up to minimum norms.

Boarding basics

Basically, there are three kinds of pet-boarding establishments: boarding kennels (and/or catteries), commercial kennels and breeders, and veterinary clinics or hospitals.

- Boarding pets is the only business of boarding kennels. They don't buy or sell animals, specialize in particular breeds, or offer services except those essential to the well-being of their boarders.
- Commercial kennels and breeders board pets to supplement their real business: breeding and selling dogs and cats. The kennels and breeders may offer obedience training and other professional handling and grooming services, too.
- Since treating sick animals is the primary concern of veterinarians, usually their facilities aren't geared to healthy visitors. Also, your pet might pick up a "bug" from a sick boarder. Most veterinarians don't board healthy pets.

Inspecting the kennel

Recommendations from satisfied customers will help you narrow the field somewhat. Check with members of local obedience training clubs and breed clubs, as well as dog and cat breeders and veterinarians who don't operate their own boarding kennels. Then follow up with a personal on-the-scene inspection. Here's how to tackle it.

First, call the kennel you're interested in and make an appointment for a "look-see." Most reputable operations will welcome your interest and will gladly show you around.

When you arrive on the scene, locate the kennel manager. Find out from him or her if there's someone on the premises all the time (preferably the owner of the kennel or the manager lives there). Is a veterinarian on call in case of emergencies? It's also a point in the operation's favor—along with added protection for your pet—if the kennel requires a veterinarian's statement vouching that each boarder has been immunized against infectious diseases.

Your next stop should be the kennel help. Get acquainted with whoever would be caring for your pet. Try to gauge their attitude toward animals: Are they gentle or rough in handling their boarders? Do they seem to truly enjoy other people's pets?

On your tour through the area where the pets are confined, look for well-built enclosures, plus good maintenance inside and out. Each boarder should have his own indoor quarters and access to a protected (covered or shaded) exercise area outside. Unless pets come from the same family and are kenneled together at the owner's request, doubling up on boarders is bad policy.

To ensure your pet's safety, the kennel should be virtually escape proof. The whole grounds, should be enclosed by an auxiliary fence, and interior fences and partitions should be in good repair and high enough to keep boarders confined. All gates and doors should be securely latched. Unfortunately, boarding kennel runaways usually are permanently lost.

Inside, the kennel building should be well ventilated with adequate sunshine or artificial light. If your pet is accustomed to heated and/or air-conditioned surroundings, make sure the kennel provides them. While you're at it, keep your eyes open for fire hazards.

A good watchword to guide your inspection is "follow your nose." In a well-managed kennel you won't be overwhelmed by smells. Cages and pens should be tidy and well-scrubbed with a disinfectant. Litter pans for cats should be clean and filled with fresh litter. Each boarder also is entitled to his own clean feed-

continued

Drawing: Dudycha Schirck & Assoc.

Chances are 1 in 3 your dog is hiding a weight problem.



eterinarians report that, on average, out of 3 dogs is overweight.* And most f their owners aren't aware of it. Read ow to tell if your dog is overweight. And hat Cycle® 3 dog food can do about it.

Overweight in dogs can be unhealthy - just as it can be in people. But it's a lot arder to spot. You have to know where to ok and what to look for.

EXAMINE YOUR DOG CAREFULLY.

If you can't feel his ribs easily, chances re they're covered by extra pounds. His anks should taper upward — not hang osely — from rib cage to hind legs. His ead shouldn't appear to sit on his houlders without much of a neckline. heck his joints: excess weight can hake them stiff or swollen.

And remember: clues may show up your dog's behavior. If he tends sleep a lot, or is less active, less layful — he could be overweight.

CYCLE 3–THE FIRST FOOD MADE FOR THE OVERWEIGHT DOG.

Cycle 3 provides an adult dog with all the daily nutrition he is known to need. In a full-size meal of meaty chunks, and a choice of tasty beef or chicken flavors. Yet every complete Cycle 3 dinner contains less fat and 20% fewer calories than the best-selling canned food.

CHECK WITH YOUR VETERINARIAN.

He can help you determine what your dog's proper, healthy weight should be. With normal exercise, Cycle 3 can help your dog return to that weight again.

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Cycle® Nutrition...for the life of your dog.

DOG FOOD

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General Foods Corporation 1977

*Telephone survey of over 400 veterinarians throughout major cities across the United States.

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continued

Choose a boarding kennel

ing dish at mealtime, and fresh water always should be within the reach of every pet.

Make sure the areas where boarders are confined are roomy enough for the animals to stand up and move around. Nothing demoralizes a pet more when he's away from home than being cooped up without enough room to let off steam. Ideally, inside enclosures for medium-sized dogs should measure at least four by six feet; eight by 12 feet for large breeds like Great Danes or Saint Bernards.

Some kennels turn away the giant breeds, as well as young puppies and kittens (usually less than six months old). A few won't accept boarders that require special grooming (old English sheepdogs, for instance), while others offer grooming services.

If cats and dogs are boarded at the same kennel, note whether they're kept in separate areas—especially if the opposite species annoys your pet. Despite their genuine need for human companionship, most cats generally adjust to confinement in a small area more easily than dogs. Though you probably won't want your dog kept in a cage at the kennel, your cat is safest in one.

Finish up your inspection by taking a close look at the pets that are being boarded. If the animals are cold, wet, or sickly, promptly cross that kennel off your list and move on to the next one.

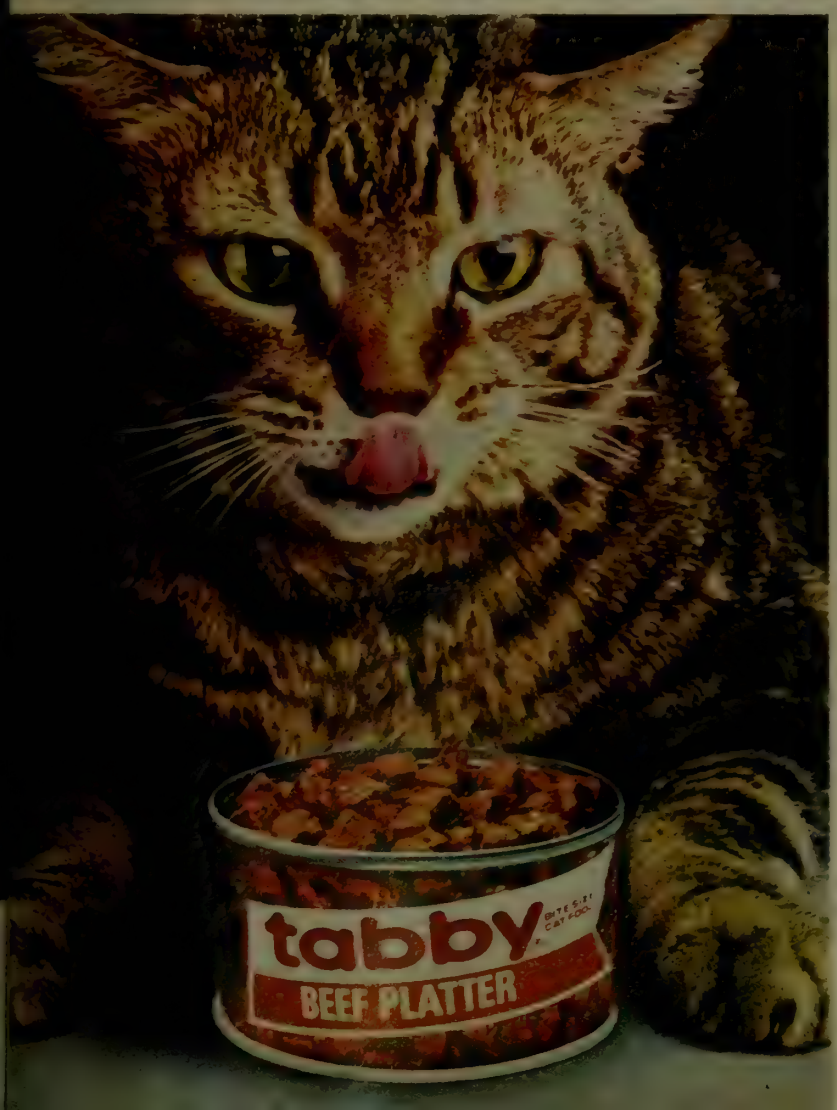
Picking up the tab

How much you spend to board your pet depends on where you live (rates in metropolitan areas are generally highest), your pet's size, special care that's required, luxury of the facilities you choose, and how long you're away. For cats and small dogs, the average price range is $2.50 to $5 a day. Fees for larger dogs can amount to $12 a day and more, with medium-sized breeds falling somewhere in between.

Make sure you understand the kennel's rates and how its boarding day is figured (overnight as in motels or noon to noon, for example). You'll probably be charged extra for grooming, pickup and delivery of your pet (if that service is available), veterinary calls and medication your pet may require, and special food. Many kennels, like most other businesses, observe strict business hours. Find out about those hours in advance (9 a.m. to 6 p.m., for instance). These days, you can't just drop your pet off and pick him up anytime.

Commercial pet food is the standard diet for boarders. But if your pet is particularly finicky, you may want to check out what's on the kennel's menu ahead of time and get your pet accustomed to the new rations before he leaves home. Or, you can ask about bringing along food so your pet won't have to change diets. Cats are especially stoic about not eating when their favorite dish isn't on the bill of fare.

continued



Introduce your cat to the neat meat in the small can.

Here's 10¢ off Bite-size Tabby® to prove it looks, serves, and smells neat.

10¢ Save 10¢ on any two cans of Bite-size Tabby® 10¢
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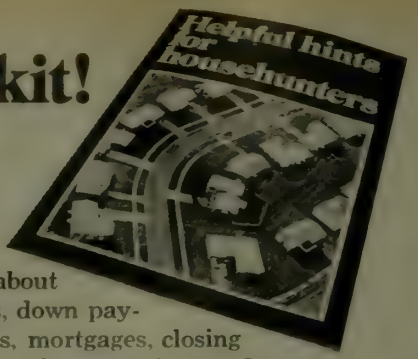
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Offer limited to one coupon per purchase.

10¢ Good only upon presentation to retailer on purchase of product described. Any other use constitutes fraud. Coupon expires: Dec. 31, 1978. 10¢

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Our free kit can make househunting easier. It can help you avoid some of the hassles and financial problems of buying a home.

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Ask your Realtor about us. We've worked with professionals like him for years. With the help of your Realtor, and our free househunter's kit, your new home could be just around the corner.

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Famous University proves MIRACLE-GRO produces greater yields—

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Compared with other popular types of plant foods*

IMPORTANT FACTS for home vegetable growers.

University tests proved MIRACLE-GRO produced greater yields of tomatoes and other vegetables compared to best known "timed release" plant food as well as other popular types of fertilizers. Tests conducted in good soils and poor soils.

MIRACLE-GRO works where other types fail.

At leading University, in soils of very low fertility—plants fed the MIRACLE-GRO way produced good tomatoes while most of the plants fed with other types of fertilizers (including best known "Timed Release" type) *failed to survive!*

*All tested plant foods used according to label directions.

Why MIRACLE-GRO is called— "MIRACLE VEGETABLE FOOD"

MIRACLE-GRO provides 7 vital growth elements in fast-acting "liquid form"—feeds plants through roots and leaves. University tests prove MIRACLE-GRO enters plant's "bloodstream" in 30 seconds. Starts working fast. EASY—apply anytime. **SAFE**—will not "burn" used as directed. Saves money.

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8 oz. $1.29



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continued

Choosing a boarding kennel

If you're very anxious about boarding your pet or if your absence will be lengthy, try a weekend "dry run" at the kennel to see how your pet fares. Some animals, such as high-strung or old pets, simply aren't suited for boarding. As an alternative, consider lining up an obliging relative or neighbor to pet sit. But keep in mind that pets can be hard on friendships. In some areas (large cities primarily), you can hire live-in pet care. For a fee, usually higher than you'd pay at a kennel, a pet sitter will stay in your home and care for your pet there while you're away. A local senior citizen's group is a good place to start looking for a live-in pet sitter.

You can't expect a boarding kennel to provide all the comforts of home, but you can make things pleasanter for your pet and easier for all concerned by following a few simple guidelines:

- Make all the arrangements for your pet well in advance, including reservations. Word spreads fast about a kennel that offers good care.
- Make sure your pet is clean and in good health when you deliver him to the kennel.
- Provide in writing any special instructions about your pet's care (medication that's needed, the date a female is due in season, and so forth).
- Leave the name, address, and phone number of your local veterinarian with the kennel, along with how and where you or another responsible person can be reached in case of emergency.
- Make sure your pet is either tatooed or wears an identification tag (his license, along with your name and address, will do).
- To help ease your pet's adjustment to being boarded, most kennels permit you to bring along his favorite toy or another familiar object that carries the reassuring scent of home. ■

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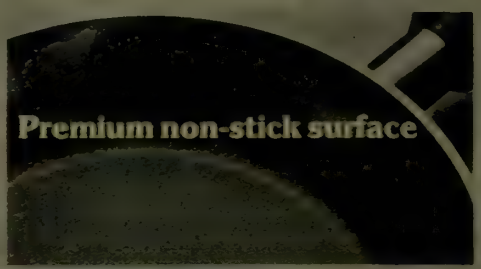


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You may pay more for it, but you get more from it.

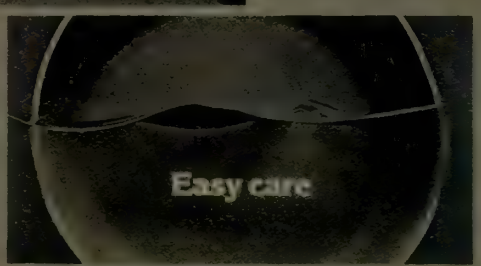
SILVERSTONE is the new premium non-stick surface from Du Pont, the people who brought you TEFLON.® Though cookware with SILVERSTONE may cost a bit more, here are some good reasons why you are likely to get more from it.





SILVERSTONE. Its thicker, three-layer surface is fuse bonded to heavy aluminum at over 800° F, which is why it is more durable. It is highly resistant to scratching, chipping, and peeling. And because it is more durable, it is likely to keep its good looks for a long time to come.

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Available from top manufacturers
SILVERSTONE is available now on fine cookware by Mirro, Nordic Ware, Regal, Wear-Ever, and West Bend. Once you own it, you're likely to wonder why it cost only a little more.

SILVERSTONE
The first non-stick surface good enough for the finest cookware.

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SILVERSTONE is Du Pont's trademark and the SILVERSTONE Quality Seal is Du Pont's certification mark for premium non-stick surfaces.

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SACRAMENTO
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Larger Stores and in catalog
Lucky—
Safeway—
True Value—
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LODI
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MERCED
Gottschalk's
MODESTO
Gottschalk's
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WEST BEND

CALIFORNIA

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Coast to Coast—
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Vinyl floor care

With proper care, vinyl floors can look like new for years. Here's how to do right by yours.

CLEAN REGULARLY

Vinyl should be dust mopped, swept, or vacuumed daily to remove surface dirt. Otherwise, it will be ground in and dull the finish.

Wipe up spills before they become stains, and damp mop regularly with clear water or a mild solution of detergent and water, then rinse.

SCRUB THOROUGHLY

Occasionally, floors need a thorough scrubbing. (Most manufacturers suggest waiting three days before washing newly installed floors to allow the adhesive to dry.)

Spread a solution of detergent and water (diluted to manufacturer's instructions) on a small area. Let the solution stand a few minutes to allow the detergent to loosen the soil. Rub to remove dirt, and then sponge up the water with a mop. Rinse thoroughly and apply a thin coat of polish if the shine doesn't return.

A water-base polish can be used on all resilient floor coverings such as vinyl. This polish gives a shiny surface finish and forms a protective film that guards against wear.

Self-polishing, water-base finishes usually are emulsions or solutions. The tiny particles that produce the shine are wax and/or polymers such as acrylic or vinyl. They are suspended or dissolved in the water. When the polish is applied, the water evaporates, leaving the particles on the floor to form a hard, protective film that reflects light and provides shine.

Several types of self-polishing, water-base finishes are available. If your floor is a light color, choose either an acrylic polymer floor polish or one guaranteed not to yellow with age. Look for the word "transparent" on the label.

But if transparency is not an important consideration, you might choose a vinyl polymer polish, which holds up extremely well with regular care. If the polish is one that doesn't wash off with normal scrubbing, the label will probably recommend using a commercial wax stripper or ammonia solution to remove the old polish.

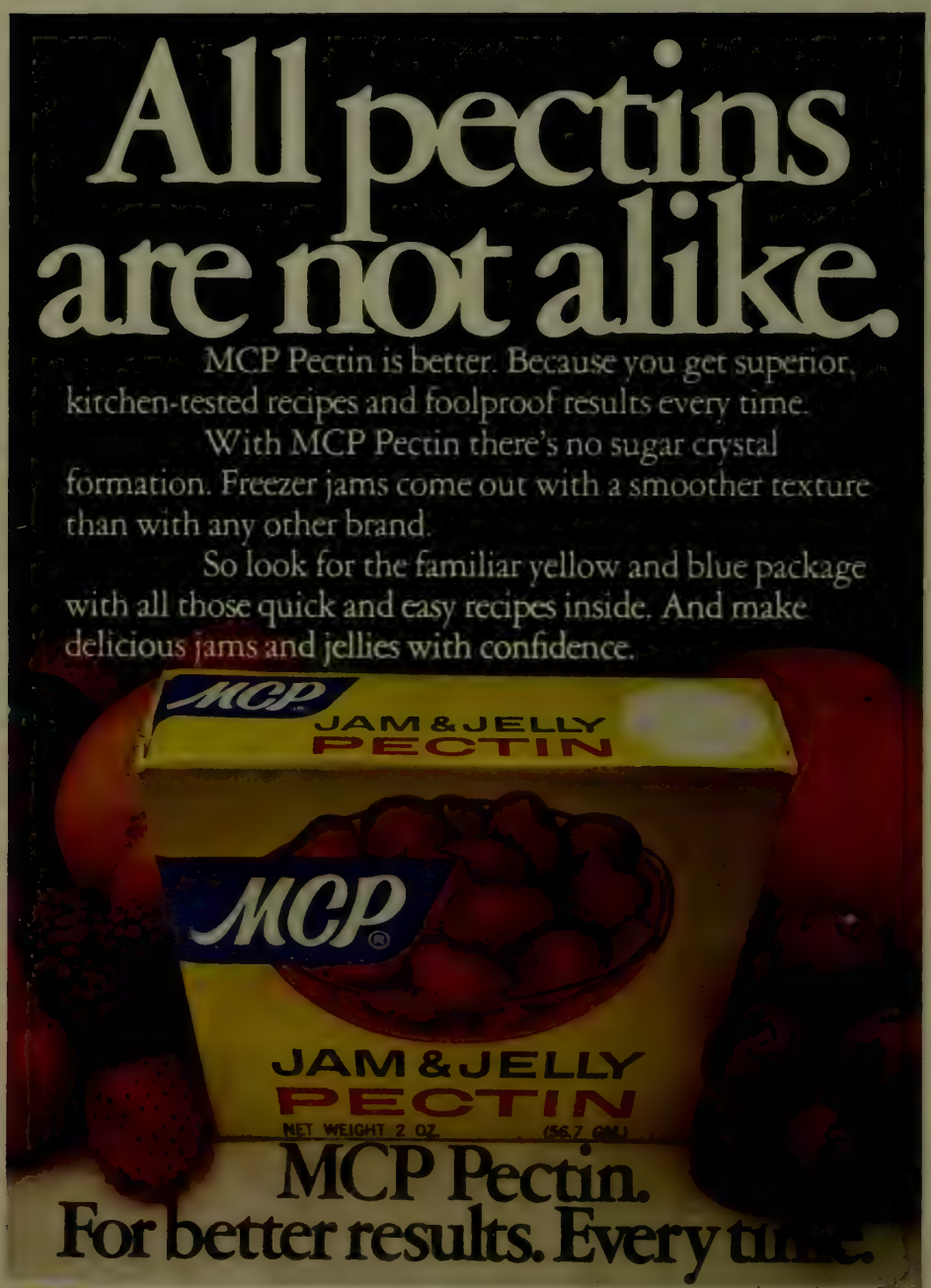
POLISH JUDICIOUSLY

When choosing a polish, consider the condition of your floor. If it is an older porous floor or has tiny scratches over the surface from wear, you'll need a viscous finish that will act as a sealer. Choose a polish that is not advertised as "self-stripping or cleaning."

The self-stripping kind removes the previous layer of polish as it leaves a thin layer of new polish. This makes it impossible to build up layers of protective finish.

For new vinyl floors with sculptured designs, the self-stripping polishes are ideal to avoid heavy buildups in the recesses.

Solvent-base waxes (the type recommended for wood floors) can damage some resilient floors. However, if you prefer this type, try some in an inconspicuous area to see if it discolors or causes chalking. ■



Also try A*C*M Ever-Fresh, for protecting the color and flavor of fresh fruit when freezing or canning. Another fine product from MCP Foods, Inc., P.O. Box 3633, Anaheim, CA 92803.

Good Housekeeping

"You certainly have a way with spinach."

Spinach the Sunkist way.

A basic seasoning you can't beat.
Squeeze juice from fresh lemon wedges over cooked spinach. Salt and pepper to taste. Great flavor.



A salad trick you'll make a habit.
Substitute fresh lemon juice for vinegar when you make your favorite packaged salad dressing mix. Toss with fresh spinach leaves. Kicky.



A sauce you can't goof.
Heat ¼ cup butter or margarine with grated peel



and juice of ½ Sunkist lemon and ¼ tsp. basil or oregano leaves, crushed. Pour over cooked spinach. Simple but spectacular.

A creamed spinach you don't have to cream.
Heat 1 can (10¾ oz.) condensed cream of mushroom soup and 1 cup shredded Cheddar cheese; stir until cheese melts. Add grated peel



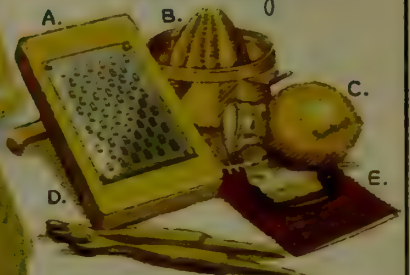
and juice of ½ Sunkist lemon and 2 pkgs. (10 oz. each) frozen spinach, cooked and well drained. Heat. Garnish. It's terrific.



A wilted salad you'll serve to company.
Cut 4 slices bacon into 1-inch pieces. Fry. To bacon and drippings, add juice of 2 Sunkist lemons, 1 tbsp. sugar and 2 tsp. Worcestershire sauce; heat. Pour over 6 cups fresh spinach leaves and 1 cup sliced fresh mushrooms; toss. Classic.



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Sun Valley



FOOD

Poached egg pointers

Have you heard that getting poached eggs to look and taste just right requires culinary abracadabra? Nonsense! Just follow these pointers and you can poach to perfection.

- Use simmering, not boiling liquid. Water that's too hot makes eggs tough and rubbery. (You'll know the water is simmering when you can see air bubbles in the bottom and a few that rise to the surface.)
- To keep the egg corraled, always break it into a saucedish before slipping it into the water.



Photograph: Scott

- To poach *one* egg, fill a saucepan with three to four inches of water. Bring the water to boiling. Reduce the heat to simmering. Stir the water to make a swirl, then slip one egg into the *middle* of the swirl. Follow the direction of the swirl so that the egg goes into the water in the same direction.
- To cook *two or more* eggs at a time, fill a shallow saucepan or skillet with 1½ inches of water. Bring to boiling. Reduce the heat to simmering. With the lip of the dish as close to the water as possible, slip eggs, one at a time, into the pan.
- Simmer eggs from three minutes (for soft eggs) to five minutes (for firm-centered eggs).
- Using a slotted spoon or skimmer, remove the eggs in the same order as they were added.
- For perfectly round eggs, use a metal egg ring. Set the ring in the pan of simmering water, then slip one egg into the center of the ring. When the egg white has set, remove the ring.
- Although it's not poaching in the literal sense, using a saucepan with an egg poacher insert or an electric egg cooker will work, too. ■

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CENT CITY: Square Deal Lbr.
VILLE: Danville Lumber
RAGG: Rossi's True Value
ENA: Homeowners Emp
EN GROVE: Plains Lumber
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ER CITY: Jenkins Lumber
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RADA: Sutherland Lumber
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MARIA: AA Plywood
PAULA: Dave's Bldg. Sply.
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OLULU: Oahu Lumber

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VELL: Bales Lumber
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RIDGE: Cambridge Lumber
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FOOD

Pizza crusts on call

These frozen crusts give you a head start on pizza and have that unbeatable homemade taste. For a quick meal or snack, just add sauce and toppers to the crust and bake.



Photograph: Dieter

FREEZE-AHEAD PIZZA CRUST

6¼ to 6½ cups all-purpose flour
2 packages active dry yeast
2 teaspoons salt
2 cups warm water (110° to 115°)
2 tablespoons cooking oil

In large mixer bowl stir together *3 cups* of the flour, the yeast, and salt; add water and oil. Beat on low speed of electric mixer ½ minute, scraping bowl constantly. Beat 3 minutes at high. By hand stir in enough of the remaining flour to make a stiff dough. Knead on lightly floured surface till smooth and elastic, about 12 minutes (dough should be firm). Place in lightly greased bowl, turning once. Cover; let rise till more than double, 1½ to 2 hours. Punch down; divide in fourths. Cover; let rest 10 minutes. On lightly floured surface roll each portion to a 12-inch circle. Place each on greased 12-inch pizza pan, forming edges on crust. Bake in 425° oven 10 minutes (crust will not be brown). Remove from oven; cool on pans. Remove from pans; wrap each in foil. Label and freeze. Makes 4.

To use crust: Top *frozen* crust with your favorite pizza sauce and other toppers. Bake in 425° oven about 25 minutes. ■

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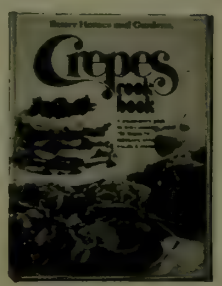
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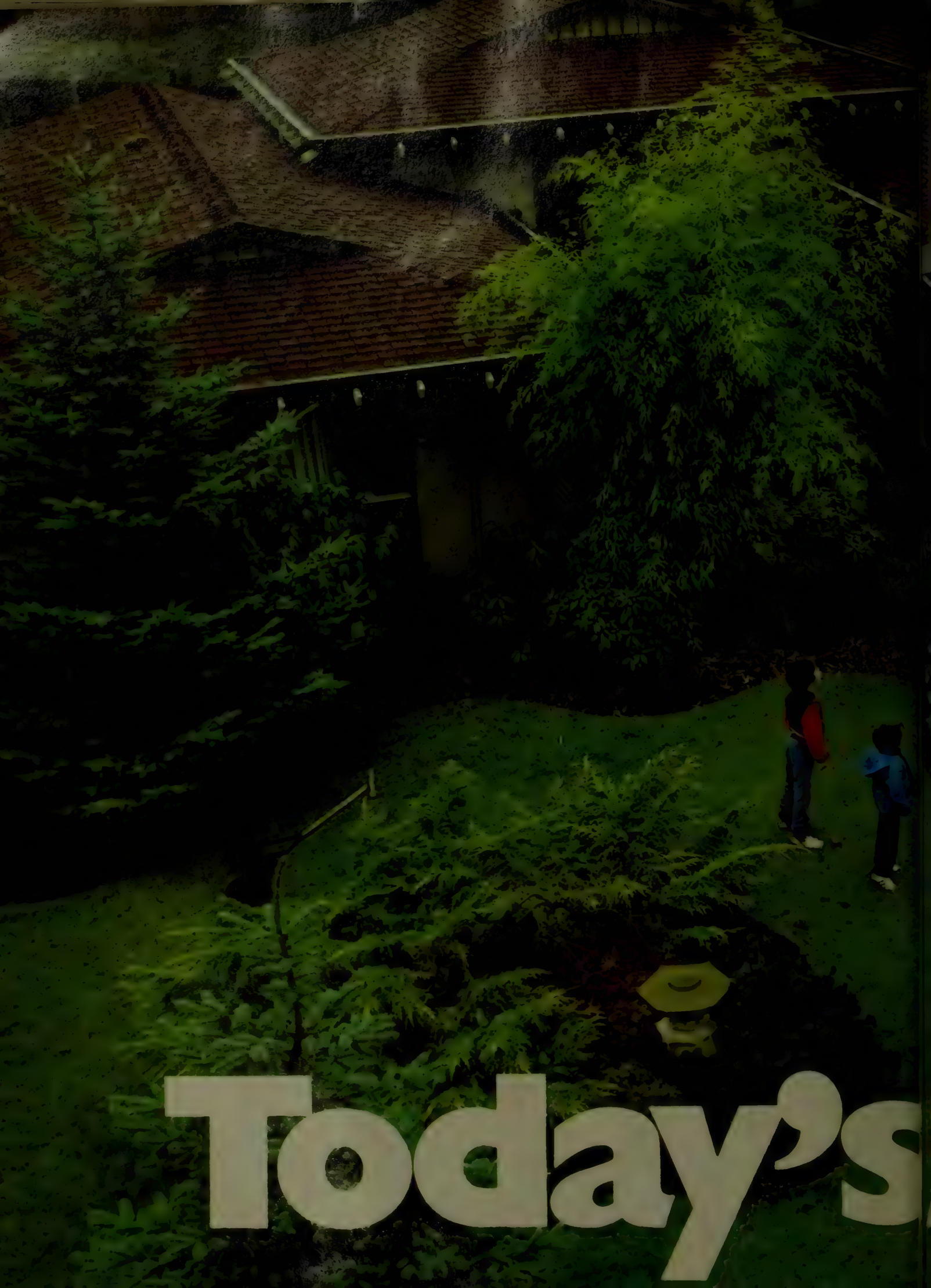
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The roof of this house is wearing a new kind of asphalt shingle. The heavy random-width pattern produces a deep irregular shadowline. While the textured earthtone finish creates a warm, woodsy effect.

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Of course, when you put an asphalt-shingled roof over your head, you get more than good looks. You get superior fire protection. You get excellent economy. And their outstanding durability means Today's Asphalt shingles will still look good tomorrow.

Asphalt.

Marmalade Desserts

MARMALADE BARS

Orange marmalade and dates make a moist, chewy filling—

¾ cup orange marmalade
½ cup pitted whole dates, chopped
1 cup packed brown sugar
½ cup butter or margarine
1 teaspoon vanilla
2 eggs
1¾ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 cup chopped walnuts

Combine marmalade and dates; set aside. In mixer bowl, cream sugar, butter or margarine, and vanilla till fluffy. Add eggs; beat well. Stir together flour, soda, and salt. Add to creamed mixture, beating till combined. Stir in nuts. Spread *two-thirds* of the dough over bottom of ungreased 13x9x2-inch baking pan. Top with date mixture. Drop remaining dough by spoonfuls evenly over date layer. Bake in 350° oven for 20 to 25 minutes. Cool in pan. Cut in bars. Makes 24 bars.



Photographs: Dieter



MARMALADE MERINGUE PIE

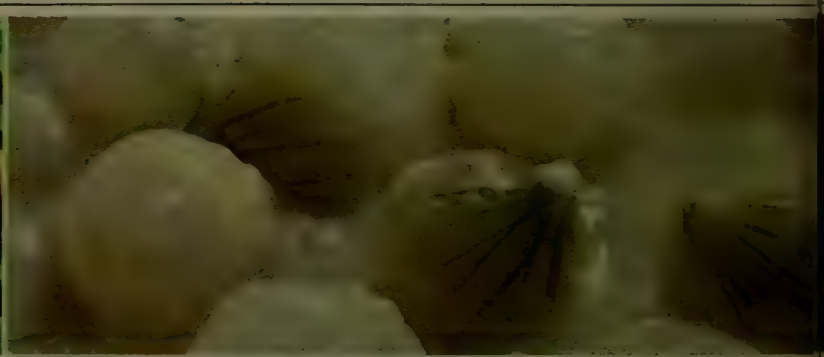
½ cup sugar
3 tablespoons cornstarch
3 tablespoons all-purpose flour
½ cup orange marmalade
3 beaten egg yolks
2 tablespoons butter or margarine
2 tablespoons lemon juice
1 9-inch baked pastry shell
1 recipe Meringue

Combine sugar, cornstarch, flour, and a *dash salt;* gradually stir in *1½ cups hot water.* Add marmalade. Cook and stir till mixture boils. Reduce heat; cook and stir 2 minutes. Stir *half* the hot mixture into yolks; return to pan. Bring to boiling; cook and stir 2 minutes. Remove from heat. Stir in butter and lemon juice. Pour into shell. Spread Meringue over *hot* filling. Bake in 350° oven for 12 minutes.

To make Meringue: Beat together *3 egg whites, ½ teaspoon vanilla,* and *¼ teaspoon cream of tartar* to soft peaks. Gradually beat in *6 tablespoons sugar* to stiff peaks. ■

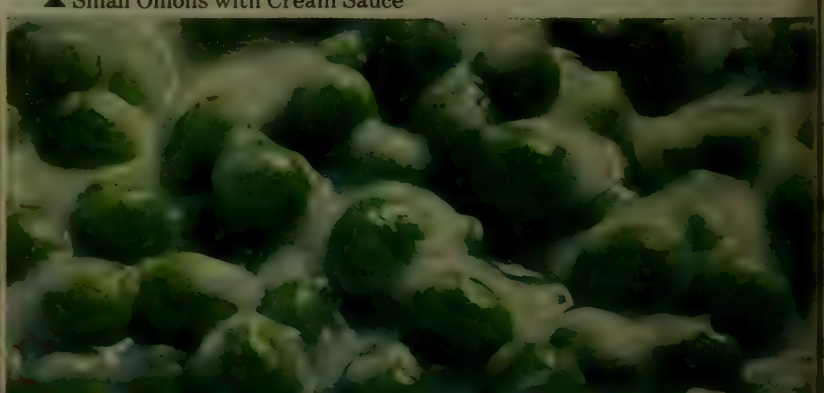


▲ French Green Beans with Toasted Almonds



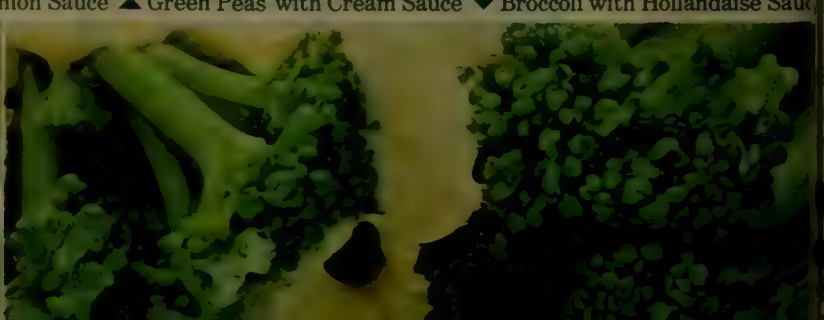
▲ Small Onions with Cream Sauce





▲ Cauliflower with Cheese Sauce ▼ Mixed Vegetables with Onion Sauce ▲ Green Peas with Cream Sauce ▼ Broccoli with Hollandaise Sauc





Creamy salad dressings

Set off summer meals with crisp tossed salads topped with refreshing creamy salad dressings like **Buttermilk Dressing** or **Sherry-Blue Cheese Dressing.** Here are some tips to ensure pretty-as-a-picture salads every time.

- Clean and chill all ingredients ahead of time. Also plan to chill the serving bowl and salad plates.
- Leave salad ingredients in fairly large chunks or pieces so your salad looks full and fresh.
- Toss ingredients lightly; never stir vigorously.
- Garnish salads with simple trims, such as tomato wedges, onion or green pepper rings, radish or egg slices, olives, or pickles.



Photograph: Dieter

BUTTERMILK DRESSING

Try this creamy dressing over a fresh spinach salad—

½ cup mayonnaise or salad dressing
½ cup dairy sour cream with chives
½ cup buttermilk
¼ cup tomato juice
2 tablespoons grated parmesan cheese
½ teaspoon dry mustard
¼ teaspoon paprika
¼ teaspoon celery seed
⅛ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon garlic powder

In a bowl blend mayonnaise, sour cream, buttermilk, tomato juice, parmesan cheese, mustard, paprika, celery seed, salt, pepper, and garlic powder. Cover; chill. Top with snipped chives, if desired. Makes 1¾ cups.

SHERRY-BLUE CHEESE DRESSING

½ of 8-ounce carton blue cheese neufchâtel dip
1 3-ounce package cream cheese, softened
1 cup dairy sour cream
¼ cup dry sherry
3 tablespoons milk
1 teaspoon grated onion
½ teaspoon salt
¼ teaspoon paprika

In mixer bowl blend together blue cheese dip and cream cheese. Stir in sour cream, sherry, milk, onion, salt, and paprika. Chill. Makes 2 cups.



Carrots with Brown Sugar Glaze



▲ Green Peas and Pearl Onions

Birds Eye® Combinations will do almost anything to get your husband's attention.

oes your husband think your vegetables are all alike as peas in a d? Even when you're not serving peas? Then you should be serving m Birds Eye® Combinations.

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BIRDS EYE

Birds Eye® Combinations.
The first vegetables your husband might even notice.

ve photographs are approx. 2 times actual size.

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You don't have to sell your house to make a profit on it.

With a Crocker Home Equity Loan you can take advantage of the increased value of your home without selling your home.

Like Joseph Holtz and his wife, you can take some of the equity out of your house and put it to work for you.

Joe bought his Orange County house thirteen years ago. If you'd told him then that it would triple in value by 1976, he'd never have believed you.



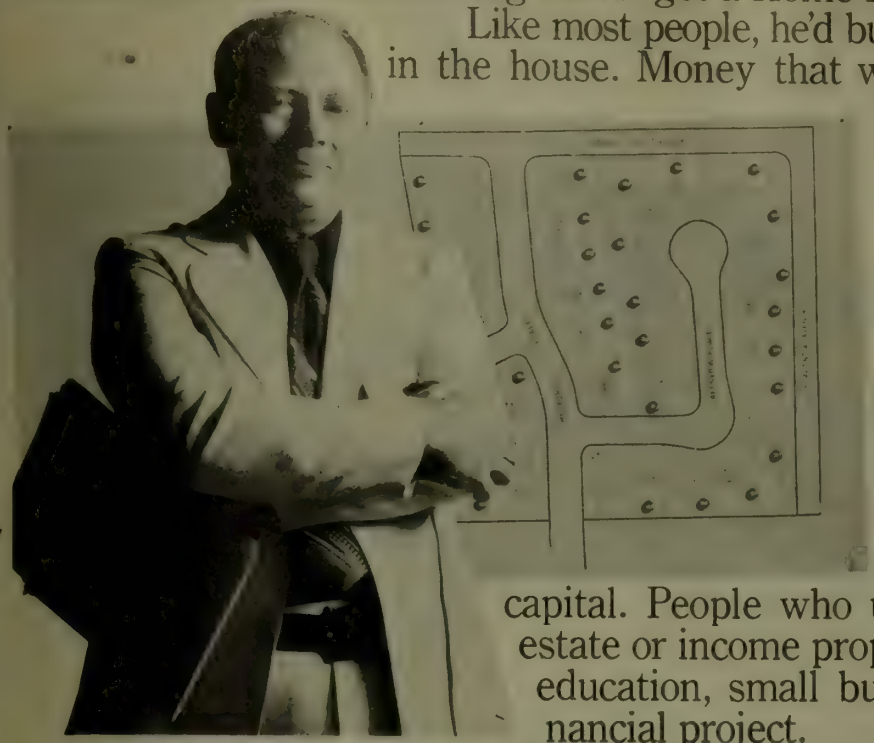


He'd also never have believed that he'd quit a secure job as an electrical engineer rather than relocate and face a long freeway commute.

But, like a lot of us, Joe Holtz has changed his mind about a lot of things the last few years.

For one thing, after seventeen years with the same aviation firm, he quit. That was three years ago. And, with two sons in college and three ready to start, it was a pretty daring thing to do.

He went into real estate, got his broker's license, and has been doing pretty well. Last fall he made another big move: got a Home Equity Loan from Crocker.



Like most people, he'd built up a tremendous amount of equity in the house. Money that was there, but not working for him. So he shopped around for the best way to take advantage of that equity.

He found it at Crocker. Took out a Home Equity Loan, invested the money in real estate, and has already seen a substantial return on his investment.

Home Equity Loans are a new program we offer in response to the growing number of people who've changed their attitudes about home equity as a source of investment capital. People who use their equity to reinvest in real estate or income property, to provide money for a college education, small business, or any other worthwhile financial project.

Our Home Equity Loans don't affect the payment or interest on your first mortgage. And these simple interest loans also carry lower interest rates than loans available through finance companies, a longer repayment period than many banks or finance companies, low monthly payments, and no prepayment penalties.

You can even apply by telephone. Just call our CrockerPhone home equity loan specialist toll-free at (800) 652-1492 and apply from the privacy of your home. We'll try to have the money in your hands within 10 days.

Crocker Home Equity Loans

EQUAL HOUSING LENDER

Our Home Equity Loan Program is just one example of how we're working to update services according to our customers' changing needs. We also have longer banking hours (8:30-4:30 weekdays; till 6 PM Fridays), bank forms written in language you can understand, and other innovative services like Crocker Primeline and the Crocker Banking Card.

Whatever your banking needs are, if you're a homeowner with changing attitudes about putting your home equity to work, remember the one bank that's changing as you change.

CROCKER BANK

You're not the same. We're not the same.



GOT THE COLD SHIVERS FROM HEATING BILLS?



DO COOLING COSTS MAKE YOU HOT UNDER THE COLLAR

THE COST OF COMFORT IS GETTING MIGHTY UNCOMFORTABLE.

Homeowners everywhere are seriously concerned about rising costs and dwindling supplies of fuel. But now you needn't feel quite so powerless to fight those soaring home heating and air conditioning bills. Hold onto more of the power you pay for by having your exterior walls insulated with new Insulspray® foam insulation from Borden. It's a wise new way to help in the efforts to conserve energy, while holding down those uncomfortably high bills!

insulspray® THE WALL FILLING FOAM!

Costly energy losses can be occurring right through your outside walls. Insulspray foam is applied directly into wall cavities from the outside. Then it hardens to form a long-lasting barrier against winter cold and summer heat.

insulspray® THE FUEL-SAVING FOAM!

By filling spaces between interior and exterior walls, Insulspray foam reduces energy loss. Your home stays warmer in winter, cooler in summer. You save precious energy. And you save on fuel bills.

insulspray® THE COMFORT FOAM!

In addition to saving you some money, Insulspray foam offers wall-to-wall comfort by cutting down on chilly draft areas and "cold walls." Your home stays cooler in summer, warmer in winter, more comfortable year round.

insulspray® THE QUIET FOAM!

Insulspray foam also "quiet conditions" your home by reducing the intrusion of outside noise.

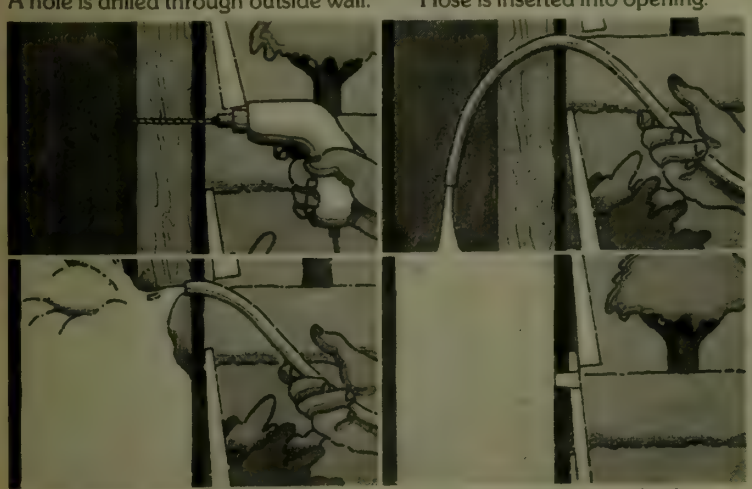
HAD YOUR FILL OF HIGH ENERGY BILLS? LET US FILL YOU IN ON INSULSPRAY.

Fill in the coupon. We'll send you a fact-filled booklet on ideas for saving energy, and the name of your nearest Insulspray contractor.

HERE'S HOW YOUR AUTHORIZED INSULSPRAY CONTRACTOR FORTIFIES YOUR HOME WITH FOAM.

A hole is drilled through outside wall.

Hose is inserted into opening.



Insulspray foam fills wall cavity.

Outside wall is closed tight.

Insulspray is a registered trademark of Borden Inc

BORDEN

Name _____

Address _____

City _____ State _____ Zip _____

MAIL TO BORDEN CHEMICAL, INSULSPRAY DEPARTMENT, 180 EAST BROAD ST., COLUMBUS, OHIO 43215

insulspray®

Why do educated wine drinkers seek out Souverain?

They know a little knowledge is a delicious thing. So they've learned how to read a wine label. Every word on the Souverain label points to quality. You'll see if you study this ad. Or, better yet, seek out Souverain and take a sip.

The vintage date.
It means 95% of the grapes used in this wine had to be harvested in this year. All Souverain varietal wines are vintage dated.

The winery name and location.
For years, the Souverain name has stood for prize-winning wine. The winery is located in the heart of California's premium wine country. This allows Souverain to select only the choicest grapes from the choicest estates.

The varietal designation.
A fine wine is named for the noble grape that inspired it. Legally, only 51% of this grape has to be used. Many wineries limit themselves to just that. But not Souverain. They use 100% of the varietal grape in virtually all their wines. And only the "free-run" juice of the first crushing.

The appellation (where the grape was grown). Pin-pointing this pays off. There are little "microclimates" in California where the weather and the soil produce the best grapes. The North Coast is famous for them and that's where all Souverain grapes are grown.

The Julius Wile seal is a mark of quality. Since 1877, it has distinguished the world's finest wines and spirits. Some connoisseurs buy wine on the strength of this seal alone. Souverain is the *only* California wine to bear this emblem.

The fine line.
The key word is *produced*. It means Souverain winery made this wine from start to finish. No *other* word assures you such care. Souverain supervises every step and limits production so they're proud of every drop.

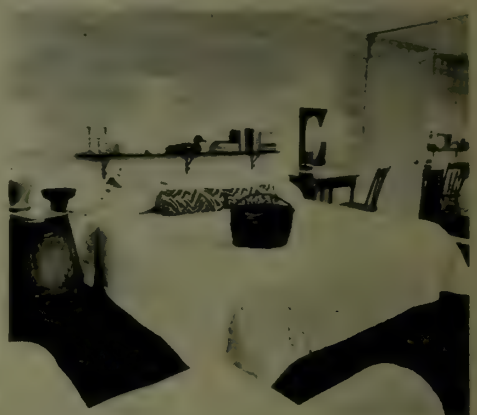


Discover the value of Souverain.

DECORATING

Thrifty headboard treatments

Finding a headboard for a king-size bed can be an expensive proposition, but who says you have to buy your headboard from a store? The two shown here are flea market finds, decoratively recycled and put to imaginative use.



Photographs: Semarco, Inc. Source: Estelle Bond Guralnick

An old board supported by three antique iron brackets makes a handy "headboard" for this king-size bed. The shelf runs the length of the bed, keeping reading material and other odds and ends within easy reach. Still another clever bit of recycling is the upended barrel that's topped with glass to serve as a night table.



Designs: John D. Bloodgood Architects, P.C.

The next time you get a tear in your eye at the sight of an old building being torn down, don't just stand there—see if you can rescue an architectural remnant and put it to decorative or practical use. That's how this interesting headboard came about: It's a divider from a razed post office. ■



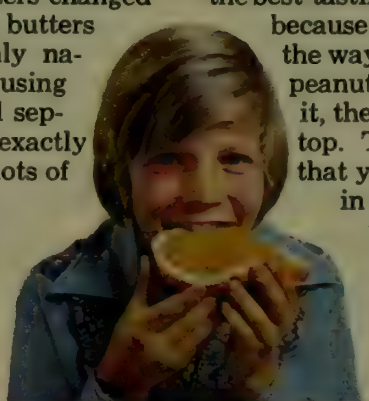
Cool it.

Ever wonder why we recommend that you keep Laura Scudder's Old Fashioned Peanut Butter in the refrigerator? Here's the story, in a nutshell.

Not too long ago, all peanut butters were made the old-fashioned, natural way: freshly roasted peanuts and a little salt were ground together to make a delicious, creamy mixture. You got a great-tasting peanut butter, one that was full of rich, natural peanut flavor. And you also got oil that would separate from the mixture and rise to the top of the jar.

The advent of stabilizers changed all that. Most peanut butters changed from using only natural ingredients to also using stabilizers to prevent oil separation. The taste wasn't exactly the same as before, but lots of people liked the results.

Laura Scudder's didn't change. We make ours the same old-fashioned, natural way — just peanuts and salt *—nothing else!* We think it's still the best-tasting peanut butter there is, because there's nothing to get in the way of the rich, full natural peanut flavor. And, you guessed it, the oil can still come to the top. That's why we suggest that you stir it up and keep it in the refrigerator. Then it won't separate. Next time, get Laura Scudder's Old-Fashioned Peanut Butter. Then, *cool it.*





Laura Scudder's®

OLD FASHIONED PEANUT BUTTER

Just peanuts and salt — nothing else.

Straight Talk from UCB/Number 15.

THE INSTANT DO-IT-YOURSELF LOAN.



IS THE CONVENIENCE WORTH THE EXTRA COST?

You find a great old roll-top desk for $400. But you only have $319 in your checking account. Obviously, you don't want to bother getting a loan for that amount. But you still want the desk. So what do you do?

Simple. You write a check for the full amount. And instead of returning the check, your bank covers it automatically, And happily.

A dream? Nope. It's actually a way to borrow money that a lot of banks offer. At UCB, we call it Balance Plus® Line of Credit.

Now, there's no question that writing your own loan is convenient. The question is: Is that 18% annual interest you pay really worth it?

SOMETIMES IT IS.

It's worth it when you need to get money in a hurry. And without any hassle. Like when the car decides to fall apart. Or when you get clobbered with a big doctor or hospital bill. Or a huge tax bite. Or some other surprise.

It's worth it when it can help you take advantage of savings you'd miss out on otherwise. Like when you run across a great sale on the refrigerator you've been needing, but you don't have the cash. Once you've qualified for Balance Plus Line of Credit, you can write your own loan immediately, without filling out any new forms or even coming into the bank.

SOMETIMES IT ISN'T.

Like all loans, it's not worth it when your real reason for using it is to live higher on the hog than you can afford. Or when you're already too deep in debt.

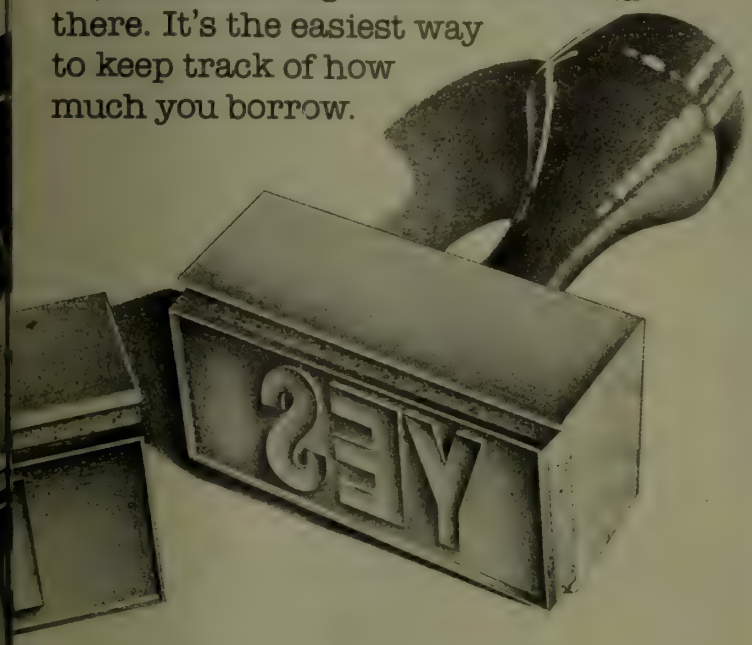
It's not worth it when getting the money immediately isn't a factor. Like when you're planning on buying a color TV that isn't on sale. And you're not planning on repaying the money soon. Then you're better off getting a regular loan. It's not as convenient. But you'll probably get a lower interest rate.

It's also not worth it, in our opinion, when a bank makes you borrow and pay interest on some preset minimum amount – more money than you really need. (More on that later.)

HOW DOES IT WORK?

At UCB, you can write your own loan two ways:

1. You can fill out a Deposit Order and take it or mail it to any UCB office. We'll transfer the amount into your UCB regular checking account then and there. It's the easiest way to keep track of how much you borrow.



2. You can write a check for more than you have in your checking account, (up to your credit limit, of course) and we'll automatically deposit the money you need into your UCB checking account.

HOW MUCH CAN YOU BORROW?

When you qualify for Balance Plus Line of Credit, we set up a maximum amount you can borrow. It generally ranges from $1000 up, depending on your income and credit history.

We also have a special Balance Plus Line of Credit that lets you borrow up to 1/3 of your annual income if you qualify. Ask your UCB loan officer for details.

HOW ELSE CAN IT HELP YOU?

UCB's Balance Plus Line of Credit can also provide a check guarantee. It identifies you to any of the many participating merchants throughout California, who will accept your personalized check for up to $100. It also identifies you at any of UCB's more than 260 offices in California, where you'll be able to cash a check for up to $150.

LOTS OF BANKS HAVE THIS SERVICE. WHAT MAKES UCB'S BETTER?

Very simple.

Many banks make you borrow minimum amounts, whether you need it all or not. Say, for example, you write a check for $51.01 more than your balance shows. Some banks will transfer $100 to your checking account to cover the $51.01 overdraft. You have to pay back $100, plus the finance charge on $100, and maybe even a transfer fee.

UCB transfers only $52 to your checking account. You pay back just $52 plus the finance charge on $52. Nothing more. UCB only transfers to the next highest dollar amount, with no transfer fee at all.

HOW DO YOU QUALIFY?

Also very simple. Come into any UCB branch and fill out our All-Purpose Personal Credit Application. If you qualify, we'll give you Balance Plus Line of Credit.

If you have any questions we haven't answered here, come in and ask us. A straight answer is something everybody qualifies for at our place.

GET IT STRAIGHT FROM UCB.

UCB

UNITED CALIFORNIA BANK

Member F.D.I.C.

Year-round Fruit Spreads

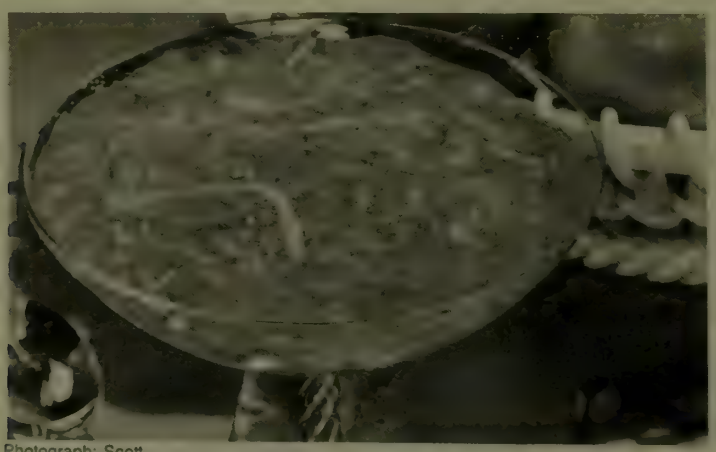


Photograph: Dieter

APPLE-GRAPE SPREAD

3½ pounds tart cooking apples, cored and coarsely chopped (16 cups)
2 cups grape juice
7 cups sugar
1 tablespoon lemon juice
½ of 6-ounce bottle liquid fruit pectin
½ teaspoon ground cinnamon

In 5-quart Dutch oven, combine apples and grape juice. Simmer, covered, till apples are very soft, about 10 minutes. Sieve. Measure 5 cups; return mixture to Dutch oven. Add sugar and lemon juice. Bring to full *rolling boil; boil vigorously 1 minute.* Remove from heat; stir in pectin and cinnamon. Stir and skim off foam occasionally for 5 minutes. Pour into hot, clean jelly jars; seal with ⅛-inch hot paraffin. Makes 8 half pints.



Photograph: Scott

CITRUS TRIO MARMALADE

1 medium orange
1 medium lemon
1 small grapefruit
1½ cups water
⅛ teaspoon baking soda
4½ cups sugar
½ of 6-ounce bottle liquid fruit pectin

Using point of knife. score peel of orange, lemon, and grapefruit in 4 lengthwise sections; remove peel. If peel is thick, remove about half of white portion. Slice peel in thin strips; add water and soda. Bring to boiling; simmer, covered, 20 minutes, stirring occasionally. Chop fruit of orange, lemon, and grapefruit; discard seeds. Add fruit to peel; simmer, covered, 10 minutes more. Measure 2¼ cups fruit mixture into Dutch oven. Add sugar; mix well. Bring to a *full rolling boil. Boil hard 1 minute,* stirring constantly. Remove from heat; stir in pectin. Stir and skim off foam for 5 minutes. Ladle into clean hot jelly jars; seal with ⅛-inch hot paraffin. Makes 6 half pints. ■

KRAFT SALAD DAYS ARE HERE.

Celebrate the tropical taste of a DOLE® fresh pineapple in this island-inspired salad topped with sweet and spicy CATALINA French Dressing from KRAFT.

CELEBRATE THE DOLE FRESH PINEAPPLE WITH A WAIKIKI SALAD BOAT

1 large fresh DOLE pineapple
1 cup cherry tomato halves
1 cup cucumber slices
½ cup celery slices
¼ cup chopped walnuts, toasted
2 tablespoons blue cheese crumbles
8-oz. bottle CATALINA French Dressing

Cut pineapple in half lengthwise. Remove fruit, leaving shell intact. Core and chunk fruit. Combine pineapple, tomatoes, cucumber, celery, walnuts and cheese; toss lightly. Spoon into pineapple shells. Serve with dressing.



KRAFT

® Dole—Reg. T.M. Castle & Cooke, Inc.

CASTLE & COOKE, INC.


Dole
RAF
Catalina
Dole
PINEAPPLE

Give your thirst The Cold Shoulder.



Don't wait till someone else gives you The Cold Shoulder. Mix one up yourself.

It's not only cool, it's quick.

Just pack a highball glass with lots of ice, pour in 1½ ounces of Hiram Walker Apricot Flavored Brandy, top it off with orange juice and stir.

Now you can forget the Fahrenheit. Because you'll feel like you're cooling off in the shade of a citrus grove.

Something this delicious was meant to be shared. So give someone The Cold Shoulder. And don't be surprised when they warm up to you.



The Hiram Walker Cold Shoulder

DISCOVER MORE QUICK AND COOL IDEAS AT YOUR LIQUOR DEALER'S HIRAM WALKER QUICK & COOL DISPLAY. OR WRITE FOR OUR FREE RECIPE BOOKLET TO: HIRAM WALKER CORDIALS, DEPT. EE, P.O. BOX 14100, DETROIT, MICHIGAN, 48214. APRICOT FLAVORED BRANDY, 70 PROOF. HIRAM WALKER & SONS, INC. PEORIA, ILL.

A rainbow of glad colors

Every imaginable flower color is possible for your rainbow of gladiolus because there are more than 1,000 varieties to choose from.

Large-flowering favorites include America (chalky white with a blood-red throat), Nomad (lavender), Miss America (salmon color), Cameo (pink), Blizzard (white), Pink Frost (rose-pink with cream throat), Sundown (a blend of apricot, light rose, muted chartreuse).

The slightly smaller butterfly glads feature ruffled flowers and unique color combinations: Adonis (pink, red throat), Amusing (scarlet, deep yellow throat), Page Polka (yellow, deep yellow throat).

For small-scale arrangements of cut flowers, try the miniature glads: Nugget (butter yellow), Red Bantam (ruffled scarlet), Tiger Kitten (smoky salmon orange and maroon), Blue Butterfly (blue, white throat).

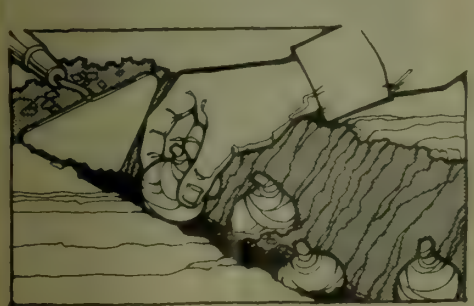
If you prefer a wide assortment of unmarked colors, save money by buying a mixed bag of 100 or more.

Most glads bloom 60 to 90 days after planting. Mid-May is early enough for the first planting in the North. For constant bloom until autumn, make successive plantings every two weeks until July 15th.

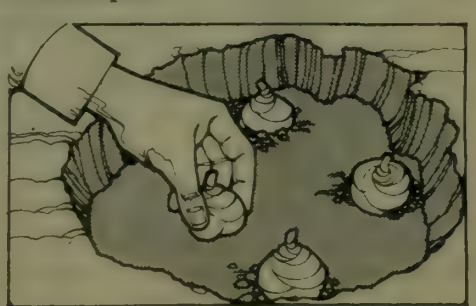
Two-inch-diameter corms produce the best blooms. Place all glads in well-drained soil in a sunny location.

Row-planting is the fastest way to plant glads intended for cut flowers. Plant corms four or five inches apart and four inches deep. Squeeze more bulbs into the row by planting in a staggered pattern.





Clump-planting lets you intersperse groups of glad color in flower beds. Plant three or more corms together, four inches deep and six inches apart.



Water deeply whenever the soil is dry throughout the growing season. Mulching the ground will conserve moisture and reduce the amount of hoeing needed to keep weeds down.

Staking may be necessary if the tall flowers fall over. For bouquets, cut flower spikes when the bottom blooms open. Leave at least four leaves on each plant to produce food for next year's bloom.

Fertilize after flowering with any balanced plant food, like 6-10-4. Let the foliage mature before digging corms in the fall. Store them in a dry, cool (above freezing) area. ■

CARS Robert A. Dickelman

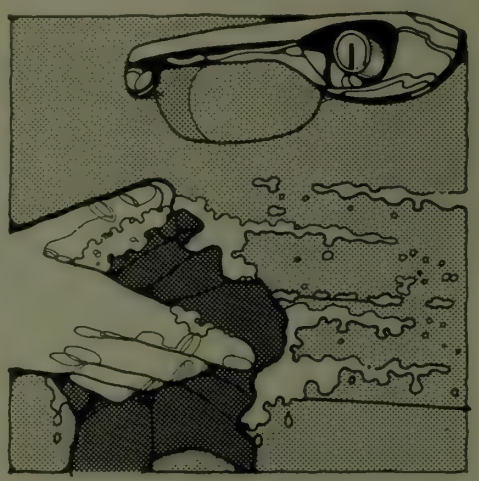
Do-it-yourself bodywork
Touch up dings and scratches

Is your car a loser in the battle against parking dings and rust rot? You can fix minor body damage yourself; all you need is a windless 60-degree (or warmer) day, clear skies, and a handful of materials.

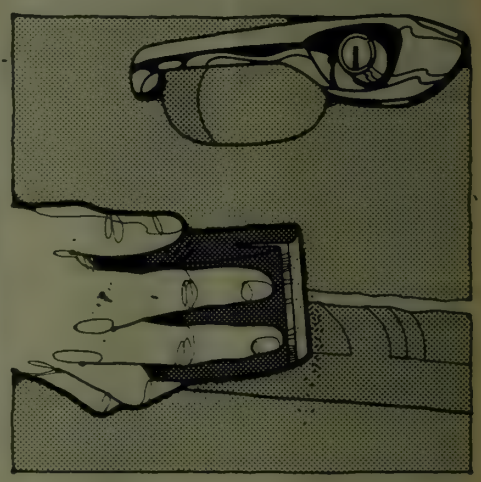


Photographs: Hopkins

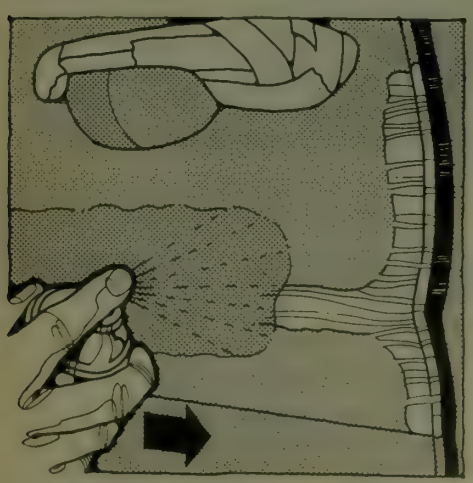
This kind of door is typically found on many two- or three-year-old cars that have been abused by parking lot door-bangers. The nicks on the raised horizontal crease were caused by other drivers; the marks on the edge of the door were caused by the car owner when he carelessly opened his door into other cars (and in one case, a brick wall).



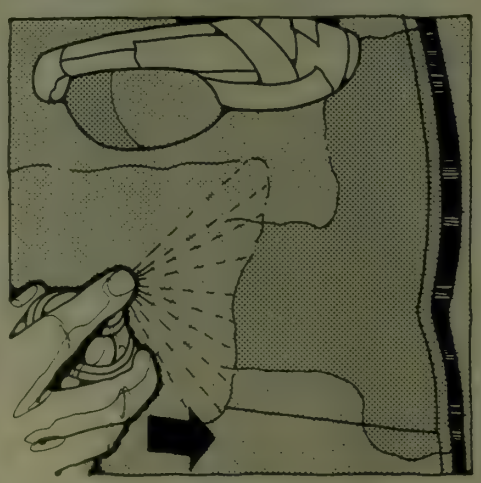
Start by washing both the damaged and the surrounding areas with lots of soap and water (a couple of squeezes of dishwashing detergent in a bucket of water works great). Rinse the area thoroughly and dry. Next, wipe all the damaged areas with automotive wax and grease remover; if you don't, the primer and paint might not stick.



Feather the edges of the nicks and scratches by block-sanding with 80- or 100-grit sandpaper. Then switch to 240-grit sandpaper to finish the smoothing process. Next mask off windows and trim in the area you'll be painting. After rinsing with wax and grease remover and drying the surface, use a tack rag to pick up remaining dust.



Apply three or four coats of primer. When the primer dries (anywhere from five minutes to an hour, depending on the weather), block-sand the primed area with wet 400-grit paper, rinse well with wax and grease remover, and let dry; then wipe with a tack rag. If there are any imperfections in the surface now, repeat the priming steps.



After you're satisfied with the quality of your surface preparation work, begin applying the finish coats. Get a spray can of acrylic lacquer—mixed to match your car—from an auto body supply store. Let each coat of paint overlap the previous coat by about an inch; this technique helps the new paint blend in with the old.



Drawings: Hellman Design Associates

Apply several light coats of paint, allowing each coat to dry before applying the following coat. Then let the paint dry for a couple of days. Finish the job (and bring out the luster in the paint) by rubbing out the refinished area with a hand-rubbing compound. Wax the entire area after 30-60 days.

continued



Dash, elegance and driving excitement belong in a world class car. So do you.

From the first sweeping turn on a freeway or back-country lane, Chevrolet's Concours tells you clearly that you've got a fine touring car under you. Concours is a luxury compact offering a remarkable driving experience for drivers who appreciate the flair of fine road cars backed up by dependable Chevrolet engineering. Concours blends hard-nosed performance quality with an uncommonly well-appointed velour interior . . . to produce a combination capable of challenging the highways of the world.

If you've made your mind up that world class luxury compacts must be prohibitively expensive, be prepared to change it. Concours offers driving satisfaction at an affordable price, a price that includes front-running excitement at no extra charge.

You may never experience the autobahns, cobblestones and mountain switchbacks of Europe, but you can experience the rewards that come standard with a world class car.

Concours: A car with everything that belongs in a world class car.
You belong there, too.

Chevrolet

CONCOURS. A world class luxury compact.



Take your average White House...



How would it look in Brittany Blue...



Mexicali Rose...



Or even a color like Peanut Shell Beige?

Even the most ordinary white house could look extraordinary in Martin-Senour Paints.

Before you paint your house the same old white again, stop and think. How would it look in Dandelion Yellow? Mexicali Rose? Brittany Blue?

Your Martin-Senour dealer can show you. Before you paint. He's got a book that can show you houses in almost any color combination you can imagine. He'll give it to you free.

And right now he'll give you a great deal on Martin-Senour's best latex house paint, too. In whatever colors you select. Flat or Satin Gloss finish, Martin-Senour's Great Life holds its color for years, and resists blistering, peeling, chalking and mildew. It goes on easy, almost always covers in one coat, and cleans up with soap and water.

Stop by your Martin-Senour dealer today. Pick up your free House Color Coordinator now, while they last.

Why settle for the same old look when you could live in a house of a different color?

Free House Color Coordinator. Available from your Martin-Senour dealer. For the location of your nearest dealer, call toll-free 800-477-4700 (in Illinois, call 800-322-4400).



continued

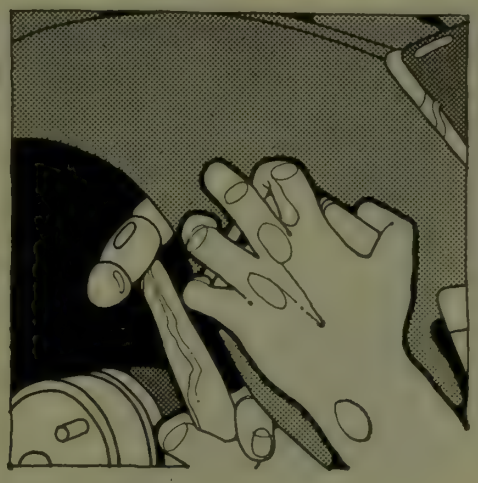
Do-it-yourself bodywork

Fix minor dents

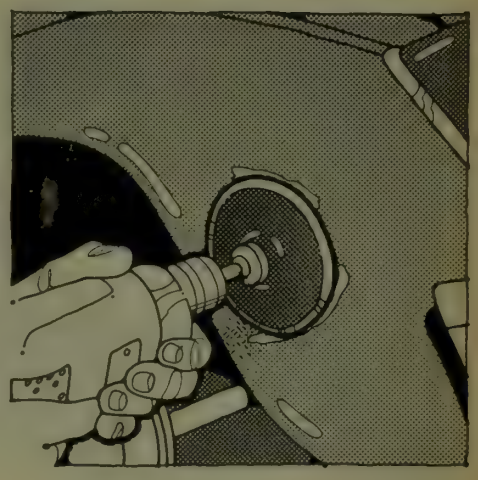


This fender was damaged by a car whose driver parked by sound ("crunch!") instead of watching where he was going. The dent is easy to fix, because you can knock it out from inside the fender.

Here we'll show you how you can get a dented fender back in shape and ready for paint. Start this job by washing the damaged area thoroughly, drying it, and going over it with grease and wax remover.



Put the car on jack stands and remove the wheel and tire under the damaged fender. Look carefully at the dent; by hammering the dent in the reverse direction of damage, you'll be able to get the fender into rough shape. Make sure you pound the fender from the inside (with a ball peen hammer or body hammer); use a steel block (called a "dolly") on the outside to help work the metal into shape.

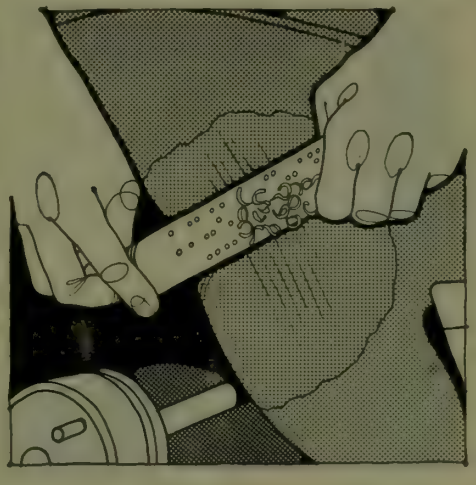


Stop hammering when the dent is slightly (⅛ to ¼ inch) below the surface of the surrounding metal.

Carefully grind off the old finish with a coarse sanding disc attached to your electric drill. Remove the paint at least a couple of inches farther than the boundaries of the original body damage. This will allow you to feather the body filler, for a smoother patch; the paint will blend better, too.

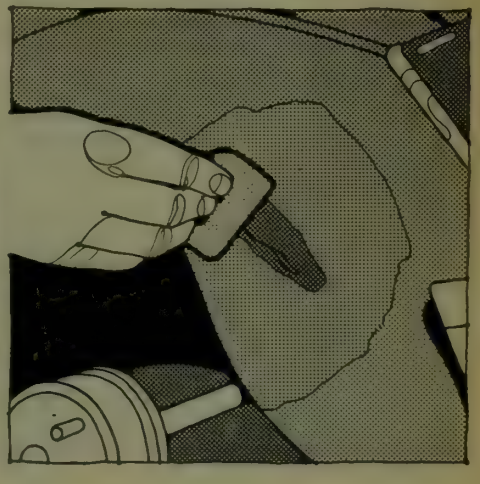


Following the manufacturer's instructions, mix and spread the plastic body filler onto the damaged area with a plastic spreader. You'll have to work fast. First apply a thin coat to the dent—and follow immediately with a thicker coat that reaches slightly above the level of the surrounding metal. Filler is hard to remove so make sure you don't get any on the car's good finish.



After the filler sets—but before it hardens completely—lightly file it into the contour shape of the fender with a body file (it looks like a long, narrow cheese grater).

When the body filler has thoroughly hardened, block-sand with dry 80- to 100-grit paper to smooth the area into shape. If there are any obvious low spots in the patch, repeat these "filling" steps.

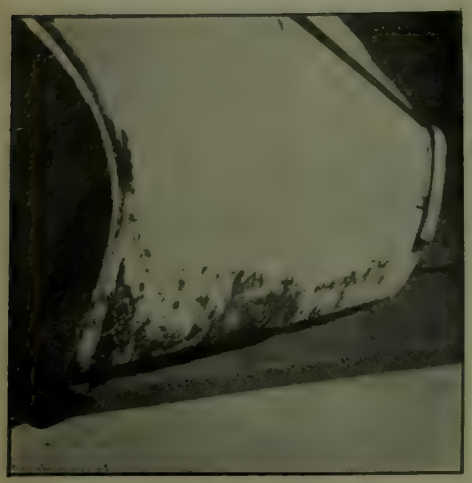


Mask and rinse the entire damaged area. When the surface is dry, apply primer and lightly sand with 240-grit paper to find surface imperfections. Apply spot putty to those areas with a spreader, let dry, and block-sand with 240-grit. Then prime and sand (with wet 400-grit) the whole area again. Check page 192 for finishing details.

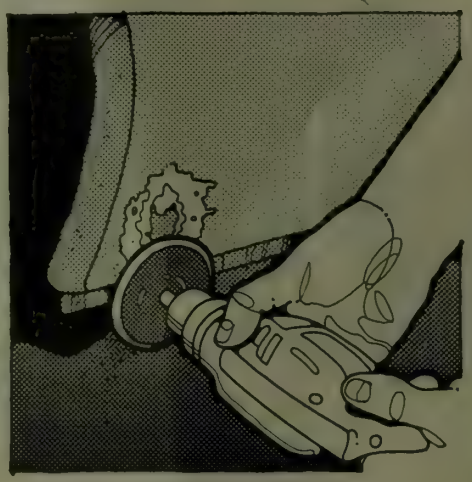
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Do-it-yourself bodywork
Repair rust damage

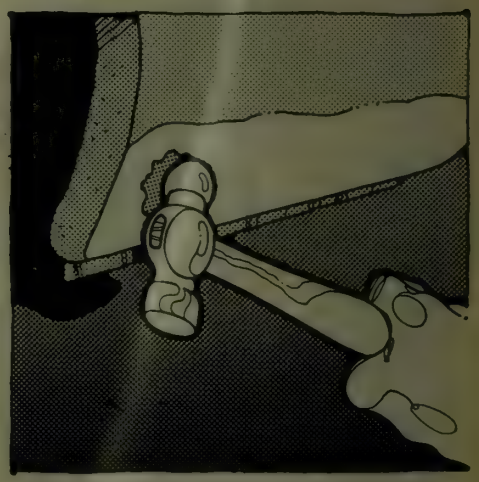


You can't blame anyone but yourself if your car's body is riddled with rot like this. Rust damage happened on the outside because scratches and nicks on the dirty body weren't touched up right after they happened—and the rust spread under a thick coat of road grime and salt. The hole behind the wheel rusted out from inside because mud and snow were allowed to accumulate and because drain holes were plugged.



Before you start, realize that although patching rusted-out spots is a common body repair, it's not a long-lasting one. The only way to stop rust permanently is to cut off the old metal and weld in new.

Wash the damaged area, apply wax and grease remover, and grind away the rust with a drill and coarse disc. If the metal is deeply pitted, also use a wire-brush attachment to clean rust out of the pits.



If the only rust on your car is surface rust, all you have to do is prime and fill the pits and scratches with spot putty and refinish the area. But if the rust has eaten all the way through a body panel, you'll have to apply a patch.

After you've removed all signs of rust, gently dent in the edges of the hole with a hammer. This "shoulder" for the patch should be about ¼ inch deep.



Press the patch in place (the package will tell you exactly how), and form it to the damaged area.

The patch will cure and harden in sunlight; the process takes up to 24 hours. When the patch is fully cured, scuff the entire surface with 80- to 100-grit sandpaper. Work toward the middle, sanding the edges of the patch down to the level of the surrounding metal.



Following the manufacturer's instructions, mix and spread the plastic body filler over the patch. Shape the filler with a body file before it hardens completely, and then block-sand with 80- to 100-grit paper. If there are any low spots, apply a second coat of body filler.

Mask trim, rinse the area with wax and grease remover, and wipe with a tack rag.



Apply primer coats, and block-sand with 240-grit paper. Use spot putty to fill minor imperfections in the primed surface. After the filler has dried, block-sand with 240-grit, and prime the whole area again. Block-sand with wet 400-grit, and check for smoothness. If you're satisfied with the quality of the surface, you're ready to paint; see page 192 for finishing details. ■







Rival's new "removable" CROCK-POT® Slow Cookers have stoneware bowls that lift out.

We wanted to improve the "old faithful" Rival Crock-Pot—the one you know and love. But we didn't want to change our true slow cooking principle: low-watt heating elements encircle thick stoneware. Foods cook from the sides, never the bottom.

What we did was something you had asked for: make the stoneware bowls removable.

Now you can prepare dinner in the bowl the night before, store it in the refrigerator. Then put it in your Crock-Pot the next morning. It "Cooks all day while you're away" without stirring or timing. For just pennies. You come home to a hearty, flavorful meal. Lift the bowl out, set it on the table, serve from it. Then best of all, put it in the sink or dishwasher. So easy!

Each Crock-Pot comes with a free 84-page cookbook. Each is a true Crock-Pot. And with six sizes to choose from, there's no reason to settle for less than the real thing, the Rival Crock-Pot Slow Cooker. It's for you.

(We're still offering the non-removable stoneware Crock-Pots. After all, 25,000,000 of you have made them the world's most popular slow cooker.)

WASH-EASY



SERVE-EASY



STORE-EASY



NEW! The Rival Crock-Plate® Multi-Purpose Stoneware Cooker does the work of 10 appliances—BETTER

What you can't slow-cook in the Rival Crock-Pot, you'll fast-cook on the Rival Crock-Plate! It's a high-heat stoneware plate that's a

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- Warmer-Server



Sears in juices. Seals in flavor. Uses hardly any oil. And oh! The flavor! Irresistible steaks, fried chicken, pancakes, Oriental food. Everything from meat and vegetables to fancy desserts. It's a whole new world of high-temperature cooking on Petalite stoneware!

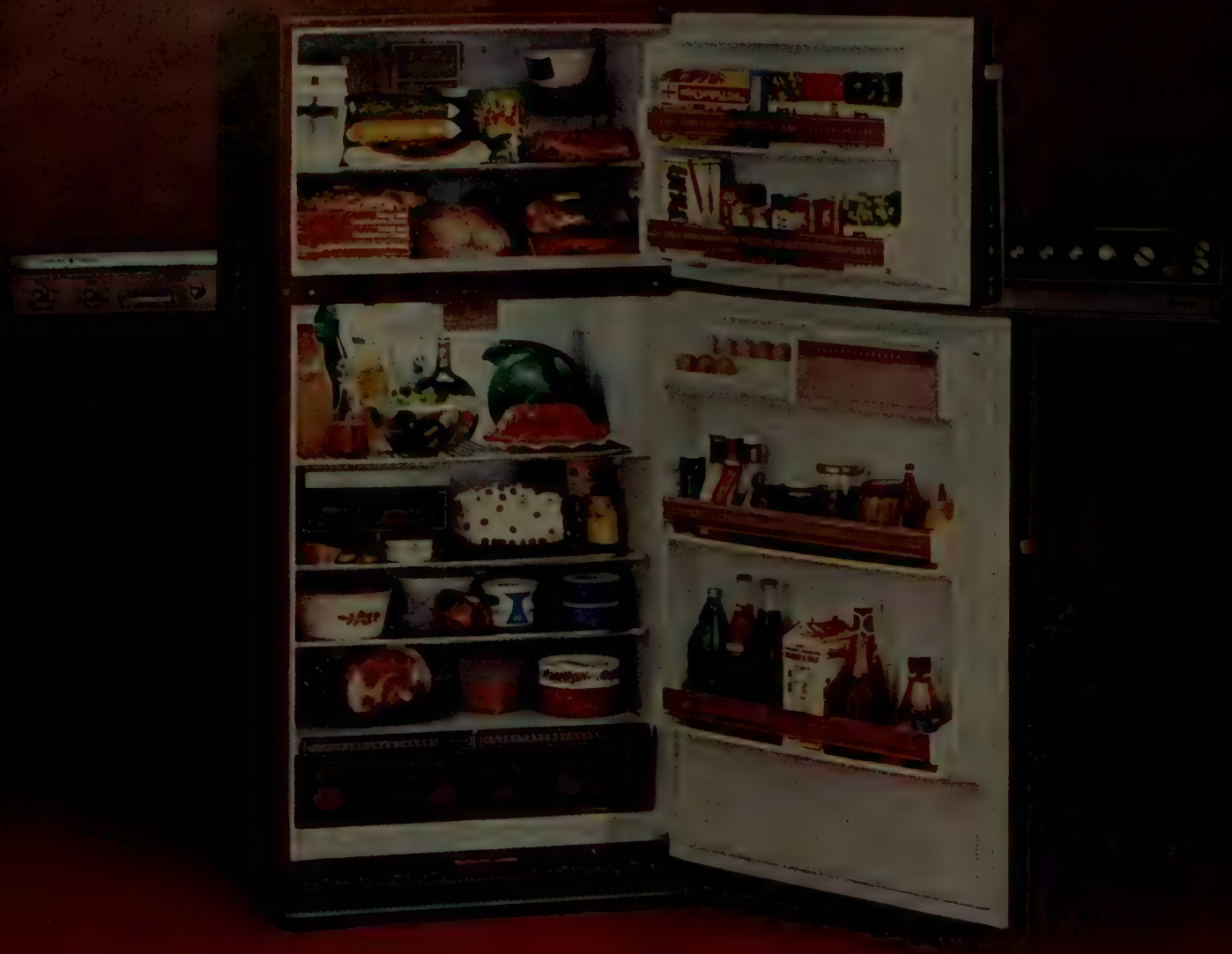
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CROCK-POT® BRAND

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Rival Manufacturing Company, Kansas City, Missouri 64129

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Maybe you've seen some of the new refrigerators, with their glossy looks and their flashy features. Nice, huh?

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"Silver Lining" insulation to keep the heat out and the cold in. Our patented Frost°Clear system that spares you the nuisance of defrosting. A gorgeous interior that won't chip, peel or stain.

Not to mention a Total Energy Saving System that should make your electric bills lighter.

Even cantilever shelves and an adjustable-temperature meat locker. And if you want it, the ice-maker you've been promising yourself for years.

So before you buy a refrigerator, look at a Gibson.

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by Ann Lively

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For casual occasions



Open color ties shape to neck, adjust to size & stay in place with Velcro closure., Dots in Estron: navy, brn, wine, grn. Polyester solids: navy, wine, brn, grn, red, yellow, beige, rust, tan, nat, blk, wht. Ladies, solids only. $6.95 + post. Ost Cravates, Dept. BH-6, Champlain, NY 12919.



Perma Tweez is a simple electrolysis instrument that PERMANENTLY removes undesirable hair from all areas of the face—such as the chin, upper lip, eyebrows. Embarrassing body hair can now be removed forever at home in total privacy. Arms and legs can be forever free of the inconvenience of constant hair removal. **An exclusive U.S. patented safety feature allows you to do this without puncturing the skin.**

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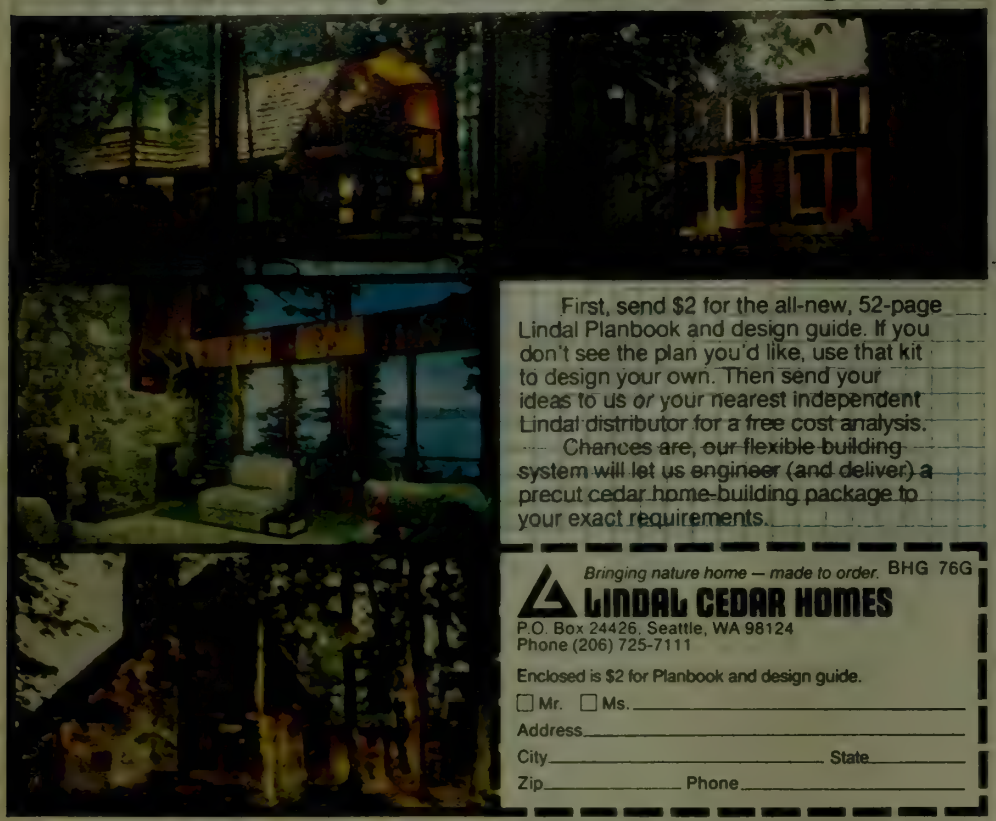
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4 piece place setting: fork, knife, teaspoon, salad fork. 32 piece set: eight 4 piece place settings. 6 piece hostess set: reg. tablespoon, pcd. tablespoon, sugar spoon, butter knife, cold meat fork, gravy ladle. Complete sale price list upon request. Add $2.50 handling/shipping charge please.

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___32 piece set	1080.00	720.00	1240.00	826.67	1400.00	933.33
___6 piece hostess set.....	341.50	227.67	383.00	255.33	427.50	285.00
___Teaspoon	23.00	15.33	28.00	18.67	33.00	22.00
___Salad fork	35.00	23.33	40.00	26.67	45.00	30.00
___Place fork	40.00	26.67	46.00	30.67	52.00	34.67
___Place knife	37.00	24.67	41.00	27.33	45.00	30.00
___Tablespoon, regular	66.00	44.00	75.00	50.00	85.00	56.67
___Tablespoon, pierced ...	66.00	44.00	75.00	50.00	85.00	56.67
___Butter knife, hh.....	29.50	19.67	33.00	22.00	36.50	24.33
___Sugar spoon	36.00	24.00	40.00	26.67	45.00	30.00
___Cold meat/buffet fork..	72.00	48.00	80.00	53.33	88.00	58.67
___Gravy ladle	72.00	48.00	80.00	53.33	88.00	58.67
___Place spoon	35.00	23.33	40.00	26.67	45.00	30.00
___Butter spreader☐hh☐flat	24.00	16.00	28.00	18.67	32.00	21.33
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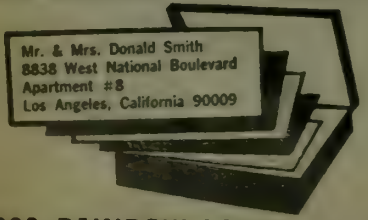
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Rosewood handled stainless steel finger protectors do the job handsomely; nice for hors d'oeuvres too. Box of 8, $1.98 plus 35¢ postage. Two boxes (16), $3.50 plus 70¢ postage. Taylor Gifts, Dept. BH-6, 355 E. Conestoga Road, Wayne, PA 19087.



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Service for Four as shown-includes: four 10'' dinner plates, four 6-3/4'' bread/butter or salad plates, four 14 oz. tankards and four napkin rings.

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SPECIAL OFFER: 32-Piece Service for 8, just **$39.95** postpaid!



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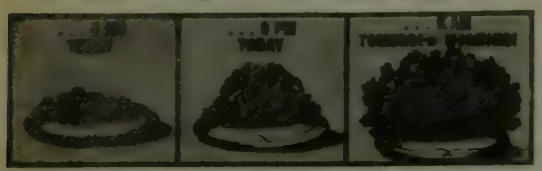
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SPECIAL! 2 Resurrection Plants for just $2.99!





(Selaginella Lepidophylla)

This has to be the most incredible plant in all of nature! When it gets thirsty, it picks up its roots, curls into a ball and blows across the desert to look for a drink. Then, when the Resurrection Plant finds damp soil or water, it puts down roots, unfolds its leaves and **turns green again within 24 hours!** Old Timers claim that the Resurrection Plant can come back to life after 50 years.

One of the surest and most fool-proof houseplants we've ever seen, the beautiful Resurrection Plant will fascinate you for hours. Put it in water and watch its fern-like leaves slowly unfold and turn from desert earthtones to a magnificent lush green. Then let it dry out and you'll see to your amazement all the color slowly disappear until the Resurrection Plant looks dead.

You can repeat the trick over and over again — as often as you want. Or plant it in soil and really watch it flourish. It grows beautifully indoors or outdoors and doesn't need sun. In fact, its growth is so magnificent and sure that we unconditionally guarantee you'll be absolutely delighted or simply return it within 14 days for your money back (except postage & handling).

The Resurrection Plant has a delightful aroma that compares to the pine forests of New England and the Pacific Northwest. But our Resurrection Plant comes from Southwest Texas where rainfall averages 5 inches a year.

It's a perfect way to introduce youngsters to the lovely world of plants and gardens. And, thanks to a large order we've placed with a leading grower, you can now have a Resurrection Plant for just $1.99. So add the beauty of this magnificent plant to your home — while you can take advantage of our incredible price!

© 1977 American Consumer Inc., Caroline Rd., Phila. PA 19176

MAIL NO-RISK COUPON TODAY

AMERICAN CONSUMER, Dept. RSP-10
Caroline Road, Philadelphia, PA 19176

Please rush me my Resurrection Plant(s). I understand they will come to life within 24 hours and must delight me with their spectacular lush green growth or I can return them within 14 days for my money back, (less postage & handling.) I have enclosed:

☐ **$1.99** plus 50¢ postage and handling for one living Resurrection Plant.

☐ **$2.99** plus 75¢ postage and handling for two living Resurrection Plants.

Total amount enclosed $_____ PA residents add 6% sales tax. Check or money order, no CODs please.

Print Name_____

Address_____ Apt. #_____

City_____ State_____ Zip_____

8834-000



OLD TIME PLAYER PIANO

Bring back memories of yesteryear with miniature wooden music box that cranks out nostalgic tune "The Entertainer". Sliding panel doors, rotating musical cylinders and matching bench—just like the original player pianos! A great collector's item. 4" x 5".

$9.99 plus $1.00 postage.

HOLIDAY GIFTS
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FAMILY TREE CHART

Traces your lineage back to your great-great grandparents & through to your children showing clearly the relationship of uncles, 2nd cousins, etc. Spaces for over 280 relatives arranged in proper order to one another. Quality antique parchment-like paper. 22¼" x 32½". Comes in storage tube for permanent protection.

$1.98 Add 65¢ Post. 2 for $3.85 Add 75¢ Post.

MONEY BACK IF NOT DELIGHTED

HARRIET CARTER, Dept. BHG-14078 Plymouth Meeting, Pa. 19462

HAND EMBOSSER for Personalized Stationery

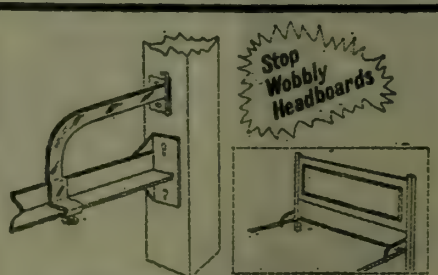


$9.95 ADD $1 EACH POSTAGE

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Send 25¢ for Catalog

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HEADBOARD BRACE

Stop wobbly headboards with these easy to install braces! Quickly end annoying squeaking and shaking headboards forever. Pair attaches in minutes, fits any standard siderail, unnoticed when in place. Quality steel. Each 10¼" long. Mounting hardware included with set.

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Glass weather forecaster

Swan artistically handshaped and blown by talented craftsmen. Magic liquid creeps up or down as the atmosphere pressure changes. $1.98; 2/$2.99 + 50¢ post. (PA res. add 6% tax.) American Consumer, Dept. GWS-82, Carolina Rd., Phila., PA 19176.



7 measuring spoons in 1!

No more looking for your measuring spoons. This one takes care of 7. Easy-glide slide makes it easy to change from one measurement to another. 7¼"L. Style: Q-43, $1.95, 2/$3.50 ppd. Spear Eng. Co., Dept. 3025, Box 7025, Colorado Springs, CO 80933.



Owl thermometer . . . no doubt who

Know the correct temperature. Jumbo-size owl thermometer is full 12". Big block numerals can be seen at a distance. Enclosed with glass crystal in aluminum case. Weatherproof. $9.99 + $1 post. Holiday Gifts, Dept. 406-7M, Wheat Ridge, CO 80036.



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continued

HERE IS THE SUPREME ***Waist and Tummy Reducer*** SO SENSATIONAL THAT YOU CAN ACTUALLY

Relax away inches a day

WITH THE INCREDIBLE NEW

Astro-Trimmer™



GUARANTEED TO REDUCE YOUR WAIST AND ABDOMEN 4 TO 8 INCHES IN JUST 3 DAYS OR YOUR MONEY BACK!

...AND IN JUST MINUTES A DAY...WITHOUT DIETING

HERE IS HOW IT WORKS:



Wrap the Astro-Belt completely around your waistline, hook the Astro-Bands to any convenient door and you are ready to perform one or two of the easy-to-do Astro-Trimmer movements—just 5 to 10 minutes



Now simply relax a few moments with your Astro-Belt in place. Your Astro-Trimmer movements have triggered the Astro-Belt's incredible inch-reducing effect which goes on working even while you relax



After relaxing — about 15 minutes — take off your Astro-Belt. Already your waistline will be tighter and trimmer — actually measure the difference. Many users report losing 2, 3, 4 inches the very first day

Startling discovery—the Astro-Trimmer has got to be the most sensationally effective and the most fun to use slenderizer of all time. It is a marvel of ease, comfort and efficiency—and a pure joy to use. The Astro-Trimmer's totally unique design consists of a double layered belt: a soft nonporous inner thermal liner which wraps completely around your mid-section producing a marvelous feeling of warmth and support—and a sturdy outer belt that attaches you to the super duo-stretch Astro-Bands which you hook to any convenient doorway. These duo-stretch bands enhance your slightest movements and transmit their effect—greatly magnified—directly to the inner thermal liner of the belt to produce an absolutely unequaled inch-reducing effect. In fact, for sheer inch loss, the Astro-Trimmer is supreme. Try it for yourself—at our risk—just slip on the belt, hook it up, stretch and relax with one of the easy-to-do movements in the instruction booklet and watch the inches roll off. Men and women from 17 to 70 in all degrees of physical condition are achieving sensational results from this ultimate inch-reducer. Results like these:

Cheryl Long—*"Unbelievable! Totally fantastic, yet it really happened—in just 3 days the Astro-Trimmer trimmed 3½ inches from my waist and 6⅜ inches from my tummy. I just love my slim, new shape."*

Anthony Greer—*"My waist actually came down 5 full inches in 5 days—from 38 to 33. My entire physique looks so much better and I feel so much better that I can't praise this sensational trimmer enough."*

Laurie Jensen—*"What a marvelous thing your Astro-Trimmer is: reduced my waist over 3½ inches—from 28⅜ to 24½; my tummy 5 inches—from 33¼ to 28¼—all in only 3 days. It totally transformed my figure!"*

How many excess inches can I lose with the Astro-Trimmer? How many excess inches do you have? Many users lose 1 to 2 inches from their waists and 1 to 2 inches from their abdomens the very first day. Three, four, even more inches off the waist in three days is not uncommon. Not everyone will do this. The degree of inch loss will vary with individual body response. However, this matchless body shaper melts excess inches off the waist, abdomen, hips, thighs with such amazing speed that if your waist and abdomen aren't 4 to 8 inches trimmer after using your Astro-Trimmer for just 3 days and if you don't lose these inches without dieting and in only 5 to 10 minutes a day, you may simply return your Astro-Trimmer and your money will be refunded.

No risk—no obligation—money back guarantee. So-called "waist trimmers" and reducers are now being nationally advertised for from $19.95 to $49.95. Yet the sensational new Astro-Trimmer—which trims and slims excess inches far faster, far more effectively than anything we have ever seen — is being offered for only $9.95 with a complete money back guarantee. If you are not satisfied that the Astro-Trimmer is the fastest, the most effective waist reducer you have ever used, it will not cost you a penny. So if you want a trimmer, more ideally proportioned body — right now — send for your Astro-Trimmer today.

ORDER NOW FOR A SLIMMER, TRIMMER WAISTLINE THIS WEEK

PAT PEND.
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Highway 1 and Callendar Road
Arroyo Grande, CA 93420

Astro-Trimmer™ P.O. Box 3140, Dept. BH-1, Monterey, Ca. 93940

Please send me ____ Astro-Trimmers along with complete easy-to-use instructions. I understand that if I do not lose from 4 to 8 inches from my waist and abdomen in just 3 days I can return my Astro-Trimmer and receive my money back. **I enclose $9.95 for each Astro-Trimmer plus .90 each for postage and handling.**

☐ **Check** ☐ **Money Order** **No COD's accepted. Please charge to my:**

☐ Mastercharge Account No _____ Exp Date _____ ☐ BankAmericard Account No _____ Exp Date _____

M/C Interbank No. (on card above name) _____

Name _____ Man waist size _____

Woman waist size _____

Address _____

City _____ State _____ Zip _____

COUNTRY CURTAINS

Ball Fringe on Permanent Press—Natural or White

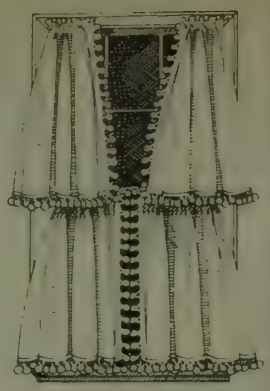


Country Curtains are a tradition...years of old-fashioned quality and conscientious service to thrifty homemakers. Sturdy, specially-made ball fringe on our 50% cotton/50% polyester blend like real muslin but truly carefree. Natural or white 90" wide per pair

TIERS:	20", 25"	6.50 pr.
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TIEBACKS:	45", 54", 63"	9.00 pr
	72", 81", 90" ...	11.00 pr.
VALANCE:	10" x 80"	3.00 ea

SEND FOR FREE CATALOG

Please specify natural or white. Check, money order, Mastercharge, BankAmericard. Sorry no COD's. Mass. res. add 5% sales tax. Postage and handling: under $10 add $1.10, $10 and over add $2.00. Satisfaction guaranteed.



COUNTRY CURTAINS
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Italian boccie balls

The national game of Italy can now be yours. Italian boccie balls provide fun for the entire family. A special playing surface is not necessary. In handy carrying case with instr. Set $7.98 + $1.25 post. Harriet Carter, Dept. BHG-14176, Plymouth Meeting, PA 19462.

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Our Magazine Table racks over 100 periodicals; 8 shelves keep them tear-free & close at hand. Of solid pine & hardwood. 23"H16"W18"D. **Easy Kit $19.95. (Add $2.55 post.) Finished Antique $29.95. (Add $3 post.)**

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Your STAIR-GLIDE stairway lift installs easily and in less than 2 hours. No marring walls or stairway. No special wiring required. Shipped directly from factory within 4 days. STAIR-GLIDE® ... the nation's largest selling stairway lift! UL Listed! (Outdoor models available.) **Write for free brochure.**

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11 piece cookware set

Specially designed stainless steel keeps vitamins in. 1 & 2 qt. cvd. saucepans, 2 qt. dbl. boiler, 6 qt. cvd. Dutch oven, 10½" fry pan & 3 mixing bowls. $29.95 + $3.50 post., 2 for $59 ppd. Crown-Castle, Ltd., Dept. RS-532, 51 Bank St., Stamford, CT 06901.



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Convert your drawer space into a silver chest instantly! Pad is lined with Pacific Silvercloth with fold over flap to keep out dust. Prevents tarnish and scratching—silver is always clean and ready to use. Standard size holds 108 pieces, Jumbo holds 120 pieces.

Standard (11¾" x 15" x 2¼") **$10.99**
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Add 95¢ postage each.

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GENUINE OPAL!

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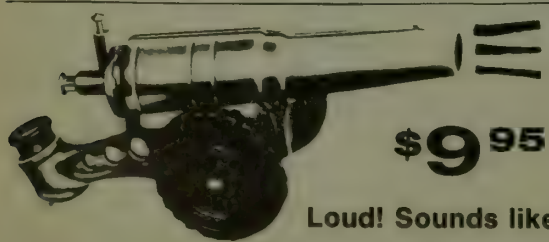
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$9.95

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Add $1.25 postage on all orders ($2.50 West of Miss.)

RUSH ORDER NOW!
Sold out Last July 4

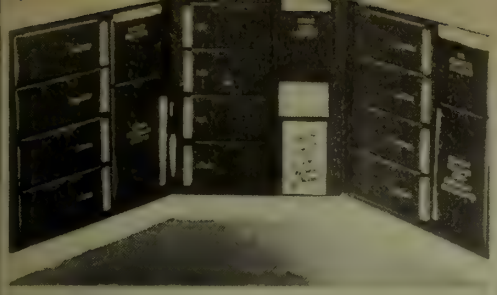
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Scientific chemicals remove strongest stains & odors from carpet, upholstery and draperies. 16 oz. Specify "A" Kit for stains, "B" for odors; or Combo Kit of "A" & "B"—$7.50 each kit; 2/$12.99. American Century, Dept. BH-67, Box 36232, Los Angeles, CA 90036.

continued



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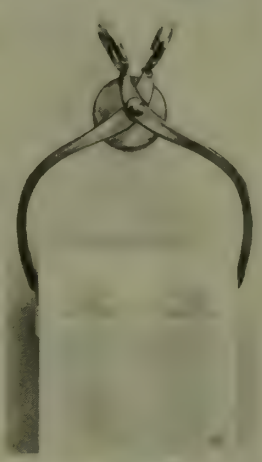
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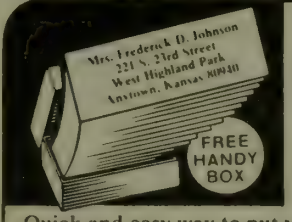
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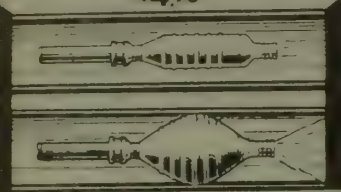
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With wide lace ruffles

In eggshell or white; 35% cotton, 65% polyester; 90" wide per pair with 4" ruffles of lace. 45", 54", 63", $25 pr.; 72", 81", 90", $30 pr. Valance 10" x 80", $8 ea. Add $2 post. Catalog free. Country Curtains, Dept. BHG6, Stockbridge, MA 01262.



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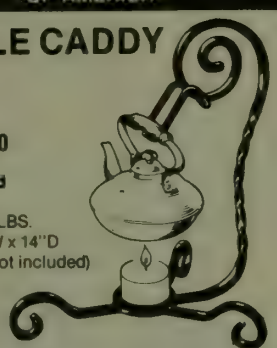
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(Tea kettle not included)



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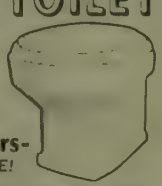
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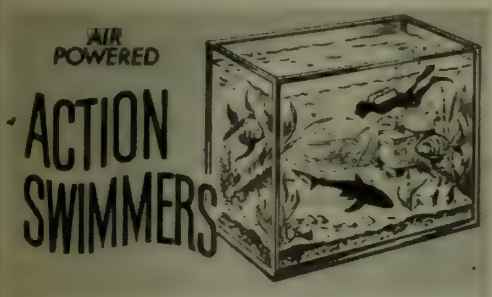
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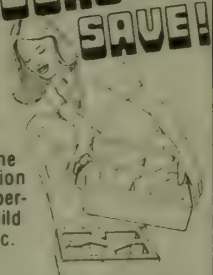
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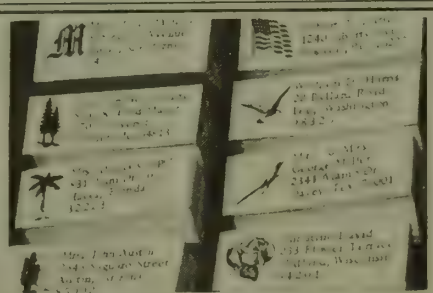


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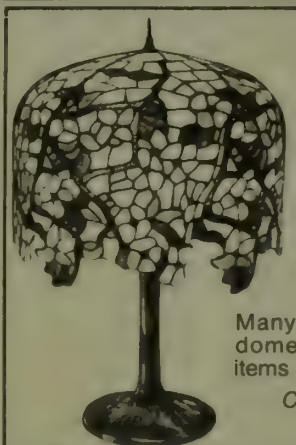
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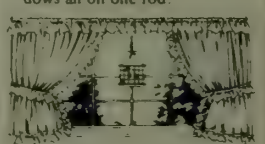
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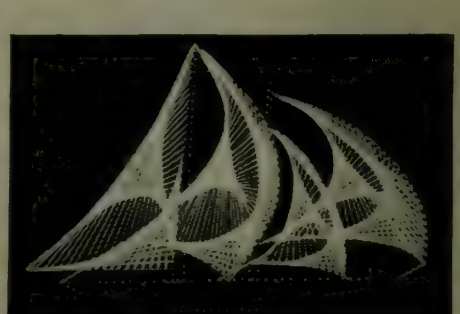
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Kelly's string art

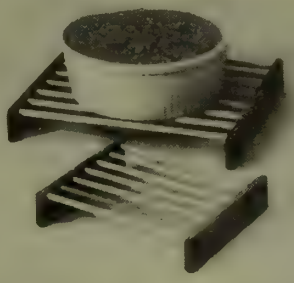
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closet rod



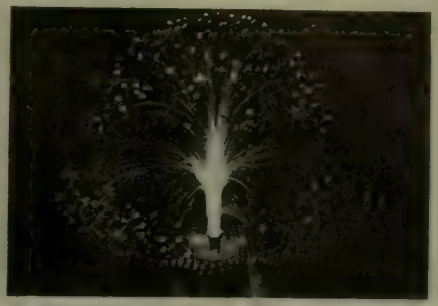
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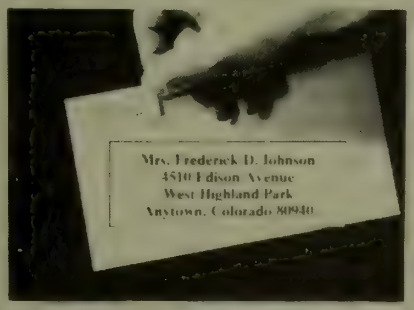
Smooth dowels secured clear through solid oak sides, smoothly finished. For hot pots, pie-cooling, handsome trivet for the table. 1¾"H. #9494, 8¼x6¾", $3.98; #9495, 10x11¾", $5.98; #9496, Both $8.98 + 60¢ post. Country Gourmet, Dept. H6E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

Unusual fountain of light



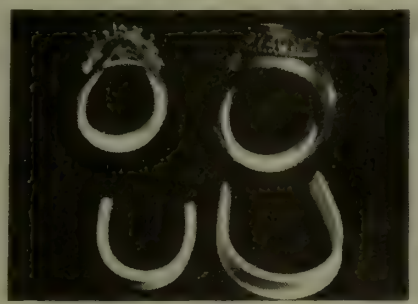
Hundreds of dazzling, cascading red, green & gold pinpoints of light make a unique centerpiece or room decoration. Plugs in like a lamp, UL approved. $5.95 + 75¢ postage; 2/$10.95 + $1.50. (PA res add 6% tax.) American Consumer, Dept. FIL-65, Caroline Rd., Philadelphia, Pennsylvania 19176.

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The Man Next Door®

On the brighter side of things this summer, higher prices at the service station make it less embarrassing to use your credit card to purchase a gallon of gas for the lawn mower.

"One of the new challenges in medicine," confides Dr. Bob Hannelly, "is convincing some of these modern-day health nuts that they really aren't as well as they think they are."

Rosemary, home from college, reports that pot and protests are out, and beer and shenanigans are back in. That prompted Christine to remark that she knew the kids eventually would see it our way.

Debate over our city's transportation facilities reveals most folks favor an airport that everyone can reach in three minutes, served by superjets that won't fly over anyone's house.

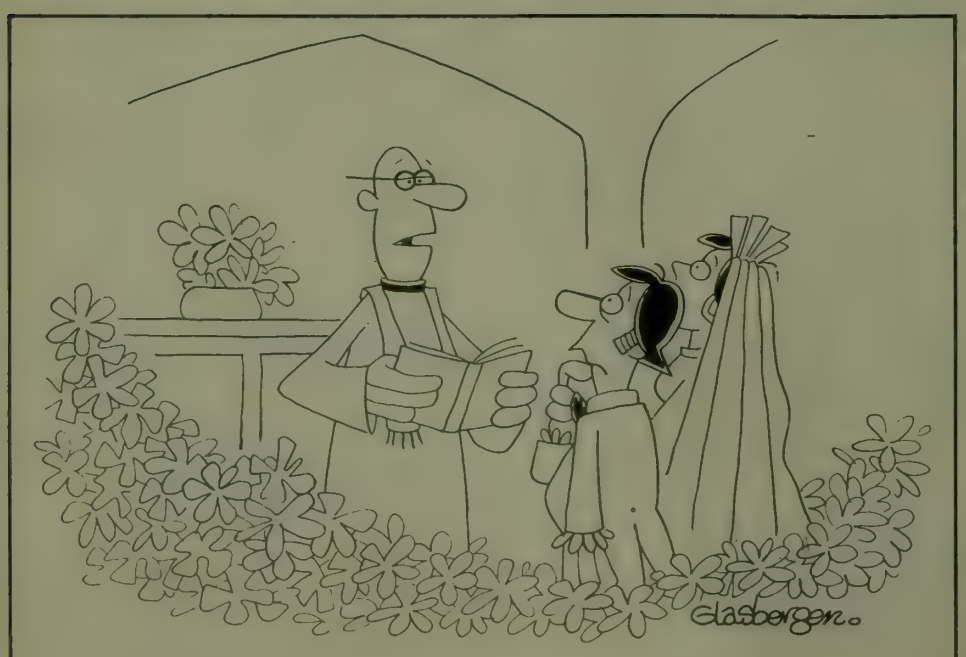
Although Burt, Jr., won't admit that the girls on his baseball team's roster add to the attractiveness of the bench, he concedes they contribute some badly needed left-handed batting strength.



"Daddy wants a fishing vacation and Mommy wants to show you Mickey Mouse at Walt Disney World. We'll let you decide."

Our family sedan is sort of a mystery. Although one of our eligible drivers always seems to be driving it, for some strange reason there's never anyone at the wheel when the car picks up dents and scratches.

Uncle Dodd Buckner notes that while some of our neighbors say they have forgotten the viciousness of last winter, others of us are still being reminded by the utility bills.



"And do you promise to love, honor, cherish, obey, respect, uplift, understand, encourage, involve, revitalize, inspire, admire, entertain, relate to, communicate with . . ."

Bill Norman insists that he still wears the pants in his family, although he admits that on occasion they may be partially covered by an apron.

Grandpa Hillis hopes the government doesn't legislate all the preservatives and additives out of food. He has the feeling that they may be all that's holding him together.

The young fellow down the block claims the toughest part of executive life is talking to the computers all day and then having to switch over to English at home in the evening.

On a trip into the country last weekend, Christine and I rediscovered what we thought was an obsolete custom: the friendly wave of fellow motorists.

"We'll have to get back into practice," Christine remarked after the third time it happened. Later, we mentioned the gesture to the service station man when we stopped for gas.

"Oh, it's not that we country folks are any more friendly," he explained. "In fact, some of those drivers who waved to you probably were city people out for a drive just like you."

We conceded that he might be right, for urbanites can't always take the time to greet everyone they meet on city streets; there are too many signals to watch and too much traffic to avoid. Anyone who tried to wave to all he met while traveling along a crowded main street would probably be cited for careless driving.

"But out here," said our rural acquaintance, "motorists can take time to do what they like, and most of them really like to give a friendly wave to anyone they meet.

"Of course the custom wouldn't mean much if we country folks just waved to one another," he added. "It's visitors from the city like you who remind us that almost anyone can be a friend—if you give them a chance!"

To prove his point, Christine and I both waved as we drove away.

Burton Hillis